



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

## Unadopted Minutes Wednesday, June 2, 2021 Zoom Meeting

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

**STAFF:** Scott Gilman, Chantae Rochester, Diana Hill, Doris Estremera, Charo Martinez, Claudia Saggese, Gina Beltramo, Lee Harrison, Maria Lorente-Foresti, Sylvia Tang

**BOARD MEMBERS ABSENT:**

**Excused:** Leticia Bido

**Un-excused:**

**OTHERS PRESENT (signed in):** Arman Khare-Arora, Bruce Adams, Carolyn Shepard, Clara Jaeckel, Erica Horn, John Butler, Judy Davila, Kris Anderson, LanaJean Vecchione, Martin Fox, Michael Lim, Pat Willard, Sal Arora, Sydney Hoff, Wesley Lu

### **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 May 5, 2021 Mental Health & Substance Abuse Recovery Commission Meeting

► **M/S/C** Way/Perry

Approval of minutes from the May 19, 2021 Executive Committee Meeting

► **M/S/C** Way/Perry

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

John Butler

I'm here with notes of thanksgiving. Mental health month was a tremendous success, we had close to 50 events and I'm here to give thanks and praise to Sylvia Tang and Kristi Lu. I was involved in 4 events, co-organized and facilitated, if it weren't for Sylvia and Kristi I could not have succeeded with the events. They deserve some type of commendation. I'm sure I made more than 50 calls to Sylvia and many more to Kristi, they were always attentive, supportive and giving ideas. Jean Perry was part of the events and co-creating, I appreciate her as well. I just want to say thanks and I hope that you will support us as well now that we are starting to plan for Suicide Prevention Month.

### **STANDING COMMITTEES**

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

**The Children & Youth Committee did not meet**

Next meeting will be held on July 21, 2021 at 4:00 p.m.

Via Teams

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

**Reported by Yoko Ng**

Next meeting will be held on July 21, 2021 at 10:30 a.m.

Via Teams

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

**Reported by Patricia Way**

The next meeting will be held on July 7, 2021, at 10:30 a.m.

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

**Reported by Jean Perry**

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

Via Teams

### **Director's Report**

Reported by Scott Gilman, Director

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

Remobilization

BHRS is ready to move into the next phase of the remobilization work. On June 15, we will be opening all our public facing services. What that means for us is that our buildings will be open to the public again. All our services will take walk in crisis. We are still doing a lot of planning. As an employer we will follow CAL/OSHA rules.

We will move forward with the most strict rules that are in place. Mask wearing, social distancing, hand washing, and the number of people in a room. It does limit our ability in

some of our buildings. It will be an ongoing series of steps and phases that we will go through.

#### Vaccine Efforts

We continue to offer concierge type services to our clients. Over the past week, we had three different events staffed by BHRS staff to help our folks get vaccinated. We're finding at these events approximately 50-60 people are coming to each of them. We need a predictable space where people know there's going to be a vaccine and staff and start working to get folks there instead of the pop-up clinics, we are working on that. We are giving incentives (\$10 gift cards) for each dose. Any client who receives a vaccine is entered into a drawing for a \$50 gift card. We are doing a post vaccine survey to find out if it really makes a difference.

#### Public Comment

How do consumers get vaccination gift cards?

A: You have to go to one of the BHRS clinics, we'll post the flyers for the clinics in the chat.

Jean Perry – As things open up, I hope that priority will be given to getting Field Services going again. People will be able to do outreach to the community, that's very important wasn't totally bridged with technology.

In your Director's Report in the article about Arroyo Green Senior Housing opening up with some MHSA units and in the last paragraph you mention it's the last of the MHSA funded housing program unit and the good news is that it's using our one-time funds. One of the suggestions of the Housing Task Force is that we use of those one-time funds to set up for this fiscal year and the next fiscal year sufficient funds to allow 24 more units to happen over the next year.

#### Chris Rasmussen

We'd been talking a lot about the mental health and substance misuse go hand in hand. We have an Older Adult, Children & Youth Committee, maybe we need to look at creating a substance misuse committee. Maybe this is something we can discuss at our retreat.

