



COUNTY OF SAN MATEO MENTAL HEALTH & SUBSTANCE ABUSE RECOVERY COMMISSION

Unadopted Minutes
Wednesday, December 5, 2018
Silicon Valley Community Foundation
1300 El Camino Real, Suite 100, San Mateo

BOARD MEMBERS PRESENT: Sheila Brar, Bill Nash, Betty Savin, Yoko Ng, Donald Mattei, Patricia Way, Kate Pfaff, Leticia Bido

STAFF: Randy Torrijos, Stephen Kaplan, Chantae Rochester, Doris Estremera, Maria Lorente-Foresti, Pernille Gutschick, Karen Krahn, Carmen Guerridos

BOARD MEMBERS ABSENT: Mark Duri, Cherry Lueng, Catherine Koss, Patrisha Ragins, Wanda Thompson, Carol Marble

OTHERS PRESENT (signed in): Bruce Adams, Christopher Jump, Ken Jew, Michael , Smitha Gundavajhala

CALL TO ORDER

The meeting was called to order at 3:12 p.m.

INTRODUCTIONS

APPROVAL OF TODAY'S AGENDA

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

APPROVAL OF MINUTES

Approval of minutes from the November 7, 2018 Mental Health & Substance Abuse Recovery Commission Meeting.

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

The Executive Committee did not meet in November.

Correspondence, Announcements, and Public Comment

Heart and Soul Holiday Party

Wednesday, December 19, 2018 from 10:00-12:00

A. Committee for Children & Youth

Did not meet

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 Patricia Way

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 Patricia Way for Catherine Koss

The Older Adult Committee will not meet in January
2000 Alameda de las Pulgas, Room 201, San Mateo.

Director's Report

BHRS Director

Scott Gilman has been selected as the new BHRS Director. He will start work early January. His background is City Government (mental health, alcohol and other drug services and primary care) he also has experience as a direct service provider.

Budget

We have completed our budget process and submitted our plan to Health Administration. The next is to have meetings with the Board of Supervisors (BOS) and the County Manager (CMO). After that the final process will begin.

We have three major areas to fill our gap:

1. Increase federal revenue through claiming MediCaid for our programs and our providers.
2. The work we do for other entities. We need to ensure that we have been reimbursed for our full cost of doing services for them.
3. Budget reductions in current expenditures.

Serenity House

Serenity House is up and running and people are going through the program.

Office of Diversity and Equity (ODE) Manager

Maria Lorente-Foresti is the new manager for ODE.

MHSA Update

Reported by Doris Estremera

We have begun the RFP process for the Tech Suite, part of the dollars for Innovation. We had our first Tech Suite Community Advisory Meeting. We will meet once a month. The next meeting will be the 3rd or 4th week of January.

Liaison, Task Force and Ad Hoc Committees

Nothing to report at the time of this meeting.

Old Business

There's no old business to report.

New Business

There's no new business to report.

Program Presentation

Crisis Intervention Training (CIT) Program

Presented by: Pernille Gutschick, Clinical Services Manager II, Adult System of Care Behavioral Health and Recovery Services

Pernille gave an outline of what is covered each of the four days of CIT training.

Day 1

- Introductions, goals, and objectives
- Major mental disorders
- Scenario (role play)
- Importance of CIT & stages of emotional response
- Consumer panel
- Lunch with participant of the consumer panel
- Veteran's issues
- PTSD & TBI (Traumatic Brain Disorder)
- Scenarios

Day2

- Trauma
- Suicide
- Scenario
- Implicit Bias
- Youth Resources
- Lunch with BHRS staff
- County Adult Resources
- Site visits (Palm Avenue, Spring Street Shelter, Redwood House and 3rd floor Cordillears)

Day 3

- Site Visit Debrief
- Officer Resilience
- Developmental Disabilities
- Alzheimer & Dementia
- Conservatorships
- Consumer/Family Panel
- Lunch with the Family Panel
- Field Crisis Coordinating Committee
- Legal Issues
- Scenario
- PERT- SMART- Serenity House

Day 4

- Group Exercise
- Suicide by Cop
- 5150 Report Writing
- Case Study
- Forensic Behavioral Management
- Change into their uniforms
- Lunch with Executives and Graduation

- Resources and Scenarios

CIT isn't a stand-alone response team, we have a system that works together:

- Crisis Intervention Training (CIT)
- Psychiatric Emergency Response Team (PERT)
- San Mateo County Mental Health Assessment and Referral Team (SMART)
 - Coverage from 8:00 a.m. – 10:00 p.m. with specially trained paramedics
- Family Assertive Support Team (FAST)
 - 2 family support members, 1 therapists, 2 peer support members
- Field Crisis Teams
 - Meet once a month with all police departments and the public defender's office
- Crisis System Collaboration

When we began the CIT Program we had two classes a year. We now have four classes a year with 50% of all County jurisdiction officers trained. East Palo Alto and Brisbane officers are fully trained.

It is now mandatory in California that all officers have at least 15 hours of CIT training.

Meeting Adjourned:

The meeting was adjourned at 4:35 p.m.

Next MHSARC Meeting:

January 2, 2019 from 3:00-5:00 p.m.
225 37th Avenue, Room 100
San Mateo, CA 94403

Next Executive Committee Meeting:

Tuesday, January 15, 2019 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.