



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

## Unadopted Minutes Wednesday, September 1, 2021 Zoom Meeting

**BOARD MEMBERS PRESENT:** Sheila Brar, Patricia Way, Chris Rasmussen, Jean Perry, Leticia Bido, Jan Wongchuking, Yoko Ng, Hudson Fox, Randy Torrijos

**STAFF:** Scott Gilman, Chantae Rochester, Doris Estremera, Sylvia Tang

**BOARD MEMBERS ABSENT:**

**Excused:** Don Mattei, Cherry Leung

**Un-excused:**

**OTHERS PRESENT (signed in):** Carolyn Shepard, Chelsea Bonini, Jairo Wilches, Jenn Basler, Kyla Valenti, Susan Cortopassi, Sydney Holf, Azisa Todd, Tanya Beat, Pamela Ward, Chris, John Butler, Lee Harrison, Clara Jaeckel, Cheryl Fama, Diane Tom, Joey-William Alexander, Maria Lorente-Foresti, Peejing Lee, Bruce Adams

### **CALL TO ORDER**

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

### **INTRODUCTIONS**

Commissioners introduced themselves.  
Welcomed Hudson Fox, Youth Commissioner

### **APPROVAL OF TODAY'S AGENDA**

Approval of the Agenda

► **M/S/C** Way/Perry

### **APPROVAL OF MINUTES**

Approval of minutes from the July 7, 2021 Mental Health & Substance Abuse Recovery Commission Meeting

► **M/S/C** Rasmussen/Bido

Approval of minutes from the July 21, 2021 Executive Committee Meeting

► **M/S/C** Rasmussen/Bido

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

Chris Rasmussen – I want to welcome Hudson Fox to our commission, we are happy to have him on board.

Kristina Bell – We had a Chiefs and Sheriffs meeting today with all the Fire Chiefs in the county and I brought forth an agenda item to discuss the countywide response to 5150 calls for service or people in crisis. We are one step closer to having a resolution. They also proposed a sub-committee involving all parties (law, EMS, fire, BHRS, and dispatch) to get that conversation started, to see how we can collaborate to find a countywide protocol.

Chris Rasmussen – I attended the NAMI conference at the end of July. There were a lot of worth while seminars.

Sylvia Tang

Suicide Prevention Month

Why do we celebrate Suicide Prevention Month?

- To empower our community so that we can all get involved

There are three things happening this month;

- Free events, virtual and in-person
- Communication Campaign, including a 5-day challenge
- Our Strategic Plan/Roadmap will be released at the BOS meeting on 9/14

I have one ask

- Please share this information with people who are not talking about suicide
  - Invite them to an event
  - Share a social media post
  - Use the background for virtual meetings

For more information, please contact Sylvia Tang at [stang@smcgov.org](mailto:stang@smcgov.org).

Scott Gilman – Has the committee considered the Zero Suicide Framework?

A: Yes, it originated in the healthcare setting. It is something we can consider.

Randy Torrijos – Last year when this was presented there was a question if there had been an increase in suicides during the pandemic period and the information we had showed there hadn't been a dramatic increase but you were still gathering data at that time, do we know if that trend has stayed the same?

A: I will present this more in depth at the proclamation on 9/14 and will send each of the commissioners the report. I just received the 2020 suicide data and looks like it was higher than the previous year. Unfortunately, suicide is increasing across the country and I don't know if it is just because of COVID. I will be sure to share the report.

Jean Perry – Some of us were able to watch the presentation of the California Suicide Statistics so it will be interesting to see if our county is following the trend of our state. There was an increase in youth and transitional aged youth and younger over the past year.

John Butler – I want to mention several events that I am co-creating:

- World Suicide Prevention Day is 9/10 at 6:00 p.m. at the Burlingame Library
- Ask Me Anything; A Candid Conversation on Suicide at the Redwood City Library on 9/15
- Suicide and the Loss of a Loved One on 9/20 (place TBD)

Sheryl – I am a lifetime resident of the county and career long healthcare professional, currently CEO of Peninsula Healthcare District. I'm a commissioner on the County's Commission on the Status of Women and Co-Chair of the commission mental health workgroup. Our commission has a mental health workgroup and our goal is to bring mental health knowledge and resources to young girls of all ages. Our commission is committed to raising awareness, reducing stigma, and encouraging help seeking behaviors. Our project areas are:

- Community Advocacy
- Promote resources
- Partnership with County Office of Education
  - Care Solace available for all K-12 schools
  - The number is available to students, teachers, counselors, and parents
  - It's available 24/7
  - All schools will have the Cognito Training and First Alert Program
- Kevin Hines – I want to share his words: "If someone had just looked at me on that bus and said we care about you, your life does matter and we want you to stay, I would have begged for help."

