



COUNTY OF SAN MATEO MENTAL HEALTH & SUBSTANCE ABUSE RECOVERY COMMISSION

Unadopted Minutes Wednesday, December 2, 2020 Zoom Meeting

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

STAFF: Scott Gilman, Doris Estremera, Claudia Saggese, Chantae Rochester, Tana Perez, Lee Harrison, Maria Lorente-Foresti, Diane Tom

BOARD MEMBERS ABSENT:

Excused:

Un-excused: Jan Wongchuking

OTHERS PRESENT (signed in): Armando, Carolyn Shephard, Suzanne Moore, Pat Willard, Gina Beltramo, Martin Fox, Kathy Gilbert, Melinda Henning, Monroe Labouisse

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

Approval of the Agenda with the following changes:

The date of the next meeting should read, Wednesday, January 6, 2021

► **M/S/C** Way/Duri

APPROVAL OF MINUTES

Approval of minutes from the November 4, 2020 Mental Health & Substance Abuse Recovery Commission Meeting

► **M/S/C** Bido/Mattei

Approval of minutes from the November 18, 2020 Executive Committee Meeting

► **M/S/C** Bido/Mattei

Correspondence, Announcements, and Public Comment

Randy Torrijos

Brown Act

Be mindful when fellow commissioners post something that you are or want to comment on, those posts are considered deliberation between two commission members. This includes comments during virtual meetings (standing committee meetings). You should save any comments you have for the full commission meeting. Since our meetings are virtual, if you have comments be mindful not to deliberate at that meeting and save your comments for the full commission during the report back at the meeting.

Suzanne Moore

Clarification, the MHSA update will include supportive housing will be later in the agenda?

Pat Willard

I am a member of the Redwood City of Racial Equity, I understand that this committee has created an Ad Hoc Committee with respect to making recommendations to a forthcoming pilot program that is being run amongst incorporated cities to have mental health clinicians, partner on the streets with police officers. San Francisco, starting today, will have firemen instead of police officers having the clinicians ride along. I heard that someone experiencing mental health crisis would probably have their stress increase rather than decrease with a marked police car with flashing lights. From my point of view the cities are defying this program in private. Myself, and several members of my organization have sent letters to the Chief of Police and our County Manager asking what their thoughts are and we were told, they'll let us know when they have the MOU in place across incorporated cities. That's no way to run a pilot program.

Martin Fox

I appreciate the effort that is being made to introduce a program that is similar to the CAHOOTS Program which was brought to the Board of Supervisors (BOS) in December 2018. Although, I might have introduced the subject almost 2 years ago, I've abandoned it because I realized that the true problem here is the adverse consequences of the legislation called the Lanterman-Petris-Short Act, which destroys the opportunity to help people with serious mental illness before they become a threat. The other thing it does is it shifts the decision-making authority from a medical profession decision-making process to a legal decision-making process. After researching the history, I have found that the people who initiated this can be found in two organizations that I have urged the defunding of and those organizations are: The American Civil Liberties Union and the Law Foundation of Silicon Valley. There is no right to present a law enforcement officer with a danger to themselves or to others and that is exactly what those two organizations promote. Consequently, I ask for your support of a bill like what was entered into legislation during the last session, Senate Bill 1250 that seeks the repeal of the Lanterman-Petris-Short Act and recognition that it has caused more problems than it has solved, and it is time to retire it. Take a hard look at our alternatives from the ground up. We had the opportunity from the State Auditor Report, when you read it, it clearly side-steps the adverse consequences of the act that I believe is the way to safeguard everyone's rights including the seriously mentally ill. I urge you to view the current pilot program as an intermediate step along the way to taking a hard look at repealing the Lanterman-Petris-Short Act and defunding the lawyers' organization known as the ACLU and the Northern California Chapter of the ACLU and its sister the Law Foundation of the Silicon Valley.

