



COUNTY OF SAN MATEO MENTAL HEALTH & SUBSTANCE ABUSE RECOVERY COMMISSION

Unadopted Minutes
Wednesday, March 4, 2020
225 37th Avenue, Room 100, San Mateo

BOARD MEMBERS PRESENT: Patricia Way, Leticia Bido, Chris Rasmussen, Randy Torrijos, Mark Duri, Yoko Ng, Jan Wongchuking, Cherry Leung, Shelia Brar

STAFF: Scott Gilman, Chantae Rochester, Doris Estremera, Claudia Saggese, Jairo Wilches

BOARD MEMBERS ABSENT:

Excused: Donald Mattei

Un-excused:

OTHERS PRESENT (signed in): See MHSa Steering Committee Minutes

CALL TO ORDER

The meeting was called to order at 3:30 p.m. by Sheila Brar

INTRODUCTIONS

APPROVAL OF TODAY'S AGENDA

► **M/S/C** Rasmussen/Way

APPROVAL OF MINUTES

Approval of minutes from the February 5, 2020 Mental Health & Substance Abuse Recovery Commission Meeting with the following changes:

Called to order by Patricia Way

Older Adult Committee Report by Patricia Way

Meeting Adjourned by Sheila Brar

► **M/S/C** Way/Rasmussen

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

► **M/S/C** Rasmussen/Duri

Correspondence, Announcements, and Public Comment

NAMI Peer to Peer Class will begin the end of this month. Contact NAMI for more information.

John Butler

Lived Experience- I am grateful for the award I received last month from the Commission. The mental health community means a great deal to me. I would like to talk about the stipends that are made available to peers. The level of stipends was created in 2006 and has not changed with the times and I know from talking to my peers and from my own experience that there are things that effect our lives that make our commitment to the community challenging. For example: I bus here for a meeting and I'll take Lyft to another meeting because there is no time in between and sometimes I'm out for a very long day (like today) and I need to buy a meal. I realize the budget situation and I'm not trying to add burden to you but we (myself and my peers) would appreciate an increase in the stipends.

I have been renting the same apartment for 30 years in Menlo Park, the last four years my rent has increased, and my section 8 compensation has not increased. I'm in debt over \$10,000 just trying to buy my basic needs on top of rent.

**A. Committee for Children & Youth
Reported by Chris Rasmussen**

Next meeting will be held on April 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 April 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 April 1, 2020 at 11:00 a.m.
2000 Alameda de las Pulgas, Room 201, San Mateo.

Director's Report

Reported by Scott Gilman

I want to thank a lot of people for helping to put together the first Director's Report. Hopefully, this will be helpful to you all. We will have it to you the Friday before the Commission meeting.

Dr. Robert Cabaj

Dr. Cabaj passed away suddenly on February 24. Our organization has been grieving his loss.

COVID-19

There's a great deal of planning happening in Health around COVID-19. In BHRS we are really trying to help our consumers cope with the stress and anxiety they are experiencing during this time. We are working with our CBO's to help them. You'll notice we aren't sending out a ton of information at this time because the information that we are receiving changes quickly. We are directing people with questions to the County website the CDC website.

Liaison, Task Force and Ad Hoc Committees

Suicide Prevention Committee

Reported by Yoko Ng

Guest speaker Dr. Tricia Tayama, from the Child Death Review Team

The next Suicide Prevention Meeting is April 7, at 1:30 at the Department of Housing located at 265 Harbor Blvd., Building A, Jupiter Room in Belmont.

Old Business

Nothing to report.

New Business

Nothing to report.

Meeting Adjourned:

The meeting was adjourned to begin the MHSARC Steering Committee Meeting at 4:00 p.m. by Sheila Brar

Next MHSARC Meeting/

May 6, 2020 from **3:30-5:00 p.m.**
Zoom Meeting

Next Executive Committee Meeting:

Wednesday, May 20, 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.