



Behavioral Health Commission

Unadopted Minutes

Wednesday, November 2, 2022

Zoom Meeting

BOARD MEMBERS PRESENT: Chris Rasmussen, Paul Nichols, Chelsea Bonini, Frieda Edgette, Hudson Fox, Jean Perry, Katelyn Chang, Kristina Bell, Leticia Bido, Michael Lim, Randy Torrijos, Sheila Brar, Yoko Ng

STAFF: Chantae Rochester, Doris Estremera, Claudia Saggese, Lee Harrison, Sylvia Tang

BOARD MEMBERS ABSENT:

Excused: Candice Hawley

Un-excused:

OTHERS PRESENT (signed in): Bruce Adams, California Clubhouse, Chris, Clara Jaeckel, Collette, Deborah Higgins, Dolly Shah, Erica Horn, Helene Zimmerman, Hugo, Jason, May C, Pat O'Brien, Pat Willard, Peter Huysentruyt, Susan Cortopassi, Candice Muntz-Cain

CALL TO ORDER

The meeting was called to order at 3:31 p.m. by Chris Rasmussen

INTRODUCTIONS

Commission members introduced themselves

APPROVAL OF TODAY'S AGENDA

Approval of the Agenda with the following changes:

▶ **M/S/C** Nichols/Brar

APPROVAL OF MINUTES

Approval of minutes from the October 5, 2022, with the following changes:

The Youth Committee meets via Zoom.

▶ **M/S/C** Brar/Edgette

Approval of minutes from the October 19, 2022, Executive Committee Meeting

▶ **M/S/C** Brar/Edgette

Correspondence, Announcements, and Public Comment

Kristina Bell

Our gun by back is returning on December 3, from 10:00-2:00 in San Carlos.

Michael Lim

I have three announcements:

1. I found information on DHCS regarding dental coverage for MediCal clients.
2. SMI Advisor in conjunction with SAMHSA and American Psychiatric Association is offering a webinar on Achieving Healthy Weight for People Living with Serious Mental Illness on November 4. They are also offering CEU's for clinicians or professionals.
3. November is National Family Caregivers Month, and the Mental Health of America has created an online guide to help mental health caregivers navigate their role:
 - a. How to start a conversation with your loved ones challenging stigma
 - b. Legal caregivers
 - c. Best practices
 - d. Supporting loved ones

Chris Rasmussen

1. I was honored to sit on a panel for the California Association of Youth Courts
 - a. It was intersections of mental health and juvenile justice
 - b. It was hosted by the California Association of Youth Courts
2. I participated on a panel for San Mateo County Civics 101
 - a. The class is put on by the County of San Mateo
 - b. It covers the accounting work
 - i. How accounting operates
 - c. They had a class on county commissions
 - i. We answered questions on what commission do across the County of San Mateo
3. Sheila and I presented our recommendations on crisis response to the Board of Supervisors (BOS)
 - a. Sheila did a great job, and it was a good presentation
 - b. We receive really good feedback and great public comment
 - c. Supervisor Canepa was very supportive
 - i. It will go to the County Manager, Mike Callagy, Director of BHRS and Public Health
 - d. They will look over the recommendations and see what they could do

California Clubhouse

I am in support of the California Clubhouse and so glad for us to have the opportunity to move to a larger and better location. This will allow for a chance to have new programs, more members, and an opportunity to offer support for adults living with mental health challenges. The club offers a space for members to practice cooking, handling money and computer skills. Some of our daily computer work involves data entry, designing postcards, generating newsletters and brochures. This new building is in a safe area, close to public transportation.

I am unfortunately, living in a shelter and the clubhouse is open to me five days a week, which I take advantage of all five days to come in and have something to do. They've helped me find employment (I'm currently going through a background check to become a driver).

Erica Horn, Executive Director, California Clubhouse

We've started back full time in the building and our social and indoor meal program are in full swing. We're also open for tours/orientation, just give us a call. We are looking for the

general community to help identify referral sources and community organizations that we can present to engage with our services.

The building that MHSA is considering purchasing, this opportunity would be an extreme move forward for the clubhouse. We've been around for almost eight years and have performed excellent in all our outcomes and deliverables. We've done it all in a building that has suffered major problems, we've survived it and we keep going. It is time for us to have a more suitable space, one that help us grow. I'm hoping the commission will take this under consideration and look to purchase the building with MHSA dollars.

