



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

### Unadopted Minutes Wednesday, May 5, 2021 Zoom Meeting

**BOARD MEMBERS PRESENT:** Sheila Brar, Chris Rasmussen, Don Mattei, Patricia Way, Jean Perry, Kristina Bell, Yoko Ng, Leticia Bido, Cherry Leung, Jan Wongchuking, Randy Torrijos

**STAFF:** Sylvia Tang, Chantae Rochester, Claudia Saggese, Diane Tom, Doris Estremera, Gina Beltramo, Jairo Wilches, Lee Harrison, Charo Martinez

**BOARD MEMBERS ABSENT:**

**Excused:** Leticia Bido

**Un-excused:**

**OTHERS PRESENT (signed in):** Martin Fox, Alan H, Brooke Burgos, Bruce Adams, Clara Jaeckel, Dave B, Deb Higgins, Grace, Johanna Rasmussen, Ken Jew, Kirk Wheeler, Len F, Loren, Masako H, Melinda Henning, Michael Lim, Nelly St. John, Sydney Hoff, Yolanda Ramirez, Yvette Agua, Erica Horn, Carolyn Shepard, Audrey Reddaway, Craig P, Helene Zimmerman, Laura Lorenger, Lee, Loren, Sue, Teri G, Waynette Brock, Andrew Lint, Avidal, Brenda,

### **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

► **M/S/C** Way/Rasmussen

### **APPROVAL OF MINUTES**

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

► **M/S/C** Perry/Way

**Correspondence, Announcements, and Public Comment**

Pat Willard

I had the pleasure of interviewing a Cahoots employee in Eugene Oregon and I learned a lot about what they offer. The team of the EMT and the clinician respond to both crisis, as well as, folks who would like to have 20 minutes of their time for a mental health consultation in their home. The clinician is not accompanied by a cop so the resident does not ask for a warrant (a cop in your home means someone checking out your stuff and seeing what's lying around and that is not part of asking for mental health assistance). No Cahoots employee has access to enter report information into the police data base, therefore it does not become a record of having interaction with police. She then provided me with a 15-minute mental health consultation and the only information she requested was my name (I use a nick name) and my zip code. Nothing in the consultation will aid police in discovering who I am. My questions for you are:

1. Regarding the difficulty around finding clinicians who are willing to work 5:00 p.m. until 2:00 a.m., that is what they do in Eugene. Do you think the reason San Mateo County is having difficulty hiring is because you are asking someone to leave a full-time position to take a temporary position (full-time for two years and then it's done)?
2. Why does San Mateo County require the clinicians to have a Master's Degree? Cahoots requires clinicians to have a Bachelor's Degree to join their team.

A: This is something we can discuss in our Ad/Hoc Committee meeting.

Martin Fox

It is my understanding that the Youth S.O.S. Team was supposed to respond to your up to age 21, after reading the March BHRS Director's Report, I understand that the age was raised to 25. I was wondering whether it could be increased even further. The reason I'm asking is that President Biden has announced the pull out of active military service personnel from Afghanistan by September 1. Having lived through the Vietnam War draw down I know that there is going to be some interest in the kind of services the Youth S.O.S Team will be providing and whether that extends to partnering with the VA to make sure we don't have anyone falling through the cracks over the next 2 to 3 years while people are coming back from active duty in Afghanistan are dealing with change of returning to the real world. I also am concerned about the SMART car and the apparent failure to negotiate an agreement that was supposed to be concluded by July 1, 2019. The SMART car is supposed to be supporting the Youth Team and that's still not behavioral health services that's comparable to the American Medical Response Emergency Medical Services. Transportation is not emergency treatment. We really don't need the balance billing contract that's going to produce surprise bills for people suffering with serious mental illness and their family members. I'd appreciate it if you would look at where that contract went.

**STANDING COMMITTEES**

**A. Committee for Children & Youth**

**Reported by Chris Rasmussen**

Next meeting will be held on May 19, 2021 at 4:00 p.m.  
Via Teams

**B. Committee for Adults**

**Reported by Yoko Ng**

Next meeting will be held on May 19, 2021 at 10:30 a.m.  
Via Teams

**C. Committee for Older Adults**

**Reported by Patricia Way**

The next meeting will be held on June 2, 2021, at 10:30 a.m.

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

**Reported by Jean Perry**

The next meeting will be held on May 6, 2021 at 10:30 a.m.  
Via Teams

**Public Comment**

Randy Torrijos

The HOT Team, we have them regionally throughout the county. It sounds like that meeting was specifically for South County but they are also active in South San Francisco and San Bruno area. The teams are based on a regional basis.

Pat Way

The in-person Cordilleras groundbreaking was very exciting. I know many of you attended online but it was really exciting and it's amazing what they've done with that property already. We are lucky to have the funding of that in place, we have to keep it in place and make sure that the project comes to fruition and fulfills what all of us advocates have wanted for our family members for a long time. Even for the employees, it must be dreadful because the building is in a state of crumbling. Thank you for letting me go.

**Director's Report**

Scott Gilman was unable to attend today's meeting. If you have questions regarding his Director's Report, please email him at [sgilman@smcgov.org](mailto:sgilman@smcgov.org)

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

**Old Business**

Nothing to report.

**New Business**

Nothing to report.

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

Suicide Prevention Committee

Reported by Yoko Ng

The committee meet on Tuesday, May 4, from 1-3:30 p.m.  
The committee had a presentation by Brooke Holler, Mental Health Clinician  
StarVista Crisis Intervention and Suicide Prevention Center  
The presentation was on the Youth Mobile Crisis – Youth SOS  
Our next meeting is Tuesday, June 1, 1:30-3:30 viz Zoom

Jean Perry – The Youth Mobile Crisis will serve all youth.

Pat Willard – Can someone answer the questions I asked earlier in the meeting?

A: We will look into it and get back to you with an answer.

### **Presentation**

Mental Health Month-San Mateo County of San Mateo  
Presented by Sylvia Tang, MPP, Community Health Planner  
Behavioral Health & Recovery Services  
Office of Diversity and Equity

### Why Recognize Mental Health Month?

- Mental health and substance use conditions affects 1 in 4 adults in the United States.
  - One in four adults with a mental health condition are not receiving the help they need
- Stigma and lack of awareness of resources are some of the key barriers preventing people from getting help

### Mental Health Survey

- One-third (36%) of respondents reported having had a mental health problem
- Among those who have had a mental health problem, almost three-quarters have sought treatment (72%)

### Substance Use Survey

- One in ten respondents (13%) reported having had a substance use problem
- Among those who have had a substance use problem, more than half have sought treatment (55%)

### 2021 Mental Health Month Theme: **Hope For Change**

- #HopeForChange reminds us to spread and rely on the hope that carried us through a year of change

### 2021 Mental Health Month Virtual Events

- San Mateo County Mental Health Month Planning Committee and partners have organized almost 50 virtual events that feature open mic, music, art, films, pets, children stories, speaker panels and more!
- For details on events happening this month, please visit our website at [www.smchealth.org/MHM](http://www.smchealth.org/MHM)

**Meeting Adjourned:**

The meeting was adjourned at 4:26 p.m. by  
Sheila Brar

## 2021 Tony Hoffman Community Service Awards Honorees

California Clubhouse

CARON (Community Alliance to Revitalize Our Neighborhood)

Robert Dei Rossi

Ron Dugrenier

William Elting

Foster City Police Department

Stasha Powell

## Congratulations to All Honorees!

**Next MHSARC Meeting:** June 2, 2021 from **3:30-5:00 p.m.**  
Virtual Meeting

**Next Executive Committee Meeting:** Wednesday, June 16, 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.