

# MENTAL HEALTH & SUBSTANCE ABUSE RECOVERY COMMISSION

## Retreat Minutes-Day 1

June 23, 2021

MHSARC Commissioners Present: Sheila Brar, Don Mattai, Patricia Way, Cherry Leung, Michael Lim, Leticia Bido, Chris Rasmussen, Yoko Ng, Jean Perry, Kristina Bell.

Absent: Yan Wongchuking

Staff Present: Scott Gilman, Chantae Rochester.

Guest Presenter: Gina Beltramo, County Council

Retreat Chair: Don Mattai

### **Agenda approved**

**No public comments received.**

**Welcoming comments and introductions:** Special welcome to new commissioner, Michael Lim.

**COMMISSION Review:** Including an overview of documents in the Retreat Binder, 2021. (Pat)

- Background and History
- Orientation and Power Point (including required ethics training)
- Mission, Vision Values, Strategies
- Update of Bylaws

**Brown Act** ....a deeper dive by Guest Presenter Gina Beltramo who also answered/fielded other questions from commissioners including post Covid-19 return to in person meetings vs. online.

**Standing Committees Overview:** Four Standing Committees:

1. Standing Committee for the MHSA Steering Committee
2. Older Adult Committee
3. Adult Committee
4. Children and Youth Committee

Commissioners' obligations include joining and participating in a standing committee as well as joining and participating in special committees to the extent allowed by their schedules.

**Commission Meeting Structure:** Extensive discussion lead by Sheila with lively input from all.

1. Need for upfront information: Send out information in advance of Commission meeting presentations so that commissioners can formulate questions prior to the meeting as well as

consider what information might be missing. Develop standard operating proceedings relevant to facts. (Good model is SMC BOS model).

2. Well Written Staff information: Logistics involved here.....would need to schedule at minimum a full month ahead in order to send out earlier. Possibly plan meetings quarterly. Look at Executive Committee structure to plan further in advance. Strong expectations and know it will all take time.
3. Commission and committee meetings modality (virtual vs. in person or hybrid): Idea of multiple conference rooms throughout county where folks could be in-person and also have hybrid model with others linking in via technology. (Some of this was covered with Gina Beltramo). Chris called out that “higher levels will decide---new rules/new options, old rules to be re-written”.
4. Review of comments sent to BHRS & MHSA regarding presented materials: all in the interest of better communication among commissions, public and staff.

#### **Final comments as Day 1 ended:**

- Kristina: It helps to have a snippet of what presentations will be about ahead of time.
- Michael: Make meetings more accessible to our entire community....some have issues of Wi-Fi access etc. (for example, the homeless)
- Chris: Prior to closing day 1: It’s been noted that we could all be more sensitive to our descriptive speech and wording in the behavioral health community....example is our commission being called Mental Health and Substance *Abuse* Recovery Commission. Why say substance *abuse*? It could be ‘misuse’. THIS comment brought up a quick and lively discussion with a bit of historical background included. Conclusion seemed to be that it is timely for a name change to be seriously considered to simply: **Behavioral Health Commission**