Ammi Rostin, Belmont

My son, 25 years old, had a mental health crisis today. I needed help to calm him down because I couldn't get through to him. I called 988 for the very first time and I waited for someone to answer. After a while a very nice woman answered the and I told her about my situation. She said she'll send a support team with a clinician but when I gave her my address she couldn't help me, my call was answered in Santa Clara County. She gave me Star-Vista's phone number and I called them. I waited and waited before someone answered and to my surprise it's Santa Clara again and they can't help me. I tried 988 again and Santa Clara answered and asked me to try Star Vista again. I called them and Santa Clara answered and asked me to try Star-Vista again. The same thing happened. They are irritated because they receive many calls from San Mateo. I finally call a friend who helps me get in touch with Youth SOS, but they do not offer what I need. The woman at Youth SOS recommended me to call 911 since my son had suicidal ideations. It's traumatic to have the police in uniform come to our home and I will only call them if the situation at home is so bad that I know they will 5150 him. All this took an hour total and my son, and I still didn't receive any help.

This is a good example for why I am asking the BOS to implement the BHC's recommendations for improving the county's crisis response services for people experiencing a mental health, substance use, or other non-violent emergency and making our community safer.

Kristina Bell

I advised the Chief of Belmont Police of this comment so they could follow up with the family and their unit team.

STANDING COMMITTEES

A. Committee for Children & Youth

Reported by Hudson Fox

Next meeting will be held on October 19, 2022, at 4:00 p.m.

Via Teams

B. Committee for Adults

Reported by Yoko Ng

Next meeting will be held on October 19, 2022, at 10:30 a.m.

Via Teams

C. Committee for Older Adults

Reported by Jean Perry

The next meeting will be held on November 2, 2022, at 11:00 a.m.
Via Teams

D. Committee for Alcohol and Other Drug Services

Reported by Paul Nichols

The next meeting will be held on October 18, 2022, at 1:00 p.m.
Via Teams

E. Mental Health Services Act Steering Committee

Reported by Leticia Bido and Jean Perry

The next meeting will be held on October 6, 2022, at 3:00 p.m.
Via Zoom

Director's Report

Lisa Mancini, Interim Director, was not able to attend the meeting, Commissioners received a copy of the Director's Update. If you have questions or comments, please send them to Lisa Mancini at lmancini@smcgov.org.

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

Topics include:

- Free Tech Support for Clients+
- Help Name the Future Cordilleras Behavioral Health Campus
- 2022 Employee Equity Awards - Yolanda Booker, Regina Moreno, and Ziomara Ochoa
- Congratulations - Peter Dell, MD; Brenden Scherer, MD
- Contractors' Association Spotlight: Daly City Youth Health Center Takes a Systemic Approach to Healing Pain in the Community
- Cal AIM Corner: Cal AIM Implementation Plan

Past issues can be found [here](#).

Liaison, Task Force and Ad Hoc Committees

Suicide Prevention Committee

Reported by Yoko Ng

The Suicide Prevention Committee had their Suicide Death Annual Update. The Supervising Deputy Coroner, Elizabeth Ortiz, presented the data and answered questions.

The next Suicide Prevention Meeting is Tuesday, December 6, 1:30-3:30 p.m.

Legislative Ad/Hoc Committee

Reported by Chris Rasmussen

The committee is working to find a time that will work for all 5 members. Once the meeting is scheduled, we will report back to the commission.

Old Business

Retreat

The date for the Annual Retreat is set for **Saturday, January 28, 9 a.m. – 3 p.m.** at the San Carlos Library.

New Business

Action Item #1: *Vote to Open 30-Day Public Comment Period for an Amendment of the Fiscal Year 2022-23 Mental Health Services Act (MHSA) Annual Update to include the purchase of 2191-2195 El Camino Real Property*

▶ **M/S/C** Perry/Lim passed unanimously

Action Item #2: *Vote to Open 30-Day Public Comment Period for the Mental Health Services Act (MHSA) Innovation Project Plans*

▶ **M/S/C** Bido/Edgette/Hudson passed unanimously

Presentation

Mental Health Services Act Update

Presented by Doris Estremera, Program Services Manager

Office of Diversity and Equity, Behavioral Health & Recovery Services

Action Item #1

References:

1. MHSA available unspent (one-time spend) projections
2. El Camino Project Proposal

Action Item #2

References – INN Project Plans:

1. Adult Residential In-home Support Element (ARISE)
2. Mobile Behavioral Health Services for Farmworkers
3. Music Therapy for Asians/Asian Americans
4. Recovery Connection Drop-In Center

Public Comments

- 30-Day Public Comment Period:
 - November 2, 2022 – December 7, 2022
 - All reference materials are available on the [MSHA website](#), under the “Announcements” tab
- How to provide public comments:
 - [Quick Tips](#) – How to Give Public Comment at a public meeting
 - [Public Comment Form](#) link to complete online
 - [Download](#) a form, fill out and email to mhsa@smcgov.org
 - Leave a phone message at (650) 573-2889

Full presentation is attached.

