



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

**Unadopted Minutes**  
**Wednesday, June 6, 2018**  
**225 37<sup>th</sup> Avenue, Room 100**  
**San Mateo**

**BOARD MEMBERS PRESENT:** Kate Pfaff, Donald Mattei, Catherine Koss, Dorothy Christian, Betty Savin, Cherry Leung, Patricia Way, Carol Marble, Patrisha Ragins, Yoko Ng, Bill Nash, Leticia Bido

**STAFF:** David Young, Doris Estremera, Chantae Rochester, Marian Rocha, Suzanne Aubry

**BOARD MEMBERS ABSENT:** Eric Wollman, Isabel Uibel, Wanda Thompson, Eduardo Tirado, Sheila Brar, Rocio Cornejo

**OTHERS PRESENT (signed in):** Helene Zimmerman, Mark Christian, Calvin Shelton, Marilyn Pearson, Josephine Thompson, Julian Fuerbringer, Jean Perry, Christopher Jump

### **CALL TO ORDER**

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

### **INTRODUCTIONS**

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

► **M/S/C** Mattei/Koss/passed unanimously

### **APPROVAL OF MINUTES**

Approval of minutes from the May 2, 2018 Mental Health & Substance Abuse Recovery Commission Meeting.

► **M/S/C** Pfaff/Ragins/ passed unanimously

Approval of minutes from the May 15, 2018 Executive Committee Meeting

► **M/S/C** Pfaff/Ragins/passed unanimously

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

Helene Zimmerman – NAMI

Family to Family Education Program – The next class begins August 28, 2018

NAMI Connection is a recovery support group for individuals with mental illness, meets every Monday from 7:00-8:30 p.m.

## **STANDING COMMITTEES**

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

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

Next meeting will be held on June 20, 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 June 20, 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 September 5, 2018 at 11:00 a.m.

2000 Alameda de las Pulgas, Room 201, San Mateo.

## **Director's Report**

Serenity House – We are planning several tours for different group. We are planning an Open House for the end of August.

BHRS Strategic Planning Meeting is July 10, at 8:30 a.m. at Sobrato Center in Redwood Shores.

## **Liaison, Task Force and Ad Hoc Committees**

Nothing to report at the time of this meeting.

## **Program Presentation**

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

Presented by:

Doris Estremera, MHSR Manager, Office of Diversity and Equity, BHRS

## **MHSR – Prop 63**

Primary MHSR Programs FY16/17

- Community Service and Supports (CSS) \$22.4M
- Prevention and Early Intervention (PEI) \$6M
- Innovations (INN) \$1.5M

## **Assembly Bill (AB) 114**

- Identified reallocated amounts subject to reversion
- Allowing counties to submit a plan to spend the reallocated funds
- Reallocated funds must be spent in same component
- For INN three-year clock will begin upon approval of project plans
- Reversion and reserve guidelines moving forward

## **Innovation Plan**

- MHSR Three-Year Planning Process
  - Un-met Need: Technology to reach isolated older adults, monolingual communities and transition age youth in crisis

- Opportunity: County Behavioral Health Technology Collaborative
- Innovation Plan
  - Join the statewide collaborative to pilot technology-based interventions that support behavioral health and wellness and are intended to
    - Increase access to mental health care;
    - Promote early detection of mental health symptoms; and
    - Predict the onset of mental illness

### Technology Suite

The Tech Suite is a collection of innovative apps from different vendors that support wellness and recovery.

- 24/7 online peer chat and support apps
- Personalized Wellness Coach
- Wellness Apps

### Process Timeline

February 2018 – MHSA Steering Committee meeting to propose use of INN reversion funds for the County Behavioral Health Technology Collaborative

April/May 2018 – Present Technology Suite to diverse groups for additional input and incorporate input into a proposal/plan for San Mateo County including budget

May/June 2018 – Present to MHSARC for opening of a 30-day public comment

July 2018 – Submit to Board of Supervisors – consent only agenda

Aug/Sept 2018 – Submit and present to MHSOAC for approval

### Adjustments made to the INN Plan

Based on final feedback received:

1. Included a phased approach to implementation to pilot one app per target group with a small subpopulation; to be determined by focused advisory groups
2. Adjusted the target population that we expect to serve based on this smaller pilot
3. Added a learning goal related to connecting individuals to in-person services

### Budget Breakdown

- Local Programming - \$1,046,500
- Core Technology - \$992,578
- Future Technology - \$1,465,591
- Statewide Marketing and Evaluation - \$367,498

### Local Programming

- Keep at the County
- Fund strategies needed to support culturally responsive implementation
- Training of staff and peer workers
- Peer/family support specialists
- Agencies/outreach workers serving monolingual Spanish and Chinese communities
- Local marketing efforts and materials

### Learning Goals

- Learning Goal 1: Does the availability and implementation of technology-based mental health apps connect transition age youth in crisis, older adults experiencing

isolation, and the Spanish and Chinese monolingual communities to in-person services?

- Learning Goal 2: Does engaging with the apps promote access to mental health services and supports?
- Learning Goal 3: Does engaging with the apps effectively promote wellness and recovery?

### **Old Business**

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

▶ **M/S/C** Mattei/Ragins/Passed unanimously

**Action Item:** *Vote to submit Assembly Bill (AB)114 Mental Health Services Act Reversion Plans to the San Mateo County Board of Supervisors (BOS)*

▶ **M/S/C** Mattei/Rgains/Passed unanimously

### **New Business**

- The commission is now accepting nominations for the David Lewis Award

### **Meeting Adjourned:**

The meeting was adjourned at 4:12 p.m.

### **Next MHSARC Meeting:**

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

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

Tuesday, September 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.