



COUNTY OF SAN MATEO MENTAL HEALTH & SUBSTANCE ABUSE RECOVERY COMMISSION

**Unadopted Minutes
Wednesday, October 5, 2017
225 37th Avenue, Room 100
San Mateo**

BOARD MEMBERS PRESENT: Patricia Way, Betty Savin, Rocio Cornejo, Dorothy Christian, Josephine Thompson, Bill Nash, Kate Pfaff, Patrisha Ragins,

STAFF: Stephen Kaplan, David Young, Chantae Rochester, Jei Africa, Doris Estremera, Steve Munson

BOARD MEMBERS ABSENT: Eric Wollman, Rodney Roddewig, Betty Savin, Wanda Thompson, Eduardo

OTHERS PRESENT (signed in):

CALL TO ORDER

The meeting was called to order at 3:02 p.m.

INTRODUCTIONS

APPROVAL OF TODAY'S AGENDA

► **M/S/C**

APPROVAL OF MINUTES

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

► **M/S/C**

Approval of minutes from the September 19, 2017 Executive Committee Meeting

► **M/S/C**

Old Business

New Business

Correspondence, Announcements, and Public Comment

STANDING COMMITTEES

A. Committee for Older Adults

Pat Way reported

1. Minutes attached.
2. Next meeting will be held on October 4, 2017 at 11:00 a.m.

B. Committee for Adults

Josephine Thompson reported

1. Minutes attached.
2. Next meeting will be held on October 18, 2017 at 10:30 a.m.
2000 Alameda de las Pulgas, Room 209, San Mateo

C. Committee for Children & Youth

Reported by Betty Savin

1. Minutes attached
2. Next meeting will be held on October 18, 2017 at 4:00 p.m.
2000 Alameda de las Pulgas, conference room 201, San Mateo

MHSA Update

DIRECTOR'S REPORT

Liaison, Task Force and Ad Hoc Committees:

There was nothing to report at the time of this meeting.

Program Presentation

Summary of the Youth System of Care Presentations

The MHSARC members discussed the three presentations on the Youth System of Care to figure out where they felt there were gaps and if it was possible to fill those gaps.

Prevention and Early Intervention

Gap: Services for children between the ages 5-12. Should we be doing more with the schools?

We do partner well the school districts but we need something after school hours that would include the families. The vision for BHRS is to have an anti-stigma campaign where young kids and the school system can learn more about mental health issues and try to start to address stigma at a very early age. Teach youth that when they are struggling it's really important to talk about it and seek help and for them to know where to find those resources. Once they reach a certain age they can access those resources without their parent's permission.

The other program is to bring Mental Health First Aid (MHFA) to the schools. ODE offers Youth MHFA and the Parent Project which is a resource for parents to learn to be better parents and how to support their children when they are in school.

Other programs offered and that are funded by public money is the NAMI program Teachers as Allies, this a program where NAMI members, someone with lived experience, a parent and a teacher talk to the students about lived experience.

Gap: Having a Family Assertive Support Team (FAST) for youth. The FAST Team works well for the adult community, why not have FAST for youth?

There are a lot more kids going to Psychiatric Emergency and maybe something like FAST where the situation could be handled in the community would be better for the youth. When people aren't trained or they aren't comfortable with the situation they opt to take the youth to Psychiatric Emergency.

Gap: Respite care for families or childcare support so that parents can attend classes.

We can provide childcare if we know in advance that childcare is needed. Other commissions provide childcare, when they know it is needed.

We will have the Serenity House for Adults to be a pre-5150 situation, there should be something like this for children and youth to avoid the trauma of going to PES; not only for the child but for the parents and siblings.

The Office of Consumer and Family Affairs has family partners who are part of the clinical teams to support the families who are receiving services to help them understand and navigate the system. Claudia Saggese does a lot of education for parents, she teaches the NAMI Basics Class. Again childcare and transportation are barriers for parents.

There are a lot of programs funded by MHSA that are offered in schools and they target elementary, middle schools and high schools. Teaching Pro-Social Skills is run by Human Services Agency it is offered in schools that have resource centers and the youth are referred by the teachers. There's Project Success on the coast.

Meeting Adjourned:

The meeting was adjourned at 4:10 p.m.

Next MHSARC Meeting:

October 4, 2017 from 3:00-5:00 p.m.
Health Services Building
225 37th Avenue, Room 100, San Mateo

Next Executive Committee Meeting:

Tuesday, October 17, 2017, 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.