



COUNTY OF SAN MATEO MENTAL HEALTH & SUBSTANCE ABUSE RECOVERY COMMISSION

Unadopted Minutes Wednesday, January 5, 2022 Zoom Meeting

BOARD MEMBERS PRESENT: Sheila Brar, Chris Rasmussen, Frieda Edgette, Jean Perry, Chelsea Bonini, Cherry Leung, Katelyn Chang, Kristina Bell, Don Mattei, Leticia Bido, Randy Torrijos, Michael Lim, Yoko Ng, Hudson Fox, Paul Nichols, Candice Hawley

STAFF: Scott Gilman, Chantae Rochester, Camillo Gonzalez, Mark Ross, Charo Martinez, Claudia Saggese, Diane Tom, Doris Estremera, Marian Rocha, Sylvia Tang, Gina Beltramo

BOARD MEMBERS ABSENT:

Excused:

Un-excused: Jan Wongchuking

OTHERS PRESENT (signed in): Bruce Adams, Carolyn Shepard, Clara Jaeckel, Lanajean Vecchione, Susan Cortopassi, Sydney Hoff, Yolanda Ramirez,

CALL TO ORDER

The meeting was called to order at 3:31 p.m. by Sheila Brar

INTRODUCTIONS

Commission members introduced themselves

APPROVAL OF TODAY'S AGENDA

Approval of the Agenda

▶ **M/S/C** Edgette/Rasmussen

APPROVAL OF MINUTES

Approval of minutes from the December 1, 2021 Mental Health & Substance Abuse Recovery Commission Meeting

▶ **M/S/C** Rasmussen/Nichols

Approval of minutes from the December 14, 2021 Executive Committee Meeting

▶ **M/S/C** Rasmussen/Nichols

Correspondence, Announcements, and Public Comment

Sheila Brar

Thank you to Captain Bell and her team for an incredibly well run San Mateo County buyback program that happened last month. We've seen that the firearm buyback is part of the Suicide Prevention's larger framework and during the event a lot of Suicide Prevention material was distributed.

Jean Perry

The San Mateo County Commission on the Status of Women will have an Equity presentation on Tuesday, January 11, at 3 with Equity Officer, Shireen Malekafzali.

The deadline to submit nomination forms for the George Culores Hall of Fame Award is January 18.

STANDING COMMITTEES

A. Committee for Children & Youth

Reported by Frieda Edgette

Next meeting will be held on January 19, 2022 at 4:00 p.m.

Via Teams

B. Committee for Adults

Reported by Yoko Ng

Next meeting will be held on January 19, 2022 at 10:30 a.m.

Via Teams

C. Committee for Older Adults

Reported by Jean Perry

The next meeting will be held on February 2, 2022, at 10:30 a.m.

Via Teams

D. Mental Health Services Act Steering Committee

Reported by Jean Perry

The next meeting will be held on February 3, 2022 at 3:00 p.m.

Via Zoom

Director's Report

Reported by Scott Gilman, BHRS Director

Happy New Year everyone!

COVID-19 Update

As you are aware, we are in the midst of a surge.

- We are experiencing difficulties across our system keeping our programs open
- We are at critical levels across the county, especially in behavioral health
- Monday, we lost Serenity House due to staffing shortage
- The State Hospital is shutting down admissions in most hospitals
- We are struggling with staffing Psychiatric Emergency Services (PES)

- We are leaning on our contracted providers
 - Unfortunately, they are experiencing the same issues
- We have secured one-time funds that we are looking to push out to contracted providers
 - This will help us with stabilization

Board of Supervisors (BOS)

Supervisor Don Horsley is the new President of the BOS.

- During his opening comments he spoke on his commitment to ending homelessness in our county
- As part of this effort, we listened to over 30 hours of case presentations from individuals in the community who've been working with the homeless
- The majority of the individuals have significant mental illness and/or substance use issues
- This is a great opportunity to bring recommendations forward to the county on how we can do a better job

Mayor's Mental Health Initiative

- It hasn't come together yet, they are considering Mental Health First Aid (MHFA)
- MHFA is something we can all do
- My goal is for everyone in our community to take MHFA
- Hopefully we'll move in that direction and expand the offering of MHFA

Please see the [latest issue](#) of the *Director's Update*.

Topics include:

- Mental Health Crisis Response Pilot Launches in Four Cities
- New MHSA Supportive Housing Developments
- Congratulations (Ziomara Ochoa) & Farewell (Jennifer Basler)
- Federal Funds Aim to Combat COVID 19-Related Impact
- COVID-19 Update

Find past issues [here](#).

