



COUNTY OF SAN MATEO MENTAL HEALTH & SUBSTANCE ABUSE RECOVERY COMMISSION

Unadopted Minutes
Wednesday, November 7, 2018
225 37th Avenue, Room 100
San Mateo

BOARD MEMBERS PRESENT: Rodney Roddewig, Patrisha Ragins, Isabel Uibel, Wanda Thompson, Patricia Way, Cherry Leung, Mark Duri, Eric Wollman, Yoko Ng, Kate Pfaff, Randy Torrijos, Bill Nash, Betty Savin, Donald Mattei, Dorothy Christian, Catherine Koss

STAFF: Stephen Kaplan, Chantae Rochester, Doris Estremera, Suzanne Aubry

BOARD MEMBERS ABSENT: Sheila Brar, Carol Marble, Leticia Bido, Eduardo Tirado

OTHERS PRESENT (signed in): Mark Christian, Tara Beckman, Christopher Jump, Helene Zimmerman, Juliana Feubringer, Bruce Adams, Susan Haste, Elyn Bloomfield, Brittany Ganguly, John Andrews, Clarise Blanchard, Ivon Hernandez

CALL TO ORDER

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

INTRODUCTIONS

Captain Mark Duri was introduced to the commission. Mark will be replacing Chief Eric Wollman, who is retiring, as our Law Enforcement representative.

APPROVAL OF TODAY'S AGENDA

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

APPROVAL OF MINUTES

Approval of minutes from the October 3, 2018 Mental Health & Substance Abuse Recovery Commission Meeting.

► **M/S/C** Roddewig/passed unanimously

Approval of minutes from the October 16, 2018 Executive Committee Meeting

► **M/S/C** Roddewig/passed unanimously

Correspondence, Announcements, and Public Comment

Helene Zimmerman, NAMI

NAMI "PIE" Thanksgiving

Tuesday, November 13

100 S. San Mateo Drive, San Mateo, 6:00 p.m. – 8:30 p.m.

STANDING COMMITTEES

A. Committee for Children & Youth

Reported by Kate Pfaff

Next meeting will be held on December 19, 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 December 19, 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 December 5, 2018 at 11:00 a.m.

2000 Alameda de las Pulgas, San Mateo

Director's Report

Serenity House

As of today, there are 7 people at Serenity House. The plan is to limit the capacity to 10 for a while to get all the initial implementation worked out and to make sure everything is running smoothly and then the program will increase to 13.

A couple of people who have come and gone (in a positive way) have stabilized and moved on to post Serenity services and supports.

Proposition 2

Prop 2 passed yesterday. Prop 2 was designed as a funding stream for affordable housing. We hope that it would be specific to people with serious mental illness and co-occurring substance use issues. A lot of regulatory and administrative processes still need to be worked out. The funding of the bond for Prop 2 is coming out of the MHSA funds, San Mateo County will contribute \$2 million annually to the fund; that's \$2 million of our MHSA funds that would have been used to fund other services.

We need to ensure that we are not just a giver but also a receiver. The County Manager's Office (CMO) is working diligently to work collaboratively with our county departments; we will need to submit projects funding the bill to increase the housing availability to our clients.

Jail

One thing that has been missing from the jail for those incarcerated who have serious mental illness and who are active in their disease, were treatment options. We have a soft launch of an acute unit in the jail. We are working to have it certified to be able to work with people involuntarily. We (BHRS, Sheriff's Office, CMO and BOS) have partnered together to create this acute unit and its going to be a game changer for people who are incarcerated living with those conditions.

Budget

The CMO has directed county departments to plan for a reduction in county funding beginning July of 2019. BHRS is dependent on funding other than the county funding and we are planning for some reductions our other funding sources. We're planning for FY 19-

20 an \$8 million deficit that we need to make up and not with one- time funding as these are ongoing concerns. For FY 20-21 there will be an additional \$3 million deficit.

We have been going through a stakeholder process receiving ideas from staff and stakeholders (providers, family members, clients and other interested persons). We are in the process of analyzing those ideas to see how we will make up the gap. We will share more information as we solidify a plan.

Integrated Medicated Assisted Treatment (IMAT) Program

The evaluation for IMAT has been completed and the results are very positive. For those who have gone through the program there has been a significant decrease in their visits to the emergency room, jail time, homelessness and increases in their access to primary care. This has resulted in significant savings due to the reduction in emergency room visits. It would be a good idea to have the IMAT team present the results of the evaluation to the commission at a future meeting.