A. Committee for Children & Youth

Reported by Chris Rasmussen

Next meeting will be held on January 20, 2020 at 4:00 p.m.

Via Teams

B. Committee for Adults

Reported by Yoko Ng

Next meeting will be held on January 20, 2020 at 10:30 a.m.

Via Teams

C. Committee for Older Adults

Reported by Patricia Way

The next meeting will be held on January 6, 2020 at 11:00 a.m.

Via Teams

Director's Report

Clara Boyden, Deputy Director of Alcohol and Other Drug Services
Acting Director while Scott Gilman is serving in the Health DOC.

Please see the [latest issue](#) of the *Director's Update*.

COVID-19

San Mateo County has moved to the purple tier for COVID. What this means:

- We are not to gather with anyone outside of our households
- There are more restrictions on business and organizations
 - Church can be held outdoors only
 - Restaurants can have outdoor dining only (take out or delivery)
 - Hair salons and gyms inside with modifications
 - No impact on schools

In terms of BHRS, there will be no impact on the services we offer.

BHRS Consumer Perception Survey

- We had a lower response rate than normal.
- Results showed 86% of clients were satisfied with their BHRS services
 - That is a slight drop from the 91% from the prior year

Housing Heroes

The Housing Heroes Award recognizes individuals who have demonstrated exceptional leadership in providing or maintaining housing for individuals with mental health and/or co-occurring challenges.

This year's recipients are:

- Ray Buenaventura, Daly City Councilmember
- Jeannie and George Cusing, landlords and property managers
- Rosana Gauna, care home operator
- Matt Jacobsen, landlord and property manager
- Gina Mezzera, case manager, BHRS East Palo Alto Community Counseling Center

IMAT Case Management Support Line

This a new support line for people struggling with substances. The Case Managers are available on Tuesdays and Thursdays from 12-4. You can call 628.212.0105; conference ID# 944.483.218#. For more information see the flyer attached to the Director's Update.

Community Losses

Ray Mills, Executive Director, Voices of Recovery

Ray was in long term recovery and an inspiration to many.

Reverend Chester McCall of East Palo Alto

He worked actively with the Barbara Mouton Center.

MHSA Update

2021 MHSA Steering Committee Meeting Schedule

The MHSA Steering Committee will meet the first Thursday of the month in:

- February
- May
- September
- December

The next meeting is Thursday, February 4, 2021

Headspace

We have access to Headspace, please share broadly. It is available to anyone who works and lives in San Mateo County. You have to enroll and you will get free access to the app.

MHSA Innovations Projects

Social Enterprise Café for Filipino Youth in North County was approved in August. It will go to RFP and release this month.

Prevention and Early Intervention Programming for low income and affordable housing. It will go to RFP soon.

We were approved for 2 of the 5 innovation projects submitted; 1 was not approved; 1 withdrew. We are waiting to hear on one, working with community colleges and the Pacific Islander community.

MSHA Planning – Given the pandemic, won't be able to fund any new projects but we want to be strategic about planning for the future. There is a link (upper right) on the MHSA website (link below) where you can subscribe if you would like to get involved with MSHA planning.

www.smchealth.org/mhsa

Suzanne Moore

I've seen the importance of stable supportive housing to maintain both physical and mental health. Stable housing prolongs life and is key to quality of life. For my part, I'm an aunt to a family member diagnosed on the autism spectrum at age 11 and experienced their first psychotic break at age 22. Last year she proudly announced her womanhood. My niece is clueless to her fragile future, but my sister worries about it daily. The State of California

is currently mandating quotas for regional housing needs and suggesting community goals. In my hometown of Pacifica 81% of all housing built since 2015 is for above average incomes. We, members of Solutions for Supportive Homes, is seeking direction. Successful models for supportive homes exist but they require vision, will, and funding to bring them fruition. Safe and affordable supportive housing contributes to the health and wellbeing of individuals, their families and the community as a whole. Please prioritize and fund this effort and advise us how best to accomplish this task.

