



COUNTY OF SAN MATEO MENTAL HEALTH & SUBSTANCE ABUSE RECOVERY COMMISSION

Unadopted Minutes
Wednesday, May 2, 2018
225 37th Avenue, Room 100
San Mateo

BOARD MEMBERS PRESENT: Patricia Way, Rocio Cornejo, Bill Nash, Wanda Thompson, Patrisha Ragins, Leticia Bido, Carol Marble, Betty Savin, Eduardo Tirado, Sheila Brar, Eric Wollman, Dorothy Christian, Cherry Leung, Catherine Koss, Yoko Ng, Kate Pfaff, Isabel Uibel, Donald Mattei

STAFF: David Young, Chantae Rochester, Doris Estremera, Karen Krahn, Suzanne Aubry, Jairo Wilches, Mariana Rocha, Yolanda Ramirez, Sonia Vasquez

BOARD MEMBERS ABSENT:

OTHERS PRESENT (signed in): Calvin Shelton, Mark Christian, Mike Ksechovsky, Doris Brown, Alison Barrera, Josephine Thompson, Marilyn Pearson, Christopher Jump, Helene Zimmerman, Judith Schutzman

CALL TO ORDER

The meeting was called to order at 3:05 p.m.

INTRODUCTIONS

APPROVAL OF TODAY'S AGENDA

► **M/S/C** Ragins/Marble – approved unanimously

APPROVAL OF MINUTES

Approval of minutes from the April 4, 2018 Mental Health & Substance Abuse Recovery Commission Meeting.

► **M/S/C** passed unanimously

Approval of minutes from the April 17, 2018 Executive Committee Meeting

► **M/S/C** passed unanimously

Correspondence, Announcements, and Public Comment

Pat Way – We receive a request to someone from the commission participate on the Community Collaboration for Children's Success Initiative. There is a flyer and business card in your packet if you are interested in volunteering.

Kate Pfaff - I attended a presentation by the San Mateo County Department of Education on anxiety in children. The focus was the mental wellbeing of our young people and it was well attended.

Wanda – Angela Castro retired from the Mental Health Association

Helene Zimmerman – In honor of May is Mental Health Month NAMI is holding their 2nd Annual Flower Walk at Edgewood Park.

The next Family to Family class starts May 27.

Christopher Jump- Heart & Soul's Open House is taking place on May 31, from 1-4 p.m. at 210 Industrial Rd, Suite 205, San Carlos.

STANDING COMMITTEES

A. Committee for Children & Youth

Reported by Betty Savin

Next meeting will be held on May 16, 2018 at 4:00 p.m.
2000 Alameda de las Pulgas, Room 201, San Mateo

B. Committee for Adults

Reported by Dorothy Christian

Next meeting will be held on May 16, 2018 at 10:30 a.m.
2000 Alameda de las Pulgas, Room 209, San Mateo

C. Committee for Older Adults

Reported by Catherine Koss

Next meeting will be held on June 6, 2018 at 11:00 a.m.
2000 Alameda de las Pulgas, San Mateo

Director's Report

I would like to acknowledge our Board of Supervisors (BOS) for launching Mental Health Awareness Month. This is what the green ribbons represent, it's the symbol of Each Mind Matters and the statewide campaign to remind all of us that there are many who struggle with various mental health/behavioral health conditions.

I would like to acknowledge my team who are working on our Youth Campus Education Campaign which is getting underway. We have had several panels to help educate parents and young people around the effects of ingesting or smoking marijuana when you are under 25 years old because it does have impact on the developing brain. The campaign will launch June 30.

Liaison, Task Force and Ad Hoc Committees

CALBHB/C Reported by Cherry Leung

Regional Meeting that was held on Friday, April 20

The morning session was the California Behavioral Health Council, the advocacy group which is part of the planning council discussed the Adult Residential Project. They have been working on the project for about 6 months to a year, the main concern is the closing

of adult residential facilities geared toward serving the mentally ill. Currently there is no extensive data on the number of beds serving those with mental health and substance use disorders. In conjunction with the dept. of social services, ca corrections, state hospitals, and other organizations with the help of UC Berkeley they will be working on a data base to access the needs. They will also look at staff, whether they are experienced or trained.

The CA Behavioral Health Directors Association which oversees the budget and policy issues of mental and behavioral health received a total of 150 bills targeted towards behavioral health and this association took its position on 30 of them, whether they support, oppose, or oppose with amendment. If you would like to see more information about what the bills are go to cbhda.org under the legislation section you can see all the bills as well as the report cards from the last term.

Old Business

New Business

Action Item: *Vote to open 30 Day Public Comment Period for Assembly Bill (AB) 114 Mental Health Services Act Reversion Plans*

► **M/S/C** Christian Passed unanimously

Program Presentation

AB 114 MHSA Reversion Plans and Innovation Project Proposal: County Behavioral Health Technology Collaborative.

Presented by: Doris Estremera, MHSA Manager, Office of Diversity, BHRS

Assembly Bill (AB) 114

Due to the lack of guidance on amounts subject to reversion and a process to revert funds, a one-time legislation (AB 114) was enacted allowing Counties to submit a plan July 1, 2018 for expending their respective funds that are subject to reversion by June 30, 2020. The legislation provides additional provisions that establish a balanced approach to MHSA reversion for both past and future funds including:

- Notification of funds subject to reversion and appeal instructions were provided to Counties.
- Reallocated funds must be spent in the same component (i.e. Prevention, and Early Intervention, Innovation, etc.) originally allocated to.
- The 3-year reversion time frame for innovation funds will now commence upon approval of the project plans; this will minimize the reversion risk for funds accrued while awaiting approval.
- For funds moving forward, reversion guidelines will be provided (expected May 2018).

