



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

## Unadopted Minutes Wednesday, October 6, 2021 Zoom Meeting

**BOARD MEMBERS PRESENT:** Jean Perry, Leticia Bido, Yoko Ng, Michael Lim, Chris Rasmussen, Chelsea Bonini, Cherry Leung, Hudson Fox, Kristina Bell, Katelyn Chang, Don Mattei, Randy Torrijos

**STAFF:** Scott Gilman, Chantae Rochester, Diane Tom, Claudia Saggese, Doris Estremera, Lee Harrison, Sylvia Tang

**BOARD MEMBERS ABSENT:**

**Excused:**

**Un-excused:** Jan Wongchuking, Candice Hawley

**OTHERS PRESENT (signed in):** Adriana Furuzawa, Arturo Salazar, Carolyn Shephard, Frieda Edgette, Martin Fox, Sydney Hoff, Yolanda Ramirez, Bruce Adams

**CALL TO ORDER**

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

**INTRODUCTIONS**

- New member Chelsea Bonini was given the Oath of Office by Gina Beltramo, County Counsel
- New Youth Member, Katelyn Chang, was introduced

**APPROVAL OF TODAY'S AGENDA**

Approval of the Agenda

▶ **M/S/C** Bido/Rasmussen

**APPROVAL OF MINUTES**

Approval of minutes from the September 1, 2021 Mental Health & Substance Abuse Recovery Commission Meeting

▶ **M/S/C** Bido/Lim

Approval of minutes from the September 15, 2021 Executive Committee Meeting

▶ **M/S/C** Bido/Lim

## **Correspondence, Announcements, and Public Comment**

Carolyn Shepard, Director, Solutions for Supportive Homes

Solutions for Supportive Homes is a group formed by parents and professionals to address housing needs, specifically to prevent future homelessness for those adults with mental health challenges who are either living with or being supported by aging parents. These adults will not be able to live independently once their parents pass away.

In case you have not heard, the State has included a one-time budget item, called the Behavioral Health Continuum Infrastructure Project which is allocating \$2.2 billion dollars in grants to Counties. This will provide money to build or rehabilitate real estate to create supportive housing for those with SMI. The Counties must match the grant by 25%. Beginning in November, applications for planning grants up to \$100,000 can be submitted, and beginning in January, all applications for projects that are ready to be launched can be submitted. There is technical assistance available to help with the grant writing. There will be several application periods open, but as I stated before, this is a one-time budget items for the period of 2 years.

This is a wonderful opportunity for the County to create much needed housing to help address the gaps we have in our County's Behavioral Health Housing Continuum.

My questions is if the County is considering any projects that could benefit from this funding? Perhaps Scott will be addressing this opportunity in his report later in the meeting.

### **STANDING COMMITTEES**

#### **A. Committee for Children & Youth**

**No report given**

Next meeting will be held on October 20, 2021 at 4:00 p.m.

Via Teams

#### **B. Committee for Adults**

**Reported by Yoko Ng**

Next meeting will be held on October 20, 2021 at 10:30 a.m.

Via Teams

#### **C. Committee for Older Adults**

**Reported by Patricia Way**

The next meeting will be held on November 3, 2021, at 10:30 a.m.

Via Teams

#### **D. Mental Health Services Act Steering Committee**

**Reported by Leticia Bido**

The next meeting will be held on December 2, 2021.

Via Zoom

### **Director's Report**

Reported by Scott Gilman, Director

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

Scott gave an overview of BHRS' COVID vaccination efforts for our population.

#### Public Comment

Jean Perry

I propose that we make a process for community input, whether it is after the MHSA model or otherwise, to make suggestions. Not just BHRS but to entities that would be under the category of behavioral health infrastructure. I am dreaming of having that 5<sup>th</sup> MHRC reinstated at Cordilleras. I am dreaming of this incredible state of the arts dispatch center that would house both the fire, medical, law enforcement, and mental health. I think the items that Carolyn mentioned are just the tip of the iceberg in terms of things that we can use to upgrade, not necessarily create new programs. In the case of Cordilleras, another MHRC would be self-sustaining for the services in that place. I would love to have the opportunity for community input in this. I think it will help guide where the community feels there is a need. MHSA may be in a position to support some of that match, and I would propose that we open this really widely.

Chelsea Bonini

In conversations I've been in with school board trustees and giving feedback to our state legislatures on the nature of funds, especially one-time funds, most of them are for a limited period of time. There are a lot of partnerships now and probably in the works with various organizations, the comments I've been hearing is that hopefully there's a way to add to funds through collaborations to make the funds last longer and then we could advocate going forward for ongoing funds.

#### Old Business

Slate of Officers

Reported by Leticia Bido and Yoko Ng

- Chair – Sheila Brar
- Vice Chair – Chris Rasmussen
- Member at Large – Jan Wongchuking
- CALBH/C – Cherry Lueng

The slate will be voted on at the next meeting.

#### New Business

No new business

#### Liaison, Task Force and Ad Hoc Committees

Suicide Prevention Committee

Reported by Yoko Ng

The BHRS Office of Diversity and Equity (ODE) along with Star Vista and the Suicide Prevention Committee led the 2021 Suicide Prevention Month Activities.

Key Accomplishments:

- 6 grantees offered events designed to build community resiliency and reduce stigma around suicide by covering the following topics:
  - Celebrating and Grieving
  - Community Engagement
  - Personal Identity and Learning
  - Framework from Community Activators
- 15 events targeted for various age groups and languages

Big thank you to the many community partners who hosted these great events.

