



COUNTY OF SAN MATEO MENTAL HEALTH & SUBSTANCE ABUSE RECOVERY COMMISSION

Unadopted Minutes Wednesday, February 3, 2021 Zoom Meeting

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

STAFF: Scott Gilman, Doris Estremera, Chantae Rochester, Sylvia Tang, Claudia Saggese, Diane Tom, Maria Lorente-Foresti, Tania Perez, Mariana Rocha, Gina Beltramo

BOARD MEMBERS ABSENT:

Excused: Jan Wongchuking

Un-excused:

OTHERS PRESENT (signed in): Bevin Love, Brigitte VanEssen, Carol Goshu, Helene Zimmerman, Kathy Gilbert, Mark Levit, Martin Fox, Melinda Henning, Pat Willard, Susan Cortopassi, Suzanne Moore, Twila Dependahl, Carolyn Shepard, Clara Jaeckel, Erica Horn, Johanna Rasmussen, Monroe Labouissse, Diane Warner, Amanada Doherty, Bruce Adams, Dana Bainbridge, Judy Davila, Leanna Harper

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, Mattei

APPROVAL OF MINUTES

Approval of minutes from the January 6, 2021 Mental Health & Substance Abuse Recovery Commission Meeting

► **M/S/C** Rasmussen/Way

Approval of minutes from the January 20, 2021 Executive Committee Meeting

Correspondence, Announcements, and Public Comment

Chris Rasmussen

- Met with the Commission on Disabilities Youth and Families committee
 - Looking for areas of collaboration
- Attended the Juvenile Justice and Delinquency Prevention Commission as an ambassador
- Attended the MHSO Oversight and Accountability Commission

Randy Torrijos

MHSARC Amended Bylaws

- The BOS approved the amendment for the MHSO Standing Committee
- Can move forward with voting for a representative

Mental Health Crisis MOU

- Attended the City Council Meetings for San Mateo, Redwood City, and South San Francisco
 - All approved the MOU for Mental Health Crisis Response Team with BHRS
- All council members and public would like to have a component with mental health response that does not involve police in the future

Pat Willard

There's a lot of public angst expressed about the pilot program. No one believes this program will change at all because city council after city council and written public comment, the government people involved didn't appear to be listening. Chief Mulholland in Redwood City says that the data analysis will take months. We don't expect 24 months to have the program change at all because it will be done before any analysis is done. City of Santa Rosa is starting the definition of their CAHOOTS model, which is to begin implementation in the summer. How can San Mateo county be so behind the times and lacking in innovation considering it's the home of Silicon Valley?

Martin Fox

I really appreciate your attention to the details of this business. I highly commend you to listen to the Redwood City Council recording. In the first few minutes Chief Mulholland said that law enforcement was tasked with response duties with mental health crisis emergencies for assistance to people experiencing a mental health crisis 30 years ago and I happen to agree with him. It is my understanding that California's 1991 legislative package called realignment created the absence of behavioral health services because it transferred responsibility from the state of California to its individual counties for community based mental health services including but not limited to pre-hospital emergency behavioral health services, state hospital services for civil commitments including but not limited to acute care and mental health services for patients in need of long term psychiatric nursing facility care. This transfer exacerbated the adverse consequences of the separate grants of civil and criminal immunity to persons who deny treatment to those who are living with serious mental illness. That is the problem a pilot program will uncover and that is why I'm urging you to recommend the Board Of Supervisors make the repeal of the Lanterman-Petris-Short-Act a top county legislative priority.

Mark Levitt, Heart & Soul

Resources available:

- Peer run warm line: It is available 24/7 for non-emergency support 650.231.2024
- Total Wellness Club: use to be drop-in centers but we've gone completely virtual. Tuesday-Friday we offer daily support groups at www.heartandsouline.org/total-wellness-club

Erica Horn, California Clubhouse

- We continue run our program and services virtually at <https://californiaclubhouse.org/join-us/virtual-clubhouse>
- Our services will be very different in the immediate and near future
 - We will look to slowly start to do some in-person services
 - It will be carefully executed with limited and strict parameters
- California Clubhouse is looking for a new home
 - A space that meets all health and safety requirements
 - A space that is welcoming and offers a supportive environment
 - Easily accessible and located in San Mateo County and close to public transportation
 - If you know of a great location, please contact Erica Horn at ericahorn@californiaclubhouse.org

Clara Jaeckel, Redwood City Resident

I want to echo the comments made by Pat Willard. With so many surrounding counties starting projects without the law enforcement element we were disappointed to see the pilot program in San Mateo County go ahead with this pilot program. In order to increase public confidence, it would be good to see, as the program gets flushed out and developed, in writing what other conditions under which the clinicians would begin to feel comfortable going out on calls without law enforcement. Just to see the commitment made in writing as to when that change would take place.

