



## COUNTY OF SAN MATEO MENTAL HEALTH & SUBSTANCE ABUSE RECOVERY COMMISSION

**Unadopted Minutes**  
**Wednesday, January 3, 2018**  
**225 37<sup>th</sup> Avenue, Room 100**  
**San Mateo**

**BOARD MEMBERS PRESENT:** Patricia Way, Rocio Cornejo, Dorothy Christian, Carol Marble, Yoko Ng, Eduardo Tirado, Donald Mattei, Betty Savin, Cherry Leung, Bill Nash, Isabel Uibel, Kate Pfaff, Randy Torrijos

**STAFF:** David Young, Chantae Rochester, Jei Africa, Doris Estremera, Molly Henricks, Selma Mangrum, Diane Dworkin, Jario Wilches, Terry Wilcox-Rittgers, Karen Krahn, Chummy Silva, Suzanne Aubry, Lee Harrison

**BOARD MEMBERS ABSENT:** Wanda Thompson

**OTHERS PRESENT (signed in):** March Christian, Sapna Patel, Elizabeth Alvarez, Patrick McErlain, Christina Sandoval, Helene Zimmerman, Katherine Schwartz, Josephine Thompson, Marilyn Pearson,

### **CALL TO ORDER**

The meeting was called to order at 3:07 p.m.

### **INTRODUCTIONS**

### **APPROVAL OF TODAY'S AGENDA**

► **M/S/C** Pfaff/Marble

### **APPROVAL OF MINUTES**

Approval of minutes from the December 6, 2017 Mental Health & Substance Abuse Recovery Commission Meeting:

► **M/S/C** Approved, passed unanimously

Approval of minutes from the December 17, 2017 Executive Committee Meeting

► **M/S/C** Approved, passed unanimously

### **Correspondence, Announcements, and Public Comment**

Pat Way

I am saddened to inform you of the death of Kathy Makin. Kathy had been active in her recovery by completing the Lived Experience Academy as well as being a graduate of the NAMI Peer to Peer Education Program. She will be missed.

Linford Gayle, Director of the Office of Consumer and Family Affairs (OCFA) will be retiring the end of February. His retirement celebration is Friday, February 9. Please contact Suzanne Aubry at [saubry@smcgov.org](mailto:saubry@smcgov.org) for more details.

Randy Torrijos

January 9, 2018 is the first Board of Supervisors (BOS) meeting of the year. This is the meeting where they vote for the Board President and reorganization. Everyone is welcome to attend, it will be a ceremonial meeting followed by a small reception. It will take place at the Hall of Justice at 400 County Center, Redwood City.

Helene Zimmerman

We have an upcoming Peer to Peer class starting Thursday, January 18. If you have clients who might benefit from the class, please give us a call. We also have a Family to Family class beginning on Tuesday, January 16.

We (NAMI) are doing well with our Peer Pals program but we are asking for more peers and more pals.

NAMI will be working with BHRS on the HOPE Program. We will be looking for one or two family members to help us with this program and this will be a paid position. See Helene Zimmerman if you are interested.

### **MHSA Update**

MHSA is the 1% tax that we have in California (Prop 63) that passed in 2004 that has provided dedicated funding for mental health services. We serve individuals with mental health challenges and we also have 50% of that funding goes to Prevention and Early Intervention (PEI) which is what I am here to talk about today.

As the manager, I oversee and facilitate the planning process for this funding. We are required to submit a plan every three years for how we will spend the dollars. We just completed a three-year planning process the end of this past summer and it was pretty comprehensive. The plan came to the commission and was open to a 30-day public comment and it was approved and moved forward with the acknowledgement that we work on one area of the plan a little more and that was the PEI for ages 0-25.

Today is an amendment to that plan that we will be submitting to the state and today we will be opening a vote for a 30-day public comment period recommendation. We started a taskforce this past October – December, it was three two hour meetings that involved leaders, experts, community, family members, and clients. The committee really worked to develop strategies around areas such as: youth mental health crisis for prevention, juvenile justice involved transition aged youth, early identification treatment for children 0-5, school and community connectedness, and substance use and mental health evidence based program.

To come up with proposals for areas we strategized around which of these areas were high readiness and high impact and need based on data. Out of these areas the one we can move forward immediately after this 30-day public comment is the Youth Crisis Prevention and Support.

## **New Business**

**Action Item:** *Vote to open 30-day public comment period for the Mental Health Services Act (MHSA) Prevention and Early Intervention for Ages 0-25 Services – Responding to Youth and Mental Health Emergencies*

► **M/S/C** Christian/Marble

## **Old Business**

Hall of Fame Nominations are still being accepted. Please see nomination forms in the back or contact Chantae Rochester at [crochester@smcgov.org](mailto:crochester@smcgov.org).

MHSARC Retreat will be Saturday, March 3, from 10-2, Health System Building, 225 37<sup>th</sup> Avenue, Room 100, San Mateo.

## **STANDING COMMITTEES**

### **A. Committee for Older Adults**

#### **Pat Way reported**

Next meeting will be held on February 7, 2018 at 11:00 a.m.  
2000 Alameda de las Pulgas, San Mateo

### **B. Committee for Adults**

#### **Reported by Dorothy Christian**

Next meeting will be held on February 21, 2018 at 10:30 a.m.  
2000 Alameda de las Pulgas, Room 209, San Mateo

### **C. Committee for Children & Youth**

#### **Reported by Betty Savin**

Next meeting will be held on February 21, 2018 at 4:00 p.m.  
2000 Alameda de las Pulgas, Room 201, San Mateo

## **DIRECTOR'S REPORT**

Health Information Exchange (HIE)

San Mateo County is going to launch their new Health Information Exchange, SMC Connected Care, which will be used for the electronic sharing of health-related information for patients and clients receiving services from the San Mateo County Health System.