#### John Butler

Fortunately, isolation hasn't been much of a barrier for me thanks to decades of major depressive disorder, I managed it pretty well plus I have two cats. Can we move from fist bumps only to a hand on the shoulder or a hug, by agreement? Or are hugs out of the question on June 15?

A: I think for vaccinated people we'll see a whole set of different rules.

#### Pat Willard

The Board of Supervisors will be talking about the budget over the next couple of weeks, has MHSA already submitted a budget to the County or is about to? If the 30-day public comment period includes things, I wish you had more clinicians on staff so they could better distribute them around the county. This 30-day comment goes beyond county approval. Should I wait for the BOS to say give MHSA more money?

A: The BOS doesn't allocate MHSA funds to us, that comes from the millionaire's tax. The BOS gives us general funds and Measure K funds. I know our county is more supportive

of behavioral health than most in terms of their generosity for our programs. The County is not the biggest part of our dollars, it's the realignment revenue, Medi-Cal revenue, those are our big dollars so I would say if you wanted me to hire more staff you would do better to speak here. This commission makes formal recommendations to the BOS and me so this is probably the best spot (on any topic) to voice your opinion. I think it would have a lot more weight coming from the commission.

### **Old Business**

Retreat Planning

Possible dates for the retreat

Part 1 – Wednesday, June 23, 2021

Part 2 – Friday, June 25, 2021

We don't have a formal agenda at this time but I will distribute once it is finalized.

Public Comment

John Butler

When listening to the retreat can we make public comments?

A: Yes, there is an opportunity for general public comment at the beginning of the meeting.

### **New Business**

**Action Item:** *Vote to open 30-day Public Comment Period for the Mental Health Services Act (MHSA) Annual Update FY2021-22*

► **M/S/C** Rasmussen/Mattei; passed unanimously

Public Comment

John Butler

The housing that will be built, will it have staff on the premises to support clients?

A: Yes, these are our supportive housing units.

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

Suicide Prevention Committee

Reported by Yoko Ng

The two-hour meeting was divided into two workgroups.

1. The Data Workgroup met from 1:30-3:00.
  - a. Sylvia Tang presented the results from the Stigma Baseline Survey
  - b. The committee brainstormed how to use and disseminate the results for existing suicide prevention efforts
2. The Communications Workgroup meet from 2:30-3:30
  - a. The workgroup focused on suicide prevention month planning

The next Suicide Prevention Meeting is Tuesday, July 6, 2021 from 1:30-3:00 p.m. For meeting information, please contact Sylvia Tang at [stang@smcgov.org](mailto:stang@smcgov.org).

Community Wellness and Crisis Response Committee (Mental Health/Law Enforcement)  
We did not meet. Our next meeting will be Tuesday, June 15, 2021, from 12:00-1:00

Public Comments

Michael Lim

I would like to bring attention to a presentation made to the Suicide Prevention Committee from the Director of NAMI San Mateo County on the 911 process. We have Police Departments not being willing to 5150 an individual who is in a state of crisis and someone else needed to be brought in to persuade the police to issue the 5150. There have been a lot of incidents in the news over the past two months with regards to the 911 process. There were committees established by the Redwood City Police Department and the Belmont City Council to address the process of the mental health and 911 process and it was less than adequately handled. I was wondering since the commission is in the situation of advising the Board of Supervisors with what is happening in the county, if we could have a regular update on what process the other city Police Departments are doing and also the Sheriff's Office, especially with the pilot program that is happening.

A: The committee from Redwood City is not a mental health advisory board it is a police advisory commission, so we have no jurisdiction. Belmont is doing their own crisis program.

Randy Torrijos

I am interest in a point that Michael made regarding 5150's, maybe that is something the Ad/Hoc Committee can discuss. The question about going to cities is more of a jurisdictional inter-government agency wide situation which has its own complexities. Regarding the mental health issues, I do think it would be beneficial to this group to understand the process of 5150's and exactly how that should and should not be used. I know it involves criminal conviction, there might be mixed messages on whether it should be used.

