



## COUNTY OF SAN MATEO MENTAL HEALTH & SUBSTANCE ABUSE RECOVERY COMMISSION

### Unadopted Minutes Wednesday, July 1, 2020 Zoom Meeting

**BOARD MEMBERS PRESENT:** Chris Rasmussen, Donald Mattei, Jan Wongchuking, Jean Perry, Leticia Bido, Patricia Way, Randy Torrijos, Sheila Brar, Yoko Ng, Mark Duri

**STAFF:** Scott Gilman, Chantae Rochester, Doris Estremera, Jairo Wilches, Vanessa de la Cruz, Pernille Gutschick, Maria Lorente-Foresti, Claudia Saggese

**BOARD MEMBERS ABSENT:**

**Excused:**

**Un-excused:** Cherry Leung

**OTHERS PRESENT (signed in):** Helene Zimmerman, Michael Lim, Marty Fox, Evan Milbum, Ellen Darnell, Susan Gadegone, Michael Horgan, Erica Horn, Chelsea Bonini, Bruce Adams, Kava Tulua, Monroe Labouisse, Linder Allen, Carol Gosho, Heart & Soul

### CALL TO ORDER

The meeting was called to order at 3:31 p.m. by Sheila Brar

### INTRODUCTIONS

Commissioners introduced themselves.

### APPROVAL OF TODAY'S AGENDA

► M/S/C

### APPROVAL OF MINUTES

Approval of minutes from the June 3, 2020 Mental Health & Substance Abuse Recovery Commission Meeting.

► M/S/C Way/Duri

Approval of minutes from the June 17, 2020 Executive Committee Meeting

► M/S/C Way/Duri

**Correspondence, Announcements, and Public Comment**

Chris Rasmussen – At our city council meetings there's a lot of public comment on law enforcement and mental health and cutting law enforcement budgets and redirecting fund to mental health. People don't know that the City does not run mental health services, BHRS (Behavioral Health & Recovery Services) does. I wanted to put it on our radar or maybe for a future presentation to have a discussion about how we can help and assist. It was part of our priorities for the year to look into law enforcement and mental health issues. How mental health services can help with law enforcement and how we can look at our services.

Randy Torrijos – Supervisor Horsley, at a recent Board of Supervisors meeting, did bring up the topic of mental health issues and law enforcement in response to public comment and the idea of looking into new ways to respond to mental health issues when police are called to respond.

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

Next meeting will be held on July 15, 2020 at 4:00 p.m.  
Via Teams

**B. Committee for Adults  
Reported by Yoko Ng**

Next meeting will be held on July 15, 2020 at 10:30 a.m.  
Via Teams

**C. Committee for Older Adults  
Reported by Patricia Way**

The next meeting will be held on September 2, 2020 at 11:00 a.m.  
Via Teams

## **Director's Report**

### COVID Update

Everyone is Health is scrambling to respond to urgent needs around exposures and contact tracing and how to help providers deal with it when it happens to someone in one of our congregate care facilities. We meet weekly with our contract partners to do problem solving and to give them an opportunity to talk to us about issues they have encountered.

### BHRS Operations

We initiated planning for re-mobilization. This past week we decided to pivot on that because we never shut down. We had over 90% of our staff work remotely and we continued to provide Tele-Health Services. We've pivoted our re-mobilization plan to double down on making sure that we're educating everyone on PPE and making sure that we have adequate supplies of PPE for those essential services that we need to provide.

We are trying to figure out which clients/consumers are having difficulty with tele-health. We know that there are some individuals who have been doing very well but as the weeks have gone on, we are finding that there are some individuals who it isn't working for anymore and they are starting to decompensate. We are working to figure out the best way to identify those individuals and then do more of a slow ramp up of some of our operations to be able to help them.

## Survey

We have a survey that is ready to be distributed, thank you for your input. We want to enlist some of our provider agencies to do some focus groups with some of our clients so that we can get more feedback on where are the biggest challenges and hang-ups for people to get their services?

## Hiring Freeze

The County has a hiring freeze. BHRS is down about 65 individuals due to the hiring freeze and our own budget issues. In addition to those positions we've had to identify individuals to be re-assigned as disaster workers for County Health.

Please see the [latest issue](#) of the *Director's Update* from Scott Gilman. Topics include:

## MHSA Update

**Action Item 1:** *Vote to close 30-day Public Comment Period for the Mental Health Services Acct (MHSA) Three-Year Program and Expenditure Plan FY 2020-21 through FY 2022-23 and Annual Update FY 2020-21*

► **M/S/C** Way/Torrijos passed unanimously

**Action Item 2:** *Vote to close 30-day Public Comment Period for the MHSA Plan to Spend \$5 Million in One-Time Funds for COVID19 Related Impact*

► **M/S/C** Bido/Rasmussen passed unanimously

We will meet later this month, date to be determined, to vote to send both items to the Board of Supervisors.

## Liaison, Task Force and Ad Hoc Committees

Suicide Prevention

Presented by Yoko Ng

The next Suicide Prevention meeting will be Tuesday, July 7, from 1:30 p.m. – 3:00 p.m. StarVista Crisis Line will present on COVID19 call analysis.

## Old Business

## New Business

### Program Presentation

SMART for Youth

Presented by Pernille Gutschick, Clinical Services Manager II

Behavioral Health and Recovery Services

SMART (San Mateo Assessment and Referral Team) was established in 2005 and is the first and only of its kind in California.

The program is funded by Measure K and the Mental Health Services Act (MHSA). There are currently two SMART vans covering the county from 8:00 a.m. – 10:00 p.m. daily. SMART services any age, the medic is versed in both youth and adult services.

Law enforcement often encounters people in the community experiencing a behavioral health crisis. They have the choice of placing them on a 5150 (involuntary psychiatric) hold, arresting them or leaving them on scene. With the SMART program, police have the option to dispatch a SMART medic to consult with the law enforcement officer.

The unique thing about our program is the medic can actually write the 5150 and do the assessment. The advantage is that the police officer doesn't take the person to PES (Psychiatric Emergency Services). This is the only ambulance that can leave the county.

When SMART paramedics assess that a person does not have any acute medical needs, they can transport the individual to the services they need. SMART paramedics have the option to:

- Provide voluntary transport to a facility of the individual's choice or to one of the county's two psychiatric emergency departments.
- Arrange shelter.
- Transport the individual to First Change Sobering Station for assessment and treatment of drug and alcohol dependence.
- Transport the individual to a clinic or their behavioral health clinician's office.
- Arrange for future appointments.
- Consult with BHRS staff to determine how to best meet the client's needs.
- Provide referral information for continuing care.
- Place a hold when necessary for the client's safety and continued well-being.

SMART averages 3 to 4 calls per day. The calls are generally longer than a regular call for service. Sometimes it can take an hour or longer talking to the person, but it also frees up law enforcement to leave the scene unless they are need to secure the scene. The extra time allow the medic to talk the individual and provide motivational interviewing.

To become part a member of the SMART team paramedics must first complete the Crisis Intervention Training (CIT) and complete 80 hours of classroom and clinical training, designed to enhance their knowledge and skills in assessing behavioral health clients and identifying potential options for treatment.

**Meeting Adjourned:**

The meeting was adjourned at 5:47 p.m. by  
Sheila Brar

**Next MHSARC Meeting:**  
Special MHSA Meeting

July 15, 2020 from **3:00**-4:00 p.m.  
Zoom Webinar

**Next Executive Committee Meeting:**

Wednesday, August 5, 2020 at 3:30 p.m.  
Teams Meeting

**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.