



SAN MATEO COUNTY HEALTH

BEHAVIORAL HEALTH & RECOVERY SERVICES

BEHAVIORAL HEALTH COMMISSION (BHC) ANNUAL RETREAT

Saturday, January 24, 2026 / 10:00 a.m. – 4:00 p.m.

Location: 2000 Alameda de las Pulgas – Atrium, San Mateo CA, 94403

Facilitator: Doris Estremera

PURPOSE:

- Get to know each other
- Develop 2026 action plan

OBJECTIVES:

1. Understand commission attendance and participation requirements
2. Learn about the standing committees, ad-hoc, other meeting and leadership opportunities available
3. Identify 2026 goals and develop an action plan

PRE-WORK FOR COMMISSIONERS:

- All Commissioners: Get to Know You + Accomplishments – SurveyMonkey
- Committee Chairpersons: Confirm committee description, leadership opportunities and meeting date/time. Prepare to present “elevator pitch”

AGENDA

Item	Time
Check-In	9:45 a.m. – 10:00 a.m.
1. Welcome & Logistics - Jean, Leti, Yoko <ul style="list-style-type: none">a. Roll Callb. Agenda Review and Approvalc. Facilitator Introduction<ul style="list-style-type: none">- Meeting Purpose, Objectives and Group Agreements - Doris	10:00 a.m. – 10:15 a.m.
2. General Public Comment - Leti	10:15 a.m. – 10:25 a.m.
3. Introductions (2 min each) - All <ul style="list-style-type: none">a. Name, Pronouns, Commission Seat, Affiliation(s) or Representation(s)b. Ice-Breaker: <i>1 word that best describes how you feel this morning and 1 word that best captures what you hope to get out of today?</i>	10:25 a.m. – 11:00 a.m.
4. BHRS Transformation Deep Dive – Dr. Jei Africa	11:00 a.m. – 11:30 a.m.
5. BREAK - Group Photo - Kristie	11:30 a.m. – 11:45 a.m.
6. Commission Business - Doris <ul style="list-style-type: none">a. Purpose of BHCb. Brown Act and Bylaws - attendance, expectationsc. BHC Calendar	11:45 a.m. – 12:05 p.m.
7. Standing Committees – Chairpersons <ul style="list-style-type: none">a. Elevator pitch of each committee (3 sentence max) including leadership opportunitiesb. Liaison opportunities: CALBHBC, Suicide Prevention Committee, Ad-hoc Committees	12:05 p.m. -12:25 p.m.



SAN MATEO COUNTY HEALTH

**BEHAVIORAL HEALTH
& RECOVERY SERVICES**

AGENDA

8. Working Lunch <ul style="list-style-type: none">a. Gallery Walk – Getting to Know Each Other & 2025 Accomplishments (25 min)b. 2026 Goals – Individual Brainstorm (20 min)	12:25 p.m. - 1:10 p.m.
9. 2026 Goals <ul style="list-style-type: none">a. 4 groups: prioritize top 1-2 goals for 2026 (20 min)b. Report out (10 min)c. Prioritization: sticky dots to select your top 2 goals for the commission (10 min)d. Owners – committee structure (10min)	1:10 p.m. – 2:00 p.m.
10. 2026 Action Plan – Part 1 <ul style="list-style-type: none">a. Action Plan template (5 min)b. 4 group, 2 goals – identify milestones (20 min)c. Report out (25 min)	2:00 p.m. – 2:50 p.m.
11. STRETCH BREAK	2:50 p.m. – 3:05 p.m.
12. 2026 Action Plan – Part 2 <ul style="list-style-type: none">a. 4 groups, 1-2 milestones – identify activities, deadlines, and supports needed (30 min)<ul style="list-style-type: none">- Action Plan- BHC Calendarb. Report out (15 min)	3:05 p.m.- 3:50 p.m.
13. Next Steps	3:50 p.m. – 4:00 p.m.
Adjourn	



SAN MATEO COUNTY HEALTH

**BEHAVIORAL HEALTH
& RECOVERY SERVICES**