Martin Fox

Sheriff Bolanos announced the implementation of Enhanced CIT Training at the La Honda Police Forum that was held on April 26. On May 12, you will find at Sheriff's Bulletin on the website, describing an incident on Quarry Road where there was a successful disengagement and that's the result that he predicted would occur at the police forum. It is my understanding CIT training will be enhanced and changed and the Sheriff will seek approval from the State to include in the police officers' standard training. It is positive but there isn't enhanced treatment to go along with it.

Captain Bell – We've had it approved and are up and running. We have had two successful classes.

## **Presentation**

Alcohol and Other Drug Services Update  
Presented by Diana Hill, Health Services Manager I  
Behavioral Health & Recovery Services

## **Our Mission**

We serve with excellence, compassion and dedication to improving and advance social equity and diversity. We work together to instill hope, resiliency, and a sense of connection to enhance the lives of those affected by substance use and mental health challenges.

## **Our Vision**

Our communities are safe for all where individuals realize their dreams and challenges of mental illness and/or substance use are addressed in a compassionate, holistic and effective manner. Diverse communities are honored and strong because of our difference.

### **Our Values**

**Person and Family Centered:** We promote culturally responsive person-and-family centered recovery.

**Potential:** We are inspired by the individuals and families we serve, their achievements and potential for wellness and recovery.

**Power:** The people, families, and communities we serve, and the members of our workforce guide the care we provide and shape the policies and practices.

**Partnership:** We can achieve our mission and progress towards our vision only through mutual and respectful partnerships that enhance our capabilities and build. We use proven practices, opportunities, and technologies to prevent and/or reduce the impacts of mental illness and addiction and to promote the health of the individuals, families and communities we serve.

### **AOD System of Care**

- Prevention
- Treatment
- Recovery

Public Comment

Yoko Ng

What does SLE stand for?

A: Silver Living Environment

Jean Perry

I am aware of Laura's Law and the Mental Health Court and it looks like there is also a Drug Court. There's a lot of individuals with mental health issues as well as substance use issues, how does someone in the judicial system access the specialty courts?

A: I know the least about Laura's Law, I know it is associate with AOT.

Drug Court is for people who are charged with possession and instead of doing time, if the District Attorney and the Private Defender agree, then the client can be referred and assessed for treatment. Probation and the Drug Court Team provide the client with case management services for about 18 months.

DUI Court is for people charged with driving under the influence. I'm not sure of the difference between DUI Court and DUI Programs. People with multiple charges can go to DUI court.

Pathways is for clients who have been charged but have a mental illness and their mental illness is directly related to the reason they were charged, they can be referred to mental health court and receive case management services. If they have co-occurring disorder then their Pathways Case Manager can refer them to treatment

Pat Way

Ho do you interface within the prevention arena with the group that runs First Chance?

A: We collaborate with First Chance Sobering Station; they are part of Star Vista. When someone is dropped off at the sobering station by the police their counselors will talk to them and when they are sober enough will talk to them about treatment and see if they want to get enrolled. They will also talk to them about medicated assisted treatment.

Jean Perry

I am aware that substance issues can be relapsing and I've heard that there is a limit to the number of times you can begin services, can you explain that?

A: When the State instituted the Drug Medi-Cal Organized Delivery System (ODS) they decided to limit the amount of residential treatment episodes a person could to 2 times per calendar year. The counties and stakeholders did not like that and expressed their collective concerns about that and the State eventually decided the counties could use additional funding sources to pay for additional treatment episodes. That restriction has essentially been lifted.

Martin Fox

The California Supreme Court ruling in the Humphrey's case that there is no more cash bail. That seems to put a lot of pressure on pre-trial services. Do we have someone watching the terms of anyone dealing with substance abuse issues under Humphrey?

A: I haven't heard of that law, I can look into it. Please send me an email with that information to [dhill@smcgov.org](mailto:dhill@smcgov.org) and I will look into and let you know.

**Meeting Adjourned:**

The meeting was adjourned at 4:59 p.m. by Sheila Brar

**Next MHSARC Meeting:**

July 7, 2021 from **3:30-5:00 p.m.**  
Virtual Meeting

**Next Executive Committee Meeting:**

Wednesday, July 21, 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.