Bevin Love, Heart & Soul

I'm the Program Director for our campaign, Seeing Through Stigma. I do presentations throughout the county with folks who have mental health issues. I get panelist together and we go to different agencies and locations and share our stories of our mental health road to recovery. From the beginning, the middle, to the end of what we do today to live in our wellness and recovery. If anyone is interested in having us come do a presentation, please contact me at belove@heartandsouline.org . If you or someone you know is interested in speaking or learning to speak on a panel, I'd be happy to support and coach them. For more information go to www.seeingthroughstigma.org .

STANDING COMMITTEE REPORTS

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 March 3, 2021 at 10:30 a.m.

Via Teams

Director's Report

Reported by Scott Gilman, Director

City Council Meetings

- I attended three of the meeting and Jennifer Basler attended one on my behalf
- There was a lot of public comment that we have to take into account
- The issue of the services we already have in place that are non-law enforcement, we really need to do a better job of showcasing those as we move forward

Governor's Budget

There's a significant amount of one-time funds for mental health

- Some for housing to help with board and care issues
- We are sifting through it now but so far the budget process is looking good for behavioral health
- We had projected a slight reduction in funds (related to the economy) it was the opposite and there was an increase in the revenue that the State received
- We're backing off on some budget reductions we were planning
- We are looking at how we can short things up for our providers and consumers who are really struggling

COVID-19 Update

- We've had many outbreaks in facilities, we've had several deaths of consumers and of family member of staff
- It is having a significant impact on our network of providers and our system
 - We are doing our best to help folks deal with the trauma
 - We are planning a trauma speaker series that is being put together for the month of April
- We are having a difficult time helping homeless individuals or individuals with severe mental illness or substance use issues in finding safe places to isolate when they've been exposed or test positive for COVID
 - Our staff works hard in a short time to find alternative housing for them
 - We've had to deal with a lot of stigma issues
- As we move to mass vaccination, we are trying to develop specific pathways for our different populations to assist them in getting vaccinated
 - A lot of our folks are not going to sit in the car in line for four hours
 - We have individuals who are homebound
 - Some with severe paranoia and anxiety
 - We are working on that and on getting individuals 65 and older to get through public access for vaccination

Question from Chat

Can you say more about the stigma that is being encountered and is it related to securing housing?

A: We are running into stigma whenever our individuals present for any sort of mass event and sign up. Because they have a diagnosis, they aren't eligible for programs.

Linda

There's no onsite person for support?

A: That's true for some locations.

Questions

Jean Perry

Can we, as a commission, get an update on the wellbeing of the part of our population who are not severely mentally ill and who are not being served by Health Plan of San Mateo. How well is it working or not working and are they continuing to get the care they need?

A: I forwarded an email from Louise to the commission, she gives an overview of what is going on with that population.

Jean Perry

The Total Wellness Program that begin with the SAMHSA Grant and through the years some essential pieces of the program have been peeled off due to budget and other things. There are four Peer positions that are unfilled, and the clients are not able to see their primary care doctors in the same location where they see their behavioral health provider any longer (which is another key piece of this program). These individuals have serious mental illness, the good news is that they continue to have an increase in kept appointments at behavioral health, that piece continues to work well. They are seeing a decrease in the number of appointments kept with medical providers. We talked about re-instituting the peer support, that would help.

A: That was part of the SMMC budget reduction plan that has moved forward, it was an unpopular and bad thing because everyone worked so hard to make that happen years ago. Dr. De la Cruz is leading a group, including the primary care position who was doing that work. There is a new group working to try to figure out how we can do some of that work virtually. How to care for those folks who need the increased level of care coordination. We continue to look for funding and grants and ways to do that. Integrated care is the way to go, and we take advantage of the fact that we can set up virtual visits in the mental health building for the primary care doctor to be there or set up psychiatric visits in the primary care clinic. They are looking at all of that right now and Dr. De la Cruz is facilitating that work.

Jean Perry

What does it mean when we support a housing unit, does that mean we subsidize the rent? Is it a one-time thing that MHSA contributes?

A: MHSA funding used for the 62 units was for the brick and mortar. When MHSA first started it was there was money that was set aside that each county received for brick and mortar development. For us it was about \$6 million which led to those 62 units. What we do continue to fund is the supportive services that go along with the housing.