All BHRS clients are automatically included in the Health Information Exchange and will receive a letter this month, which will allow them to “opt out” if they prefer that their information not be shared in this new system (except in the case of an emergency).

The initial launch is expected in March for San Mateo Medical Center, Behavioral Health and Recovery Services, Aging and Adult Services, Family Health Services, Public Health Policy and Planning and the Mobile Clinic. Contracted agencies will not initially have access to SMC Connected Care, however, plans are in the works to include them.

## **PROGRAM PRESENTATION**

Adult System of Care – How to Access Services

**BHRS Access Call Center**

**Presented by: Selma Mangrum, Clinical Services Manager I**

#### BHRS Access Call Center:

- Entry point for referrals for Mental Health and Substance-Use Treatment for San Mateo County residents with qualifying insurance.
- 24-hour access
- Use of interpretation line to assure language capability
- Information and referral to community services or private insurers
- Welcome calls from individuals and providers to call to request a service referral or obtain information about service eligibility

#### Screening and Referrals:

- Clients are screened over the phone by a licensed clinician for medical necessity and appropriate level of care for referral.

#### Same Day Assistance

##### Community members seeking mental health services:

- Access Call Center referred or self-referred (walk-in)
- Meet with a licensed /licensed eligible clinician
- Receives
  - Needs assessment
  - Medication evaluation (on current medications)
- Gets connected to mental health and/or AOD provider
  - Primary care
  - Community based organizations
  - Private provider network
  - Regional care (specialty mental health services)

#### Regional Clinic Services: Specialty Mental Health

##### Eligibility:

- Diagnosed with a serious mental illness or dually diagnosed
- Experiencing severe functional impairment
- Without private insurance
- Residents of San Mateo County

#### Clinic Services:

- Medication support
- Care coordination
- Group and individual psychotherapy
- Case management
- Rehabilitation services
- Crisis intervention

#### Community Support Services:

- Lived Experience Social Support Services
- NAMI

### **Assisted Outpatient Treatment (AOT)**

**Presented by Terry Wilcox-Rittgers, Clinical Services Manager**

#### Primary Care Interface

The Primary Care Interface Team provides brief counseling, case management, MAT (Medicated Assisted Treatment) and psychiatric consultation to patients who have been

referred by their primary care provider. The primary care provider must be from SMMC or one of its satellite clinics. Interface staff are embedded in the clinics and work collaboratively with primary care to provide integrated treatment.

#### Clinic Sites

- Daly City Health Center, Daly City Youth Health Center (Case Management only)
- South San Francisco Health Clinic, San Mateo Medical Center (Youth only)
- Fair Oaks Health Center, Sequoia Teen Clinic

#### Services

Children, youth, and adults are referred for various concerns such as: depression, anxiety, panic disorder, drugs and alcohol abuse, ADHD, etc.

Treatment is voluntary and ranges from 1 to 8 sessions.

#### We provide:

- Individual Counseling and Family Therapy
- Psychiatric Consultation
- Collaboration with the clients primary care doctor
- Alcohol and other Drug Assessment, Case Management, and MAT
- Parenting Support Group and Adolescent Teen Group
- Linkage and community referrals: Pre-3, Access Team , Private Provider Network, and Human Services Agencies

#### **Peer Support and Lived Experience in San Mateo County**

**Presented by Suzanne Aubry, WOC Director of Office of Consumer and Family Affairs (OCFA)**

#### Consumer Voice: Embedded in the System Via OCFA

- Grievance process
- Management/Leadership
- Support for Peer Support Workers
- Co-supervise Family Partners (youth)
- Monitor Peer run organizations
- Stipend management for peers and family members

#### Organizations Embedded with Lived Experience

- California Clubhouse
- Heart & Soul
- The Mouton Center
- NAMI
- Voices of Recovery

#### **Housing Support Continuum**

**Presented by Diane Dworkin, Clinical Services Manager**

#### Permanent Supportive Housing (PSH)

- Formerly Shelter Plus Care
- Must be disabled and chronically homeless
- Prioritization for individuals with the highest vulnerability and needs

- Recipients matched to permanent housing and ongoing case management services
- No time limit

#### Housing Readiness Program (HRP)

- Homeless or at imminent risk of homelessness
- Five year rental assistance voucher
- Case management from a county or community based program
- Able to achieve financial self-sufficiency in the five years

#### Moving to Work Program (MTW)

- Five year self-sufficiency program
- Open to the general public-online application
- Random lottery selection
- No supportive services

#### HIP Housing (Human Investment Program)

- Home sharing program
- Homeowners who have a residence are matched with individuals seeking housing
- Screening and support provided by HIP Housing
- No time limit

#### Board and Care Homes – Assisted Living Facilities

- Non-medical homes or facilities that provide room, meals, housekeeping, supervision, storage and distribution of medication, and some personal care assistance
- Operated under the supervision and regulation of Community Care Licensing

#### **Meeting Adjourned:**

The meeting was adjourned at 4:40 p.m.

#### **Next MHSARC Meeting:**

February 7, 2018 from 3:00-5:00 p.m.  
225 37<sup>th</sup> Avenue, Room 100  
San Mateo, CA 94403

#### **Next Executive Committee Meeting:**

Thursday, January 18, 2018, at 3:30 p.m.  
2000 Alameda de las Pulgas, Suite 235  
San Mateo

**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.