To learn more about Kevin Hines and his story visit his website at:

<https://www.kevinhinesstory.com/suicide-the-ripple-effect>

Jairo Wilches – The next Lived Experience Academy will begin in November. The academy is a six-week program for clients and family members to help rethink their experience and share stories and to learn about the recovery model and the work that BHRS does at large.

John Butler – Regarding Kevin Hines, he has a film called "Suicide: The Ripple Effect" Skyline College will show the film followed by a panel discussion (the date has not been scheduled). I want to also mention that we have youth involved in the events I mentioned earlier to give the youth voice on suicide prevention.

## **STANDING COMMITTEES**

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

#### **No report given**

Next meeting will be held on September 22, 2021 at 4:00 p.m.

Via Teams

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

#### **Reported by Yoko Ng**

Next meeting will be held on September 22, 2021 at 10:30 a.m.

Via Teams

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

The next meeting will be held on October 6, 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 at 10:30 a.m.  
Via Zoom

Doris Estremera – For information on the Full Service Partnership Workgroup, please visit the MHSa website, under “Announcements”, [www.smchealth.org/bhrs/mhsa](http://www.smchealth.org/bhrs/mhsa).

**Director’s Report**

Reported by Scott Gilman, Director

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

**Commission Retreat**

We are following up on action items from the retreat. We will review them at the Executive Committee meeting and how to move items forward.

**Vaccination Rates for Consumers**

- We are more focused on our population
- We have weekly data reports that we receive
  - We are at 65% vaccination rate for our clients

**Old Business**

Proposed Name Change for the Commission

Chris Rasmussen – I propose “Behavioral Health Commission”

Pat Way – It should be very clean and simple, I agree with Behavioral Health Commission

Jean Perry – We should open it up for public comment

John Butler – I like the idea of Behavioral Health Commission, in my actions as an alcoholic was to deal with my damaged mind and soothe with the mental health challenges I did not understand. Behavioral Health Commission is a good first start.

**New Business**

Slate of Officers Nominating Committee

- Leticia Bido and Yoko Ng volunteered for the committee

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

Suicide Prevention

Reported by Yoko Ng

Our next meeting is Tuesday, October 7, 2021 1:30-3:00 p.m.

Topic: Gun Violence Restraining Orders presented by Emergency Response Team

Community Wellness & Crisis Response Committee  
Reported by Chris Rasmussen

We met with the County 911 Communications.

Our discussion was around triage:

- Looked at adding clinicians to the actual dispatch center
- Dispatchers could ask if police/fire/medical/or mental health are needed
- Gilman is not comfortable with sending his clinicians into the unknown
  - Having a clinician with dispatch they can triage those calls and decide if it is safe to send a clinician or if they need to be accompanied by police
- Discussed the protocols that the 911 dispatch go through as far as mental health emergencies

We are trying to branch out and look more countywide, rather than focus on the pilot program of four cities.

### **Presentation**

MHSARC Retreat Overview

Presented by the Mental Health & Substance Abuse Recovery Commission

Retreat Day 1, June 23, 2021

Reported by Patricia Way

Day 1 of the retreat covered:

- Commission Overview
  - Background and history
  - Orientation (including required ethics training)
  - Mission, Vision, Values and Strategies
  - Bylaws
- Brown Act Overview
- Standing Committee Overview
- Commission Meeting Structure
  - The commission would like to receive presentation material prior to the meeting
  - Well written staff information
  - Commission and committee meetings modality (virtual vs. in person or hybrid)
  - Review of comments sent to BHRS & MHSA regarding presented materials

Retreat Day 2, August 20, 2021

Reported by Sheila Brar

Day 2 of the retreat covered:

- Priorities for the coming year
  - Interface with law enforcement
  - Tele-health
    - There is agreement that working on 3 priorities per year is ideal, could not agree on the third goal
- Additional brainstormed areas of focus for potential prioritization next year:
  - Ongoing review of data regarding performance of the system

- Raising community education and awareness
- Improve access to services
  - “no wrong door”
- Advocate to expand detox programs
  - Learn more about utilization of beds/barriers to access by women
- Continue working on expanding the continuum of housing supportive services
- Items the commission would like to consider at regular meetings
  - Create a legislative committee to keep apprised of, and advocate for, legislation that supports mental health and substance use disorder services
  - Modify the way meetings are conducted, producing necessary materials and sending them in advance so that the time together can be spent on meaningful discussion and not on reviewing information

**Meeting Adjourned:** The meeting was adjourned at 4:45 p.m. by Sheila Brar

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

**Next Executive Committee Meeting:** Wednesday, October 20, 2021 at 3:00 p.m.  
Virtual Meeting

**The David Lewis Award Presentation  
Congratulations  
William Alexander**

**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.