



COUNTY OF SAN MATEO MENTAL HEALTH & SUBSTANCE ABUSE RECOVERY COMMISSION

Unadopted Minutes
Wednesday, September 4, 2019
225 37th Avenue, Room 100, San Mateo

BOARD MEMBERS PRESENT: Bill Nash, Catherine Koss, Chris Rasmussen, Donald Mattei, Jan Wongchuking, Leticia Bido, Mark Duri, Patrisha Ragins, Sheila Brar, Yoko Ng, Randy Torrijos

STAFF: Scott Gilman, Chantae Rochester, Doris Estremera, Clara Boyden, Claudia Saggese, Lee Harrison, Maria Lorente-Foresti

BOARD MEMBERS ABSENT:

Excused: Betty Savin, Cherry Leung, Patricia Way

Un-excused: Carol Marble, Wanda Thompson, Isabel Uibel

OTHERS PRESENT (signed in): Helene Zimmerman, Tara Beckman, Tania Perez, Brittany Ganguly, Gina Beltramo, Juliana Fuerbringer, Michael Lim, Jean Perry, Bruce Adams, Senter Uhila, Shanna Uhila, Kava Tulua, Candice Hauley

CALL TO ORDER

The meeting was called to order at 3:35 p.m. by Donald Mattei.

INTRODUCTIONS

APPROVAL OF TODAY'S AGENDA

► **M/S/C** Ragins/Duri

APPROVAL OF MINUTES

Approval of minutes from the July 3, 2019 Mental Health & Substance Abuse Recovery Commission Meeting.

► **M/S/C** Bido/Duri

Approval of minutes from the July 17, 2019 Executive Committee Meeting

► **M/S/C** Bido/Duri

Correspondence, Announcements, and Public Comment

Helene Zimmerman, NAMI San Mateo

Family to Family Class beginning September 24th. This will be the last class for 2019.

Peer to Peer class beginning September 30th. This will be the last class for 2019.

NAMI Walk-Saturday, September 21, 2019 at Guadalupe River Park in San Jose

California Association of Mental Health Peer Run Organizations (CAMHPRO)
Policy Forum on September 16, 2019 from 10-4 at San Mateo Library

Clara Boyden, Deputy Director of Alcohol and Other Drug Services, BHRS
September is National Recovery Month and this year the theme is Healthier Stronger Together. There are many activities this month.

Tuesday, September 17th is the breakfast and walk to Board of Supervisors

Tuesday, September 24th is the Recovery Picnic at Central Park in San Mateo

A. Committee for Children & Youth

No Report

Next meeting will be held on September 18, 2019 at 4:00 p.m.

2000 Alameda de las Pulgas, Room 201, San Mateo

B. Committee for Adults

Reported by Yoko Ng

Next meeting will be held on August 21, 2019 at 10:30 a.m.

2000 Alameda de las Pulgas, Room 209, San Mateo

C. Committee for Older Adults

Reported by Catherine Koss

The next meeting will be held on September 4, 2019

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

Director's Report

Reported by Scott Gilman, Director

Sanctions

Part of our function is being a health plan for Medi-Cal services. The requirement for access to providers is very tight. In rural or urban areas, you have to be able to access a psychiatrist within so many miles and there are parts of the state that simply can't do that. What California did was to implement sanctions on those organizations that didn't meet that requirement. California is now putting a 50% sanction on organizations who are out of compliance, it was previously 5%. The State Association is considering filing a law suit. San Mateo County so far as passed all network adequacy reviews.

1370's

There's a lot of energy in San Mateo County to keep people with mental illness in treatment and out of jail (when it is appropriate and safe). We have a log jam of people who are in jail and on 3AB and we need to come up with a variety of ways to move them into treatment instead of having them sit in jail waiting for competency restoration. We are working with a variety of stakeholders to come up with a plan.

MHSA Update

Reported by Doris Estremera, MHSA Manager

All Commissioners are members of the MHSA Steering Committee Meeting and our next meeting is Wednesday, October 2.

The regular commission meeting will take place from 3:30-4:00 followed by the MHSA Steering Committee Meeting from 4:00-5:30.

Liaison, Task Force and Ad Hoc Committees

Nothing to report at this time.

Old Business

- Slate of Officers was moved to the October meeting

New Business

There was no new business.

Program Presentation

Caminar, San Mateo County Region Programs & Services
Presented by Tara Beckman, Executive Director

Mission Statement

Empowering individuals and families to move toward resilience, wellness, and independence.

Programs and Services:

Mental Health Case Management Programs

- Assisted Outpatient Treatment Full Service Partnership (AOT)
- Full Service Partnership (FSP)
- Recovery, Empowerment, and Community Housing (REACH)
- New Ventures
- Wellness, Recovery and Partnership Program (WRAPP)
- Young Independent Living Program (YAIL)

Residential Treatment

- Redwood House: Crisis Residential
- Hawthorne/Eucalyptus House: Transitional Housing
- Expressive Art

Additional Services

- Bridges to Wellness and Medication Clinic
- Supported Housing
- Jobs Plus Supported Employment
- Supported Education
- Substance Use Treatment
- Outpatient Counseling and Mental Health Care

Summary

Since 1964, Caminar's programs have been guided by a commitment to improve the quality of life for individuals and families living with behavioral health conditions.

Community outreach and prevention programs strive to prevent or alleviate the onset of more severe health conditions and to eliminate stigma around behavioral health topics.

Our breadth of programs reach more than 20,000 people each year in San Mateo, San Francisco, Santa Clara, Solano, and Butte counties. Culturally-sensitive, trauma-informed, research-based, and innovative approaches empower participants to achieve their personal goals and improve their wellness.

Using our psychosocial rehabilitation and recovery model, CARF-accredited programs connect participants with meaningful community opportunities, such as vocational, educational, and social activities, while strengthening life skills and building resiliency.

Meeting Adjourned: The meeting was adjourned at 4:45 p.m. by Donald Mattei

David Lewis Award Ceremony Congratulations Anamatangi Polynesian Voices

Next MHSARC Meeting: October 2, 2019 from **3:30-4:00** p.m.
225 37th Avenue, Room 100
San Mateo, CA 94403

MHSA Steering Committee will immediately follow the commission meeting. All commission members are voting members of the MHSA Steering Committee.

Next Executive Committee Meeting: Wednesday, October 16, 2019 at 3:00 p.m.
2000 Alameda de las Pulgas,
Suite 200, Room 207, 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.