Our next meeting is Tuesday, November 2, 2021 from 1:30-3:00 p.m. via Zoom.

We will debrief suicide prevention month activities and begin planning for Long Survivors Day on November 20. We will also discuss the Data Workgroup, which focuses on reviewing MHSA Suicide Prevention Program Reports and providing input for an additional suicide data request to our Office of Epidemiology and evaluation at SMC Health.

Jean Perry, Commissioner

Next months meeting is open to anyone who wants to attend. When the epidemiologist presents we get more detailed information, by neighborhood, group, and community members to see which groups are being hit the hardest and that helps us moving forward in our efforts. The Suicide Prevention Roadmap is an incredible volume that includes some these sliced and diced statistics so you can see which age groups and which ethnicities are the hardest hit. I encourage you to look at the roadmap.

Community Wellness and Crisis Response Committee

Reported by Chris Rasmussen

We've been continuing our discussion on making a recommendation to the Board of Supervisors as it relates to law enforcement and crisis response. We have a draft of recommendations that we will review at the November meeting with hopes to discuss at the meeting. We will select someone from our committee to participate on the committee for the four-city pilot program.

Martin Fox

The Emergency Behavioral Health Services contract with AMR that was approved by the BOS, 9/2019, is up for renewal. The renewal date is next July 1. If you would get involved in bringing in the ambulance service into compliance with the state's parity laws that insurance companies have to provide, maybe we can have some equal treatment. AMR's medical services ambulance is a thing of technical wonder, the SMART car is nothing in comparison. I would ask that you put that somewhere along your agenda as part of police departments and crisis response committee's scope of work for the next year.

### **Presentation**

MHSARC Bylaws Review

Presented by the MHSARC

Proposed changes:

- The language in which the membership composition is listed (see letter from Scott Gruendl, Assistant Director).
- Reinstate voting rights for Youth Commissioners
- Change the name of the commission to the Behavioral Health Commission

The proposed changes will be taken to the Executive Committee to finalize before distributing the bylaws to the full commission. The commission will have 30 days to review the bylaws before voting to approve.

Public Comment

Chelsea Bonini

Regarding the letter from Scott Gruendl. I agree with the second proposed change of having some way of measuring or accounting for how we would in action accomplish having diversity. The part that says, we would strive to achieve diversity through the recruitment process, I think that is a good addition. I want to be respectful of the conversations that have come before but there is a lot of advocacy going on, especially with the Commission on Disabilities, to be included in that equity discussion at the county level. My personal opinion for the second half of the language where Mr. Gruendl has proposed to omit "the composition of the commission should reflect the demographics of the county as a whole". I feel that is a catch all for other marginalized groups in the county and the demographics that don't have to do with race and that's a huge issue.

Jean Perry

I have a similar reservation in terms of the commission being reflective of the client base and not the county demographics. The whole idea is that we're serving the entire county. There are ways in which we are serving those receiving behavioral health services but that doesn't take away our view that we are serving the whole county with all its different communities of interest, types of people, and needs. I would promote fixing that language so that we are accomplishing what the intent is and not have it be something to hide behind.

Chris Rasmussen

One of our goals was to make this a process where we can have all the information beforehand to read and digest the information prior to the meeting so that we can make comments and ask questions at the meeting. Maybe we could have had the letter 3 or 4 days ago.

Sheila Brar

I think we should propose language that is more inclusive and that is something that we may not get done in the next 14 minutes. I like the second half of what Gruendl proposed but that is only one piece and I don't necessarily want to take out the reflection of the county demographics. I suggest we look at this at the Executive Committee meeting and come up with a proposal for the commission.

Chris Rasmussen

Regarding the name change, we've looked at this for 2 months and we've received public comment and I propose to change the name to Behavioral Health Commission.

Jean Perry

I would propose maintaining the work Recovery in our name. Behavioral Health Recovery Commission.

Chris Rasmussen

BHRC is very close to BHRS, it could be confusing. I think the recovery part is all inclusive with behavioral health.

Yoko Ng

I think that we want to minimize it and want to be inclusive, behavioral health is a broad spectrum including all. I'm from the medical health field as an interpreter and to me I understand behavioral health as a journey of healing so to me changing the name to Behavioral Health Commission is a good idea.

Don Mattei

I'm in favor of shortening it down, I think people will remember it and won't get as confused.

Cherry Leung

I think shorter is better, it's easier for everyone to remember and it won't be confusing with other names and it is all inclusive.

Sheila Brar

I looked up other boards/commissions and we would be more inline with them and our umbrella organization the California Association of Local Behavioral Health Boards and Commissions.

Hudson Fox

To make it easier for people to remember, shorter is better. Adding the recovery part is a little awkward, it's all encompassing with behavioral health.

Kathlyn Chang

I second what Hudson said and what Sheila said about other boards/commissions having the behavioral health name. Personally, I think it sounds nice and flushes out well with out groups in the county. It's easier to remember.

Jean Perry

It would be hard to make it worse than MHSARC.

Randy Torrijos

I commend the commission for taking on the name change. It might seem like a simple thing but it's a lot of work. No one the BOS has referred to the commission by it's full name because it is so long.

**Meeting Adjourned:**

The meeting was adjourned at 4:57 p.m. by Sheila Brar

**Next MHSARC Meeting:**

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

**Next Executive Committee Meeting:**

Wednesday, November 17, 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.