Public Comment

Frieda Edgette

You described homelessness and many folks that we come across probably have severe mental illness or substance use disorder and our inability to pick them up and help, and that is a state issue. I'm curious if there is any action taking place amongst the California Association of Behavioral Health Boards/Commissions? It seems like we are not unique and being impacted by this. Just curious in terms of advocacy efforts.

A: It is hugely political, most associations that have anything to do with the rights of individuals have been very involved. The Lanterman-Petris Short Act (LPSA) has been the center of discussion.

Frieda Edgette

In your written report you spoke about new federal funds for combating COVID-19. It was great seeing the outline of different initiatives being pursued, I'm curious how the

Commission can stay involved or what the plan is in terms of the rollout and visualization at this stage?

A: Those particular funds are already earmarked. The block grant is targeting our substance use providers. Our staff worked directly with the providers on where they could get the most use from the funds. The best way for the commission to be involved is to let us know exactly what you want, to help prioritize where you think the funds should go.

Chris Rasmussen

Is the position that Jennifer Basler vacated being filled?

A: Shirley Chu is currently doing a Work-Out of Class for the position until we find a permanent replacement.

Candice Hawley

Do you have a breakdown of the demographics of clients using PES?

A: No, but we can ask Dr. Szabo for that information if you're interested.

Carolyn Shepard

I noticed the BOS approved the purchase of two hotels, are they hoping to be able to use them to house the homeless?

A: I do not believe anything is set in stone at this point, but it all part of the county's efforts to end homelessness.

Old Business

- MHSARC Name Change/By Laws Update
 - Substitute his/her with they/their to make it more inclusive
 - Change the title of the By Laws to match the name change
 - Add Alcohol and Other Drug Services Standing Committee and to the Executive Committee (Paul Nichols volunteered to chair the committee)
 - Public notice for all Standing Committees (will be discussed at the Executive Committee Meeting)
 - MHSA Steering Committee participation by commission members
 - It is difficult to get involved when you can't participate in the discussion because you are member of the commission and can only discuss those topics at the commission meeting (a month later)
 - Increase the number of commissioners who are members of the MHSA Steering Committee (as long as it is less than quorum)
 - We will discuss further at the Executive Committee Meeting and invite Doris to participate

New Business

- Establish New Legislative Ad/Hoc Committee
 - The committee would speak with the BOS, elected officials, and other committee members to let them know what we do
 - There's a lot of mental health initiatives and committees in the community
 - We can build relationships with them

- Let them know that we are here to help

If you are interested in participating on this ad/hoc committee, email Chantae.

Liaison, Task Force and Ad Hoc Committees

Suicide Prevention Committee Reported by Yoko Ng

The Suicide Prevention Committee met on Tuesday, January 4

Meeting Topics:

1. Suicide Attempt Data from the Emergency Department and hospital visits
2. Discussed topics and priorities for 2022
3. Mental health emergency response update

The next Suicide Prevention Meeting is Tuesday, February 1, via Zoom. The topic will be Suicide Prevention Gatekeeper Trainings and a presentation on Culturally Responsive Trainings.

Mental Health and Law Enforcement Partnership Reported by Chris Rasmussen

We have an in-depth recommendation to the Board of Supervisors. I just want to clarify that we do have a roadmap out there, we didn't get a chance to discuss it because time was late, but we do have the roadmap.

The next meeting is Tuesday, February 15, 2022 at noon. If you are interested in attending the meeting, contact Chantae Rochester at crochester@smcgov.org.

Public Comment

Candice Hawley

Have any of the recommendations been acted upon?

A: We are still meeting with the BOS, we're still on our journey to get this information out there and see where go with those recommendations. We do have an ad/hoc committee meeting coming up in the next couple of weeks. We will come to the full commission with our next steps.

Presentation

Mental Health First Aid (MHFA)

Presented by Sylvia Tang

Overview

- Youth Mental Health First Aid (YMHFA)
- teen Mental Health First Aid (TMHFA)
- Discussion

Youth Mental Health First Aid

- Since October 2013 2,432 individuals have completed the training
 - 1, 775 were school and school related staff
 - Of school staff who participated 92.2% felt more confident to recognize the signs that a young person may be dealing with mental health/substance use challenge or crisis
 - Of school staff who participated 92.5% felt more confident to assist a young person who may be dealing with a mental health/substance use challenge or crisis in seeking professional help

Suicide Prevention Gatekeepers Trainings

- Be Sensitive Be Brave
 - 1.5-2 hours
 - Middle school age and up
- Mental Health First Aid – Adult/Youth
 - 8 hours
 - Ages 18 and up
- Applied Suicide Intervention Skills Training
 - 2 days
 - Ages 15 and up