Public Comment
Chelsea Bonini

Are these proposals based on something in that is in the prior plan? How did it come to fruition?

A: We can propose to expand or based on the revenue we can allocate towards a new priority.

Chelsea Bonini

Was there a process by which the agencies are being included/chosen? I wasn't aware of any process.

A: Scott Gruendl has been working on this and he's been sharing about the grant we received for infrastructure. It's been a process to identify those needs when it comes to purchases and infrastructure building purchases. The reason we're pursuing the funding is because the property wouldn't qualify for those fundings (the grant) because those fundings are in the future.

Chelsea Bonini

When we purchase the building using MHSA funds and you said it didn't include maintenance or ongoing costs, is that something that can be included in the future? Or does it need to come from another bucket of money?

A: This is one-time funding. It is just the property purchase.

Michael Lim

Doris, thank you very much for keeping track of the balance of our revenues and unspent MHSA funds because these are revertible funds and if we don't keep track of them, we may not be as thoughtful in our process in terms of spending those monies in areas that would be investments for the future, like this property we are discussing. Thank you for publishing this information for the public. It may seem like we have a lot of money in our balance, but the importance is the community planning process. We must go through the process of community involvement because it is what's mandated by MHSA. It's getting feedback from the community. I'm glad that Doris is doing a wonderful job in reaching out to all the stakeholders in the different communities.

A: Thank you! That is exactly what the planning process will intel, that mindfulness around how we move these monies forward because it is a significant amount of money we should be spending and putting it where it's needed. It is going to be an intensive process and we just launched the workgroup to develop that process and then the community input sessions begin in January.

Chris Rasmussen

Good presentation. We presented an extensive recommendation to the BOS for crisis response and part of those recommendations was for countywide crisis mobile units as well as crisis stabilization centers. I'm wondering how e can advocate for using MHSA dollars to pay for those. I know some counties have used MHSA dollars to start crisis response units. It all comes down to funding new programs. How can we advocate for that in the three-year process and get that on the list of things do?

A: Crisis response is a priority and is part of the current three-year plan. We have focused on housing first because that what came up when we did the prioritization. Crisis was the next item on the list and the crisis continuum. Maybe we can have a conversation on how

to get more funneled into the conversation during the input sessions. There will be a needs assessment where you'll have a chance to bring it up as a priority. There will be lots of opportunities to bring it up as a priority.

Jean Perry

If public comment during the next 30 days produces potential changes or suggested changes for one or any of the innovation projects, what would the process look like to adopt or not adopt the suggestions?

A: Any substantive comment we receive we would want to discuss it as a commission. We would want to include the persons wanting the proposed change and we would have to look at the feasibility of the change. We will consider any changes, obviously we can't propose a brand-new project. Any considerations that are substantive, and would add value to the projects, we will consider and share it as public comment.

Jean Perry

Are there caps on the amount that can go to an innovation project? If someone really likes an idea and they suggest that we double the volume of clients that will be served by a particular project.

A: That's a feasibility question. It's based on what's folks felt they could handle now. If we received a suggestion like that, we would consider it, but we would have to ask, is it feasible? We want to support it; in terms of a cap, I would have to run my numbers to make sure that we have the funding.

Pat Willard

I am member of the civilians who are on the Three-Year Planning Group so you can count on me to bring up your recommendation for the mobile mental health crisis response teams without law enforcement. When you made your presentation to the BOS the audience response was very favorable. People are excited about mobile health clinicians, the non-law enforcement, the call center that will have teams to be able to send out on calls and to have facilities added in strategic locations for those teams to work and for patients to go to receive care and referrals to other services. Great job!

Meeting Adjourned:

The meeting was adjourned at 5:00 p.m. by Chris Rasmussen

Next MHSARC Meeting:

January 4, 2023, from **3:30-5:00 p.m.**
Virtual Meeting

Next Executive Committee Meeting:

Wednesday, December 14, 2022, 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 BHC 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.