San Mateo County Impact & Plan

San Mateo County has close to \$3.8 million subject to reversion in Innovation. Given a local stakeholder prioritization of technology innovations during the MHSA Community Program Planning Process, the San Mateo County MHSA Steering Committee discussed participating in a statewide County Behavioral Health Technology Collaborative, which will bring technology-based solutions across the State of California, including:

- Peer chat and online support
- Virtual evidence-based wellness support through an avatar
- Utilizing passive smartphone data for elderly detection and intervention

Q & A

Q: Behavioral Health/Mental Health has very strict legal protection in CA as far as what records can be subpoena and HIPAA, what's being looked at to capture these apps in that type of legal protection? The more you change the language from mental health the more you'll have the argument against those legal protections. What is being considered in that regard?

A: These apps are not targeted for a specific population they can be for anyone, but also the county is talking to providers and we will have a meeting next week. I think part of that conversation will be how does HIPAA show up, what does that look like, what data can you have and not have. They are free applications and they are not supposed to replace clinical treatment so there might be different legislation attached to that because it is not treatment.

Q: Let me clarify...thinking less along the lines of HIPAA and more along the lines of... Let's say you're in a car accident and you can subpoena someone's medical record if you're the plaintiff but you can't get the mental health records but you can subpoena a Fitbit and you can subpoena Facebook. What type of protections would there be around these types of apps that would prevent the information (which is extremely sensitive) and mental health related in order for them to fall under that legal protection?

A: We will ask Los Angeles County and Kern County how they are addressing this issue.

Q: I'm assuming the app will be available on the app store and google play. How would people get access to it and is it open to the public for use?

A: it's free and its open to the public. I don't know where it can live yet, wherever folks can get apps.

Q: Question regarding the chat. Is that like Facetime and are is there a limit? Because I speak only Chinese and will I understand the other participants? I don't want people to see me, how does that work? Is there an age limit for groups, are they only for adults, how do they verify the age? Can a 10-year-old pretend to be 30? Do we see the people in the group or is it typing?

A: It's typing. If we don't have an answer to your question, we will catalog it. We will never answer a question that we don't have the answer to. Most of the groups are broken down by age. I don't know how they would verify age of someone using the service. You also asked about language availability and that is something we have heard throughout the county making sure there's language availability in the threshold languages also cultural relevance/sensitivity.

Q: Is there an entry level age? Does someone have to be 18 or older to use because if you drop it down to youth it becomes even more dicey as far as privacy goes.

A: We've heard some parents raise concerns about their young children having access to being on the internet too much and not being able to monitor their time/activity. That was one of the recommendations is that the county decide the age threshold.

Q: Who controls the content that's built on this, that's so complicated to do. Are you building on something that's already in place?

A: That question has come up at previous meetings. We don't have that answer right now, it's important that we are asking these questions because these are questions we will bring up when we begin working with the vendors. The County has not selected a vendor.

We are also open to suggestions, not just answering questions. If you have suggestions, we would love to hear them too.

Q: Our technology requires that we get in front of this, early intervention. As you look at age thresholds it might be appropriate that you consider that we have people as young as 14 in our program.

R: Thank you, we will take that into consideration.

Q: Is Noni available 24 hours?

A: Yes, the website is available 24 hours, 7 days a week. That's one of the reason for doing this app is to have something available 24 hours for people who are isolated. There's always someone to talk to on the app.

Q: How are the Peer Listeners screened who are doing that job? How they screened? How are they trained? How are they monitored?

A: The Peer Listeners go through a training and also if the Peer Listener is not a fit for someone, they can speak with someone else.

Q: Will that 24/7 service link to a help access line?

A: That has been a request from this community. That question will be raised so that the County can respond.

Q: How is this going to work for people who are isolated, especially if they don't have iPhones or computers? Has the county thought of providing all of that? Because that will be a challenge for some folks.

A: The county will need support around how to reach folks who are isolated. Some suggestions have been to go to places where people are. Not the places you think they, go to the places you know they are. This might not be the best way to engage everyone. If you are someone who doesn't have access to the internet or a smart phone, it might not be the best fit for you. It's just one of many options.

Maybe law enforcement and emergency responders can roll it out to people. They see people that others don't.

Q: You talked about an evaluation process, what does that like?

A: The part of the evaluation process that is in the plan is around gathering data, either doing focus groups or surveys. One suggestion was to put a survey in the app so people can interact and say how it is working for them so that data can come back.

Q: With Wellness tools, does that include pharmacy integration? Is there a way for it to link into have you picked up your meds or reminder to pick up your meds? As well as taking and refilling the meds.
Will the chat box have EBP type tools?

A: We will get an answer for you.

We will take public comment for the next 30 days.

Meeting Adjourned:

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

**TONY HOFFMAN COMMUNITY
MENTAL HEALTH AWARD PRESENTATION
CONGRATULATIONS TO THE 2018 HONOREES!**

Loren Shea
Language Circle of California
Dr. Muir Hooper
Claudia Saggese

Next MHSARC Meeting:

June 6, 2018 from 3:00-5:00 p.m.
225 37th Avenue, Room 100
San Mateo, CA 94403

Next Executive Committee Meeting:

Tuesday, June 19, 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.