Melinda Henning

I am also part of Solutions for Supportive Homes. We are a group of parents who have been supporting our adult children who have been struggling with mental health issues for decades. We are all aging and we're worried about how our kids/adults are going to be taken care of when we're gone. Last year, 2019, we did a survey of NAMI families and 62 families responded saying that they are in the same situation; 52 of them say they have adult children that when they die there will be no one else to take care of them and they don't have the financial resources to make sure they have a place to live and to have shelter and clothing. I am imagining 52 adult people with chronic mental illness wondering around Sequoia Station ending up in encampments getting into unsavory conditions and this is harmful to them and to the community. We would like to see a bigger sense of urgency with MHSA funding that has been prioritized to increase the supply and quality of permanent supportive home in the community. It's obvious a human need but it's not just about the human need it's about the system of care. The gap existing in subacute facilities and permanent supportive homes is sabotaging the entire mental health care system. A person who is living with mental health issues simply cannot benefit from the other services being provided if they don't have a safe and stable home. Our group has been researching successful models of supportive housing and how to finance them and what the services should look like; what we discovered is that there are several very good, reputable models that could meet a variety of needs. We know what to do and we're not doing it.

Public comment received via email

Carolyn Shepard

I am writing on behalf of the members of **Solutions for Supportive Homes**, a group of aging parents in San Mateo County who are supporting adult children with mental health disorders. Our adult children are disabled by their disorders and cannot live completely on their own. Unfortunately, they are at risk of becoming homeless once the parents pass away. We are actively looking for solutions not only for our own children, but for those that we know are out there. There are successful models, a few in our county and others outside of the county, that could be replicated here, understanding that "one size does not fit all".

We know that the top priority for the MHSA 21-23 3yr plan is the continuum for supportive housing. According to the Housing Continuum Example based on the Luke-Dorf Inc and Washington County, Oregon model, both the Transitional level and Supportive level are examples of what could be provided for those with some independent skills, but who still require support to live successfully in the community.

The most recent housing developments with MHSA funded support units are Fair Oaks Commons in Redwood City and Arroyo Green – Senior Housing, also in Redwood City, both to be completed in early 2021. There were at least 100 applicants for the 6 MHSA units at Fair Oaks Commons. That statistic exemplifies the enormous need for more

supported housing for those with mental illness now currently homeless, or who will become homeless when their parents pass away.

We ask that you continue to work with the Housing Authority to provide MHSA funds in this new 3-year cycle so that housing developers can apply for these funds and include this type of unit in their projects. The Intellectually/Developmentally Disabled population is currently being provided many set-aside supportive units in new housing developments in San Mateo County. We understand that they receive their support services from the Regional Centers, but County mental health services can and should do the same. Safe, affordable, supportive housing will help county clients thrive on their journey to recovery.

These set-aside units funded by MHSA do not meet all needs, but they can support those that benefit from that level of support. We are willing to help and give input for development of solutions for this huge gap in our housing continuum.

Liaison, Task Force and Ad Hoc Committees

Suicide Prevention

Reported by Yoko Ng

We met Tuesday, December 1, 2020 from 1:30-3:00 p.m.

We had a presentation from Project SafetyNet

We learned the organizations history, their mission and long-term goals

We are looking at way for our Suicide Prevention Committee to collaborate with Project Safety Net.

Our next meeting is Tuesday, January 5, 2021 from 1:30-3:00 p.m.

Mental Health/Law Enforcement Partnership

Reported by Chris Rasmussen

We had our first meeting on Monday, November 30, 2020.

We established our charter and purpose of the committee.

Our purpose is to provide recommendations to the BHRS Director and BOS on programs to improve mental health and law enforcement response to individuals experiencing a mental health issue in the community.

Our committee will provide recommendations to the MHSARC on models or outcome measures and report back for approval. We will provide the BOS, stakeholders and first responders with our recommendations once approved.

