



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

## Unadopted Minutes Wednesday, April 7, 2021 Zoom Meeting

**BOARD MEMBERS PRESENT:** Chris Rasmussen, Patricia Way, Sheila Brar, Kristina Bell, Jan Wongchuking, Jean Perry, Randy Torrijos, Yoko Ng

**STAFF:** Alen Yaghoubi, Ally Hoppis, Diane Tom, Doris Estremera, Sylvia Tang, Jairo Wilches, Chantae Rochester

**BOARD MEMBERS ABSENT:**

**Excused:** Donalad Mattei, Leticia Bido

**Un-excused:** Cherry Leung

**OTHERS PRESENT (signed in):** Bruce Adams, Carlos Fernandez, Clara Jaeckel, Martin Fox, Melinda Henning, Michael Lim, Pat Willard, Susan Cortopassi, Sydney Hoff, Carolyn Shepard

**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 Executive Committee meeting should be April 21, 2021

▶ **M/S/C** Rasmussen/Way

**APPROVAL OF MINUTES**

Approval of minutes from the March 3, 2021 Mental Health & Substance Abuse Recovery Commission Meeting

▶ **M/S/C** Perry/Way

Approval of minutes from the March 17, 2021 Executive Committee Meeting

▶ **M/S/C** Perry/Way

**Correspondence, Announcements, and Public Comment**

Chris Rasmussen

We are currently planning for May is Mental Health Month. I wanted to thank Sylvia Tang and her group, they are doing a great job organizing the events for that month. Part of what we are doing is contacting the individual cities for proclamations declaring May is Mental Health Month. We would like to have at least one commissioner go to each city council meeting to accept the proclamation. Commissioners interested in receiving a proclamation, email me and I will get you the dates for each city.

Jean Perry

Can we bring a community member with us to the receive the proclamation?

A: Yes

Randy Torrijos

The County will be issuing a proclamation for May is Mental Health Month on Tuesday, May 4. Scott Gilman usually accepts the proclamation.

**Public Comment**

Pat Willard

I wanted to thank Scott Gilman and Jenn Basler for attending the meeting in Redwood City for racial equity regarding data analysis for the police and mental health clinician program for incorporated cities. I made a comment that wasn't quite understood regarding the dozen or so programs that BHRS has that I was saying could be put together and rationalized and reorganized. After you've done that give it a brand name.

**A. Committee for Children & Youth**

**Reported by Chris Rasmussen**

Next meeting will be held on February 17, 2021 at 4:00 p.m.

Via Teams

**B. Committee for Adults**

**Reported by Yoko Ng**

Next meeting will be held on February 17, 2021 at 10:30 a.m.

Via Teams

**C. Committee for Older Adults**

**Reported by Patricia Way**

The next meeting will be held on May 5, 2021 at 10:30 a.m.

Via Teams

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

**Reported by Jean Perry**

The next meeting will be held on May 6, 2021 at 3:00 p.m.

Via Teams

Public Comment

Doris Estremera

We would like to have a more solidified list of commissioners who are interested in participating on the MHSA Steering Committee.

Sheila Brar, Patricia Way and Chris Rasmussen will regularly attend meetings.

### **Director's Report**

Reported by Scott Gilman

Click here for [Director's Update](#)

#### Community Crisis Response Programs

We are working to bring all of our programs together. We are working on a draft brochure that list all of our crisis response programs.

- We will use it as an educational piece to inform the community of what is already available
- The goal is to coordinate all these programs into one new XYZ that we can reference
- My request of you is to review the draft
  - Let me know if it makes sense to you as a stakeholder

#### Vaccination Update

For our population it's been difficult to figure out when they become eligible. We did a ton of advocacy at the state level to get them included when the criteria was opened up for people with a medical condition.

We determined that we need to vaccinate our clients

- They require extra assistance
  - Special accommodations
  - Concierge services
  - Transportation challenges
  - Stress involved with getting vaccinated
- They haven't always been treated well when given medications

We are planning mass vaccination clinics at our regional clinics. The dates have not yet been set. We are working to staff the clinics.

#### Public Comment

Randy Torrijos – On the slide where it showed the 17%, does that include people who were vaccinated through their private healthcare?

A: Yes, we pull the data from a state database.

Chris Rasmussen – I want to remind everyone that this was one of our priorities, front door services. I'm excited to see the flyer.

Chris Rasmussen – Can you talk about the new StarVista crisis hotline and website?

A: I don't have anything prepared for that so I'll have to defer.

Patricia Way – For the mass vax clinics, will there be a more simplified process for clients to get vaccinated other than going online? Maybe a drop in clinic, not jus the regional clinics. Some providers have nurses, maybe they could just go to their providers office and get the vaccine.

A: That’s what I was referring to with the concierge service. Some of our population might be able to handle the process but not many. For others, do they have a services provider that we can lean on when we need to put resources in place to sit by someone and do online ahead of time. Also to have multiple people available to help get through the process.

Sheila Brar – Is there the ability to do that with an allocated number of doses?

A: That is part of the problem, the county is looking into options.

Yoko Ng – Will they be given the Johnsons & Johnson vaccine since it is one shot? As opposed to those that require two shots?

A: We’ve looked at that several times, it would be easier. To the extent that it is possible yes, but supply is the issue.

Randy Torrijos – The BOS gets lots of calls from people being stressed because they try to make an appointment and they can’t get one. They think they won’t be able to get the vaccine. Eventually, everyone will be able to get the vaccine. It can take longer because we don’t control the supply that comes to the county.