MHSA Update

Reported by Doris Estremera, MHSA Manager, BHRS

We are starting a MHSA Housing Initiative Task Force

- It will be hosted by the Older Adult Committee
 - First Wednesday in March, April, and May
 - From 10:30-12:00
 - To participate or get updates, please subscribe to MHSA subscriber list
 - Judy Davila (consultant), Mariana Rocha, Karen Krahn are working with us on this project
 - The goal is to identify the gaps in services based on a proposed housing continuum of supportive services for individuals with mental health challenges
 - We will define and prioritize outcomes
 - Develop and prioritize strategies
- MHSA Steering Committee Meeting
 - Thursday, February 4, 2021 at 3:00 p.m.
 - The materials for the meeting are on our website
- Headspace
 - We have partnered with Headspace
 - You can enroll for free

Liaison, Task Force and Ad Hoc Committees

Suicide Prevention

Reported by Yoko Ng

- Met Tuesday, February 2, 2021
- Presentation and discussion on Suicide Prevention and Substance Use by Sylvia Tang, Co-chair and Each Mind Matters, Stephanie Ballard
 - Brainstormed ideas for collaboration
- Next meeting is Tuesday, March 2, 2021

Mental Health/Law Enforcement Partnership

Reported by Sheila Brar

- The committee met following all of the city council meetings and the passing of the pilot program
 - To define the role of the ad hoc committee
 - Our next meeting will be with Jennifer Basler
 - To get more insight on the parameters of the program
 - What we can provide recommendations on
 - Have our ad hoc committee be a place of public comment
 - Be able to facilitate that public comment and take it to the appropriate person

Sylvia Tang

I'm the co-chair of the Suicide Prevention Committee

Our committee is working on a strategic plan which has a comprehensive approach to suicide prevention and part of that approach involves crisis response. We want to help to promote a delivery of continuum of crisis services and we see the crisis response pilot as a

really important component. We'd like suicide to be considered in this pilot project, our ask is that the committee would be considered as a community partner for this project. WE would like to be kept in the loop with the project at large. The committee can offer many assets, including our expertise in suicide prevention, trainings and partnerships to help advance this program.

Old Business

Mental Health Services Act Steering Committee Representatives

- Committee Co-Chairs: Jean Perry and Leticia Bido
- Members: Patricia Way, Sheila Brar

New Business

No new business to report.

Presentation

Solutions for Supportive Homes
Presented by Melinda Henning

Solutions for Supportive Homes is a group of parents and community professionals working to increase the supply and the quality of permanent, affordable, truly health-supporting homes where people with special mental health needs can continue their lives and advance their wellness with community, purpose, and dignity.

Our goal is to speed up the development of private, public/private, and nonprofit owned supportive homes in the San Francisco Bay Area now.

We seek collaborators who agree that adults living with mental health disabilities must be accorded the same respect, care, and financial support as others living with lifelong disabilities.

Absolute Essential: Community

Resilience, confidence, and healing can come from multiple normative social interactions every single day. That requires community.

Isolation from society, loneliness, not feeling a sense of worth to others is documented as harmful to every human being.

Absolute Essential: Permanence

Housing instability is the greatest disrupter of both mental and physical wellness in humans. If a person experiences an increase in symptoms, their home must still be there to return to.

Absolute Essential: Onsite Compassionate Help

- Administrative support: Filling out papers, keeping benefits in place, getting appointments
- Property management: Keeping lease agreements and rules, building maintenance
- Life skills coaching: Encouragement in socialization, communication, planning, and self-care skills

Community Land Trust

A community land trust creates permanent affordability by separating the ownership of the land from the ownership of the houses on the land. The land is held by a trust a community asset. The trust specifies the land cannot increase in value above a specified amount. Residents of the houses on the land hold ownership of the houses but lease the land from the Trust.

In a co-op, the co-op owns the houses and residents buy an ownership share of the co-op and pay a monthly maintenance fee.

Protections from market speculations are in place for both the land and the houses, ensuring permanent affordability, and a possible path to home ownership for those with very low income.

We want to continue the conversation, if you have a comment or question, please visit our website at www.solutionsforsupportivehomes.org . We hope the focus on solutions has been energizing. Keep our eye on the prize and resist becoming discouraged by the enormity of the task. Let's visualize our garden. It's time that we visualize the solutions we want. It's time that we gather our resolve and invest our energies and our funds into making these visions a reality. It's not as if we don't know what to do, the question is together do we have the resolve to do it for the sake of our kids and for the sake of the health of the entire community? We really cannot afford not to.

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

Hall of Fame Award Ceremony
2021 Hall of Fame Honoree
Waynette Brock
Congratulations!!

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

Next Executive Committee Meeting: Wednesday, March 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.