Next Steps:

- Research and review current models being used by Police Departments in San Mateo County of San Mateo
 - What's working
 - What isn't working
- We plan to meet every two weeks

Martin Fox

The BOS job is going to need a lot of help getting the cities aboard and I would urge all the members of the ad hoc committee to take a look at your local municipality and extend yourselves to your city council members and take their comments into account when you report back to the BOS. That will be most helpful for Supervisor Horsley, whom Supervisor

Slocum has tasked to preside over this series of events. A series of events which I believe leads one to the conclusion that the true source of the problem is the legislation known as the Laterman-Petris-Short Act.

Pat Willard

I'd rather the committee look at what other cities and counties are doing. I realize in San Mateo County the cities will never have their own Public Health Department, however; the county Mental Health Department is countywide. I don't believe there is a law that prevents cities from collaborating with counties for the mental health clinician portion of a non-armed officer as the primary respondent to these kinds of calls. As they do with CAHOOTS in Lane County, the non-armed people are the first responders and if they determine that it is dangerous then they will call the police officer. Please think beyond what police can do and what police's limitations are and have non-armed people become the primary responders. Set up the call centers so that they can ask their questions according to their script to determine if there is violence situation.

California Association of Local Behavioral Health Boards and Commissions (CALBHB/C)
Reported by Cherry Leung

We did not meet this month, but I wanted to let you know of two upcoming events.

- There will be a statewide phone call on Thursday, January 14
- Boards and Commissions training on Friday, January 15
 - Recommend the training for all commissioners, especially new members
 - They will review how commissions are run and the Brown Act

Old Business

Slate of Officers

Presented by Jean Perry

The Slate of Officers:

Sheila Brar, Chair

Donald Mattei, Co-Vice Chair

Patricia Way, Co-vice Chair

Cherry Leung,

Jan Wongchuking, Member at Large

Action Item: *Vote to send amended MHSARC Bylaws to the Board of Supervisor (BOS) for approval*

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

New Business

There was no new business to report.

Presentation

Crushing the Curve-Youth and COVID-19 in San Mateo County

Presented by Edith Cabuslay

Structure of Campaign

Website that includes:

- COVID-19 basics, academic support, hobbies, volunteer opportunities, nutrition blogs, physical activity opportunities, links to services

Initial focus on Alameda, San Francisco, and San Mateo Counties

- Now covers all 7 bay area counties plus City of Sacramento

Social media messaging to drive youth and young adults to website

Parent section

Regional Youth Council

- Two youth per jurisdiction
- Will conduct local focus groups, lead youth surveys, provide feedback on concepts and oversee campaign
- Own leadership structure
- Compensated for their time

Positivity (%) by Race/Ethnicity

East Palo Alto: Pacific Islander (35%), Latino (31%), Black/African American (10%)

Daly City: Latino (26%), Multiple races (24%), White (9%)

Half Moon Bay: Latino (28%)

Redwood City: Latino (28%)

South San Francisco: Latino (26%), Asian (13%)

Fall 2020 Campaign

- Surfing the web or engaging in apps
- Watching YouTube content
- Listening to music on digital radio
- Spending time on Instagram
- Engaging in and creating Tik Toks
- Directing Change statewide November prompt: Why I wear a face covering

New Focus: Adults and Older Adults

Town Halls

- Safe holidays for older adults
- Self-care
- Caregiving
- Staying connected with others
- Grief and loss

Blogs

Social media

Online newsletters

Informational flyers through Great Plates program

Meeting Adjourned:

The meeting was adjourned at 4:56 p.m. by Sheila Brar

Next MHSARC Meeting:

January 6, 2021 from **3:30-5:00 p.m.**
Virtual Meeting

Next Executive Committee Meeting:

Wednesday, January 20, 2021 at 3:00 p.m.
Virtual 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.