Martin Fox – Have you considered contacting the local Civil Affairs of the National Guard? The operations that you are describing, in the military, would be under taken by a unit like that in order to ingratiate our forces with indigenous personnel. It sounds like that is exactly what you are trying, to persuade people to come in and cooperate and get their vaccination. Those people are trained to do this kind of work. They might have the facilities or at least access to extra facilities that isn’t otherwise available in the civilian world.

A: I will keep that in mind. At this point we have been using our regional clinic locations and trying to find as many people from the community or individuals who are peer support specialist because we want people to feel comfortable when they get to the clinic.

### **Old Business**

Pat Way – Final day for Tony Hoffman Nominations is 4/20/21. Our retreat planning meeting is on 4/9 from 10-11

Randy Torrijos – Regarding the retreat. We’ve had issues regarding the Brown Act, maybe it would be get to a review of the Brown Act and invite Gina Beltramo. Gina is fairly new and it would be nice for her everyone to meet.

### **New Business**

No new business to report.

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

## Suicide Prevention

Reported by Yoko Ng

We started a data workgroup that will work on building a suicide surveillance system for San Mateo County. The meeting of the workgroup focused on gathering feedback on what questions should be included in the San Mateo County Health and Quality of Life survey.

The next meeting is Tuesday, May 4, at 1:30-3:00 p.m. via Zoom.  
You can call 669-900-6833 to join the meeting.

Community Wellness Crisis Response Team  
Reported by Ally Hoppis

## Hiring Update

- The groups completed the first round of interviews
- Hope to make announcements on those hirings before our next meeting
- We are respecting the request of stakeholders to have people in these key roles to reflect the communities they will be working

The next meeting is Tuesday, May 18, at 12:00-1:00 p.m. via Teams

## Presentation

Cordilleras Update

Presented by Alen Yaghoubi, Clinical Services Manager II

## History

- Originally constructed in 1952 as a Tuberculosis Hospital
- AMI predecessor to NAMI along with BHRS worked together to get it reopened for mental health services
- Outdated and not fit for current use. BHRS and the larger Health System felt it was time to rebuild

## Project Status – Construction Activities

Biggest Concern:

Sound mitigation

- Sound study
- Headsets
- Sound blankets
- Decibel readings

Trainings

- Crew and clients
- Security

Parking

- Shuttle Services
- Constant change

Please see attached for full presentation.

Public Comment

Jean Perry – With the core MHRC and the co-housing being separate and being run by separate entities, what is the plan for individuals who end up in MHRC that are not fit or vice versa, is there going to be a way in which clients can be moved if there is a need?

A: The providers themselves will be separate but BHRS will have to authorize all placement and movement.

Pat Way – This has been such a long time coming. This is terrific, it looks wonderful. The first time I walked into Cordilleras, about 20 years ago, I thought it was scary. This is really going to be a healing place and I hope that everything comes together the way it should. We are very fortunate that all the funding got going even though it's a year later. I think it was originally supposed to be finished this year. It's great that during the down turns and everything else that this project still moved forward. Thank you for the great presentation. We will be interested in how things are going and continue to go.

A: I'll be more than happy to come back and give updates as they happen.

Yoko Ng – I understand that you handle the conservatorship of the clients. Can you explain which client would be eligible for conservatorship at Cordilleras?

A: It wouldn't be any different than what it is right now. Any client who meets the level of care of MHRC (who needs 24 hour support, psychiatric services) right now they are kind of all in one building where the suites and the MHRC are in one building. With this is new project it will be kind of split out. The co-housing building will be the housing and the MHRC are going to be more clinically indicated. We're hoping to identify where the needs are across the county, with regard to MHRC needs, and then pull in providers who we can leverage their strengths for that specialty group.

With regards to conservators, it's really the same criteria that is currently is (someone who is a danger to themselves or others or disabled and needs that level of support). They would go through the typical evaluation and if they were conserved and needed placement at an MHRC this could be one of the options but not necessarily the option.

Yoko Ng- I understand Telehealth is a contracting agency overseeing Cordilleras. I learned that they are interested in supporting a more family oriented programs like Mental Health First Aid (MHFA). Hopefully, that would workout and there will be more collaboration with community and family members.

Jean Perry – Will the space behind or in between the MHRC going to have trees? How will the groups that operate the different components of Cordilleras be chosen?

A: I've not heard or seen plans to plant new trees. There are plenty of trees, the clearing is just for the buildings to sit on. In the pictures I've seen, the buildings push right up next to existing trees. It is still taking advantage of the nature and the healing aspect of that. There will be two courtyards where clients can go outside.

We will have an RFP process to select the groups to operate the various components.

Question from Q&A (online):

There has been a great deal of community input over the years regarding the design and services at Cordilleras, how much is the new project leadership able to access and leverage that input?

A: Terry Wilcox-Rittgers worked on this project for years, since the beginning, he came out of retirement to work on this project and he has a lot of the historical information that is he is sharing. All of that information has been sent to newer staff and we are taking it all into consideration.

Michael Lim – In your video there was a body of water between two of the MHRC's, is that part of nature accessible or is it fenced off?

A: I'm not sure if it's accessible. I do know that the clients who are living in the co-housing building will be able to walk around the campus and enjoy the nature aspect. Clients in the MHRC's, if they have a pass, will be able to come out and access the campus center and roam where it is safe.

It's a running stream that ran under the basement of the old building. The clients will be able to see it and where appropriate can have interaction. In front of the co-housing there will be a garden for the clients.

**Meeting Adjourned:** The meeting was adjourned at 5:06 p.m. by Sheila Brar

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

**Next Executive Committee Meeting:** Wednesday, May 19, 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.