Teen Mental Health First Aid

- Who learns/teaches?
 - Participants
 - Teens in grades 10-12 or ages 15-18
 - Hosts
 - High schools, organizations partnering with high schools
 - Youth-serving organizations
- What's covered
 - Signs of mental health and substance use challenges and crisis
 - Impact of school violence and bullying on mental health
 - How to talk to friends about mental health and substance use challenges
 - How to seek the help of a responsible and trusted adult
- How it's delivered
 - In-person
 - Six 45-minute sessions or three 90-minute sessions
 - Blended
 - Teens complete a self-paced online session
 - Participate in six live, instructor led sessions (video conference or in-person)
- Benefits
 - Teens learn to support teens
 - Evidence Based
 - Funded by San Mateo County
 - First TMHFA in San Mateo County
- Requirements
 - Safety protocol in place, including responding to teens at risk of suicide and exit ticket process
 - 10% of staff at the site trained in YMHFA
 - Teach entire grade level (at school) and entire group of students (at youth-serving organization/program)

- 5-30 teens classroom taught on non-consecutive days
- Mental health professionals in the classroom
- Inform parents/guardians, staff and teens, including information sessions and letters to families

Public Comment

Frieda Edgette

I'm looking forward to attending my first MHFA training, I look forward to learning how I can participate as a full participant or just audit whatever is the best service to the facilitators and just to congratulate you. This is exciting hearing about the rollout and it being a customized program it might be a little premature, but I'd love to hear a little more about the rollout plan and how it's being administered if we have some time.

A: It's still in the early planning stages. We are considering a pilot with a group of foster youth and we're also considering some smaller schools. We hope to have a pilot program running this year.

Jean Perry

I'm really happy the County is going to be supporting this training. I would say to people that have taken it before to consider taking it again.

Chris Rasmussen

Thank you, Sylvia, you're a rock star. Do you know when the next class is scheduled? Do you guys teach it? Or do you contract out to another agency to teach the class?

Yoko Ng

I can teach a private group of 10-12, it's better to create a safe space for people who know each other. It's been very difficult for me to outreach to the general public during the pandemic because it has to be virtual. My nonprofit is offering free classes. It has to be a class of 10-12 people per instructor. I will put my email in the chat if anyone is interested.

A: If this group is interested and maybe there's other commissions in the county you could combine efforts and have enough for a class, usually 15-30 we can arrange a private class for a group that size.

Chris Rasmussen

My question is can we have a class for just the commission so we can all go through the training together?

A: Absolutely, you can use one of our contract providers for mental health. We work with Peninsula Conflict Resolution Center, Star Vista, One East Palo Alto and some individual contractors, so we have a lot of options for instructors. We can talk offline.

Chris Rasmussen

What can we do to help you get the word out about MHFA?

A: I would like to sit on that for a moment but off the top of my head, just getting the word out. There are different training options, including MHFA. We just need many eyes and ears to help and take this training so just spreading the word is the first thing that comes to mind.

Sheila Brar

If we have interested people is there a landing page that lists the contract providers that can provide the MHFA training if we have groups or individuals?

A: Right now, it's just my contact information. I am going to look into adding the contract providers so they can be contacted directly.

Cherry Leung

Is there any research or recommendations on how often one should take the training as a refresher course?

A: Approximately every three years.

Frieda Edgette

Have you presented to the Youth Commission? Hudson this could be interesting for you and Katelyn working with Sylvia to get this in front of the commission for their feedback and insight in terms of where would be good places to promote the training.

A: That's a great idea, I would love to be more connected with the Youth Commission.

Hudson Fox

Definitely. Can I have your contact information to share with Ellie Dolman, head of the Youth Commission?

A: You mentioned Ellie Dallman, she's with the County Manager's Office (CMO) and as Scott mentioned we're working with a few cities about rolling out this MHFA and we've talked with Peggy Jensen, Assistant County Manager, about helping each of the cities build instructor capacity so they could implement the trainings on their own, they won't have to wait us or our contract providers, they'll just have someone from their city staff to provide the training.

Candice Hawley

Thank you, Sylvia for a very thorough and informative presentation.

Meeting Adjourned: The meeting was adjourned at 5:15 p.m. by
Sheila Brar

Next MHSARC Meeting: February 2, 2022 from **3:30-5:00 p.m.**
Virtual Meeting

Next Executive Committee Meeting: Wednesday, January 19, 2022 at 3:00 p.m.
Virtual Meeting

PLEASE BE SURE TO CONTACT CHANTAE ROCHESTER AT 650.573.2544 IF YOU ARE UNABLE TO ATTEND EITHER THE MHSARC OR EXECUTIVE COMMITTEE MEETING.

In compliance with the American with Disabilities Act (ADA), auxiliary aids and services for this meeting will be provided upon request when given three-day notice. Please call 650.573.2544.