Health System

There's an effort within the Health System to focus on our subset of clients who have a significant number of complex issues. These clients are involved in BHRS, Aging and Adult Services (AAS), Public Guardian, the Medical Center, Street Outreach and other organizations. The focus of this group is to analyze how these clients are served in our current system and the barriers to getting fully functional coordinated delivery of services. Our hope is to develop recommendations that we can pilot and then go to scale with these recommendations to bring these various services into an integrated approach. Once the work is completed we should schedule a presentation to the commission.

Liaison, Task Force and Ad Hoc Committees

Reported by Cherry Leung

California Association of Local Behavioral Health Boards/Commissions

We met Friday, November 2.

We discussed statewide issue briefs and successes and there were 3 priorities that were discussed:

1. Adult Residential Facilities and its funding
 - a. Primarily the funding is through SSI and supplemented by County funding
2. Disaster Preparedness
 - a. This a major issue for some counties
3. Employment
 - a. Some counties have the Individual Placement and Support Services (IPS), it's a working model in Alameda County and they work closely with San Francisco to create a more sustainable practice.

Pat Way was on the call also and she shared San Mateo County's success on the opening of Serenity House.

Our next Regional Training Meeting is in March.

MHSA Update

Reported by Doris Estremera, Mental Health Services Act Manager

My update today is on MHSA Innovation Extension for the Pride Center.

MHSA Innovation

- Introduces a new practice/approach

- Makes a change to an existing practice
- Applies a non-behavioral health promising community-driven practice
- Has not been demonstrated effective (in the literature)

Pride Center as an Innovation

There is no prior model of a coordinated service approach across the behavioral health clinical services, psycho-educational and community/social events and resources for the LGBTQ+ community.

The need

- LGBTQ+ community is 3 times more likely to experience a mental health condition
- Suicide is the 2nd leading cause of death for LGBTQ+ individuals ages 10-24 and over 40% of Transgender Adults have attempted suicide
- Increased substance abuse, homelessness, social isolation, bullying, harassment, and discrimination
- Historical trauma, shame, and stigma

Accomplishments

- Over 2,500 individuals served
- 1,011 individuals accessed services onsite
- Two-thirds identify as LGBTQ+
- Most are ages 16 to 50
- 54% are people of color or multiracial
- 5 in 6 are below County's median household income

Why an extension?

- The need has been far greater than expected
- Additional two years of date will allow us to look at improved mental health indicators for individuals who might not otherwise have accessed clinical services and/or received quality, culturally responsive care
- The goal is to make the coordinated service approach a replicable model for other behavioral health system across the state

Old Business

Action Item: *Vote to close 30-day public comment period for the approval to request to the State of California Mental Health Services Oversight and Accountability Commission (MHSOAC) a 2-year MHSA Innovation Extension for the Pride Center in the amount of \$1,550,000.00 (\$700,000.00 per year, plus \$150,000.00 evaluation).*

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

New Business

None to report at this time.

Program Presentation

Pathways Mental Health Court Program

Presented by:

Terry Wilcox-Rittgers, LMFT, Manager, Behavioral Health and Recovery Services (BHRS)

Terri Aquino Oliva, LMFT, Program Specialist, BHRS

Pathways Mental Health Court Partners with:

- San Mateo County Courts
- Probation Department
- District Attorney's Office
- Private Defender Program
- Sheriff's Office
- Correctional Mental Health
- NAMI
- Behavioral Health & Recovery Services

Eligibility Criteria:

- Must be a San Mateo County resident
- 18 years or older
- Serious mental illness
- Functional impairment
- Probation-eligible by statute
- Agree to engage in Pathways

Goals:

- Reduce recidivism
- Reduce incarceration
- Reduce acute/emergency care need
- Increase stable housing
- Engage in personal recovery
- Ongoing wellness

Participant Achievements:

- 32 residential and OP AOD graduates
- 34 obtained new jobs
- 14 kept old jobs
- 10 receiving higher education
- 5 attending trade school
- 5 received job internships
- 9 reunited with kids

104 Graduates:

- Ceremony
- Certificate
- Court fees reduced or deleted
- Expungement possible

Graduates may still join Pathways groups, events, and activities as role models and community builders.

Meeting Adjourned:

The meeting was adjourned at 4:50 p.m.

Next MHSARC Meeting:

December 4, 2018 from 3:00-5:00 p.m.
225 37th Avenue, Room 100

San Mateo, CA 94403

Next Executive Committee Meeting:

Tuesday, December 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.