



COUNTY OF SAN MATEO MENTAL HEALTH & SUBSTANCE ABUSE RECOVERY COMMISSION

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

BOARD MEMBERS PRESENT: Bill Nash, Catherine Koss, Chris Rasmussen, Donald Mattei, Isabel Uibel, Leticia Bido, Patricia Way, Sheila Brar, Yoko Ng, Randy Torrijos

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

BOARD MEMBERS ABSENT:

Excused: Cherry Leung, Mark Duri

Un-excused: Wanda Thompson, Jan Wongchuking

OTHERS PRESENT (signed in): Stephanie Morales, Kevin Jones, Melissa Platte, May Cohen, Mike Krechevsky, Jean Perry, Cardum Harmon, Vilma Souza, Juliana Fuerbringer, Daniel Jackson, Yolanda Ramirez, Jessica Tien, Angela Quiroz, Marta Ceron, Erica Horn, Rosa Banuelos, Erica Carrillo

CALL TO ORDER

The meeting was called to order at 3:35 p.m. by Sheila Brar

INTRODUCTIONS

APPROVAL OF TODAY'S AGENDA

► **M/S/C** Way/Uibel

APPROVAL OF MINUTES

Approval of minutes from the December 4, 2019 Mental Health & Substance Abuse Recovery Commission Meeting.

► **M/S/C** Koss/Nash

Approval of minutes from the December 18, 2019 Executive Committee Meeting

► **M/S/C** Koss/Nash

Correspondence, Announcements, and Public Comment

NAMI flyer about Assembly Committee Hearing on Prop 63/MHSA

Erica Horn, California Clubhouse

California Clubhouse Annual Holiday Party is Thursday, December 19, 3-8 p.m

California Clubhouse is open Christmas Day for dinner. Guest should RSVP and there is a small fee of \$4

A. Committee for Children & Youth

Reported by Chris Rasmussen

Next meeting will be held on January 15, 2020 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 January 15, 2020 at 10:30 a.m.
2000 Alameda de las Pulgas, Room 209, San Mateo

C. Committee for Older Adults

Reported by Patricia Way

The next meeting will be held on February 5, 2020 at 11:00 a.m.
2000 Alameda de las Pulgas, Room 201, San Mateo.

Director's Report

Reported by Scott Gruendl, Director

Consumer Perception Survey

Consumer perception survey, it is done twice a year once in the spring and once in the fall. We just completed the survey for the fall in November the results will be available mid-January. The results go to the state and various programs.

Employee Engagement Survey

This survey is taken by San Mateo County staff on how they feel about working for the county. BHRS did not fair well in the survey with staff. The Directors always score low, but we were lower than usual this year which could be attributed to having three directors over the past year. The Executive Team is working on a plan to address the issue.

Budget

All of health is estimating a \$57 million deficit in the coming year (FY20-21). We also had a significant budget deficit this year that we were able to manage. Of the \$57 million deficit for the coming year, BHRS is responsible for just under \$5 million. BHRS has a plan to address the deficit through various measures such as increase revenues, and MHSA funds to help soften the blow and keep programs going, we've reduced some of our contracts, we've been very slow filling positions and shifting staff across programs (staff working where there is a need). The public conversation begins on Tuesday, January 28 at the Board of Supervisors meeting.

Louise's budget memo that was sent to staff was distributed to the commission.

If you would like to a copy of the survey results or Louise's budget memo, please contact Chantae Rochester at crochester@smcgov.org.

Liaison, Task Force and Ad Hoc Committees

Suicide Prevention-Yoko Ng

1. The Suicide Prevention Committee's mission is to provide oversight and direction to suicide prevention efforts in San Mateo County.
2. The highlight of yesterday's meeting was the guest presentation from San Mateo County Health Epidemiology team. They presented recent County data on suicide deaths, attempts, thoughts and risk/protective factors. Specific data sources included death certificates (from the Coroner's Office), hospitalizations (from all hospitals in San Mateo County), emergency room visits (of any SMC resident), Health & Quality of Life Survey and California Healthy Kids Survey.
3. The next meeting will be **Tuesday, January 7 1:30-3pm** at the Department of Housing – Jupiter Room, 264 Harbor Blvd, Building A, Belmont. The guest speaker will be from the San Mateo County Office of Education. The presentation will focus on Documentation of Risk Assessment (DORA) which documents assessment and referral of students in compliance with the San Mateo County Office of Education Suicide Prevention Protocol. To join the mailing list, contact Sylvia Tang at stang@smcgov.org or 650-578-7165.

Old Business

MHSA Retreat: Possible date Saturday, January 25, from 10:00 a.m.-2:00 p.m.
Retreat committee: Patricia Way, Leticia Bido, Donald Mattei, Sheila Brar

New Business

MHSA Update

Action Item: *Vote to open 30-day Public Comment Period for the Mental Health Services Act (MHSA) Annual Update*

► **M/S/C** Passed unanimously

Program Presentation

Consumer Panel

Panelist: Lanajean Vecchione, Consumer
Candice Hawley, Consumer
Maria Guadalupe Avalos, Family Member

How to increase client participation:

- Increase/assist in Spanish, need other languages
- Stipends: we give Safeway cards, they aren't universal, Visa gift cards would be better
- Meeting times: the meeting times during the day and make it hard for working people to attend. If meetings were at 6:00 p.m. people would not have to miss work or have lost wages
 - Provide childcare with homework activities and other structured activities
- Transportation: Redit-Wheels doesn't work
- Peer to Peer connection: listened to and values input
- Use technology to expand meeting involvement
- Increase the amount of the stipend to \$30 for 2 hours
- More electronic distribution of program materials
- More local peer training. Currently most trainings are held in Sacramento

Goals

- The consumer needs should be first

- How we help people to tell their story-it gives confidence to a person who may never speak up
- Family members and consumers are often the same people

Meeting Adjourned:

The meeting was adjourned at 4:00 p.m. by Sheila Brar

Next MHSARC Meeting:

February 5, 2020 from **3:30**-4:00 p.m.
225 37th Avenue, Room 100
San Mateo, CA 94403

Next Executive Committee Meeting:

Wednesday, February 19, 2020, 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.