

MENTAL HEALTH AND SUBSTANCE ABUSE RECOVERY COMMISSION ANNUAL REPORT: 2018-2019

All together better.



SAN MATEO COUNTY HEALTH
**BEHAVIORAL HEALTH
& RECOVERY SERVICES**

Mental Health and Substance
Abuse Recovery Commission

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WHO WE ARE

INTRODUCTION

The Mental Health & Substance Abuse Recovery Commission (MHSARC) was established by State Law and Local Ordinance to provide oversight of county mental health and substance abuse services, to provide advice to the Board of Supervisors and the Director of Behavioral Health & Recovery Services (BHRS), and to advocate for mental health and substance abuse clients and issues.

The Mental Health and Substance Abuse Recovery Commission (MHSARC) is committed to the involvement of diverse communities, key stakeholder organizations and individuals and family members with lived experience—especially those who rely on the public mental health system and alcohol and other drug (AOD) services – in the design and evaluation of San Mateo County’s Behavioral Health and Recovery Services (BHRS). The MHSARC will continue to support San Mateo County’s local BHRS efforts to balance program accountability and compliance with Federal, State and local laws and regulations with a continuing focus on quality and innovation. Finally, the MHSARC will support our behavioral health system’s core values of recovery/resilience/wellness and cultural competence through all of its activities.

MHSARC MEMBERSHIP

The San Mateo County Mental Health & Substance Abuse Recovery Commission consists of positions for 22 members comprised of 19 appointed members, 1 Law Enforcement, 2 Youth Commissioners and a member of the Board of Supervisors. The MHSARC appreciates Supervisor Dave Pine’s support on the Commission as well as the active participation of his staff, Randy Torrijos. All members have full voting rights.

CHANGES IN MEMBERSHIP

This year we had the following changes to our membership:

We said thank you and farewell to:

- Eric Wollman
- Eduardo Tirado
- Kate Pfaff
- Dorothy Christian

We welcomed:

- Captain Mark Duri, Chief of Police Services
- San Carlos Police Bureau



ROLES AND RESPONSIBILITIES

The roles and responsibilities of the MHSARC are:

1. Review and evaluate the community's mental health needs, services, facilities and special problems.
2. Review any County agreements entered into pursuant to the Welfare & Institute Code 5650.
3. Advise the Board of Supervisors and the San Mateo County BHRS Director as to any aspect of the local behavioral health program.
4. Review and approve the procedure used to ensure citizen and professional involvement at all stages of the planning process.
5. Submit an annual report to the governing body on the needs and performance of the County Behavioral Health System.
6. Review and make recommendations on the applications for the appointment of the San Mateo County Director of BHRS.
7. Review and comment on the County's performance outcome data and communicate its findings to the California Association of Local Behavioral Health Boards and Commissions.

MHSARC GENERAL MEETINGS

The MHSARC holds regular meetings on the first Wednesday of each month at 3:30 p.m. except in August. Generally, the Commission's meetings occur at the County Health Building located at 225 37th Avenue, Room 100, San Mateo, CA 94403.

At the June commission meeting the members voted to approve a time change for the monthly meeting to allow more time for members to arrive. The new time for the commission meeting is 3:30-5:00 p.m. on the first Wednesday of each month.

MHSARC STANDING COMMITTEES

The MHSARC Executive Committee meets the third Wednesday of each month at 3:00 p.m. in the BHRS Admin Conference room located at 2000 Alameda de las Pulgas, Suite 235, San Mateo, CA.

Committee for Children and Youth Services meets the third Wednesday of each month at 4:00 p.m. at 2000 Alameda de las Pulgas, Room 201, San Mateo CA.

Committee for Adult Services meets the third Wednesday of each month at 10:30 a.m. at 2000 Alameda de las Pulgas, Room 209, San Mateo, CA.

Committee for Older Adult Services meets the first Wednesday of each month at 11:00 a.m. at 2000 Alameda de las Pulgas, San Mateo, CA.

MHSARC OFFICERS AND CHAIRS

Patricia Way, Commission Chair, Older Adult Committee Chair

Donald Mattei, Commission Vice Chair
Cherry Leung, CALMHB/C

Betty Savin, Child & Youth Committee, Co-Chair

Yoko Ng, Adult Committee Chair

Wanda Thompson, Member at Large

MHSARC ACCOMPLISHMENTS FOR 18-19

COMMUNITY OUTREACH

The Member at Large is designated as our Community Outreach and Engagement Coordinator to enhance client participation, improve communication and reduce stigma.

Provide leadership and participation in the planning, development and implementation of the Mental Health Services Act (MHSA) programs and services.

September 24, 2018

- **Updated MHSA Funding Principles.** San Mateo County began preparation in FY2018-19 for a budget deficit and as part of this process the MHSA funding principles were re-introduced for input. MHSA funding principles were first adopted in November 2009 to guide MHSA reduction decisions when needed, the principles build from the County's and Health System budget balancing principles. Any decisions regarding MHSA funding are based on the most current MHSA Three-Year Plan; any updates or shifts to the recommendation require MHSA Steering Committee approval and stakeholder engagement, which will include a 30-day public comment period and public hearing by the MHSARC.
- **Recommended to extend MHSA Innovation funding for the Pride Center.** Pride Center accomplishments, evaluation outcomes and need for a two-year MHSA Innovation extension were presented. While initial findings indicate that the Pride Center is improving access to behavioral health services for the LGBTQ community, an additional two years of funding would allow the Pride Center to strengthen internal and external collaboration efforts; measure clinical outcomes of clients with severe mental illness; and develop a replicable best practice model to share statewide and nationally.

On October 3, 2018, the MHSARC voted to open a 30-day public comment period and held a public hearing at the closing of the public comment period on November 7, 2018 and unanimously approved the extension request. Subsequently the request was reviewed and approved by the San Mateo County Board of Supervisors on February 2, 2019 and by the Mental Health Oversight and Accountability Commission (MHSOAC) at the State on March 28, 2019.

January 30, 2019

- **Recommend to approve the MHSA FY18-19 Annual Update.** The Annual Update FY2018-19 (covering data from FY 2016-17) was presented and the MHSARC subsequently voted to open the public comment on February 6, 2019 and voted to close it on March 8, 2019 after a Public Hearing and reviewing public comments and necessary updates made to the plan.
- **Recommended to amend the MHSA Three-Year Plan.** The amendment to the Three-Year Plan to fund Assisted Outpatient Treatment (AOT) Full-Service Partnerships (FSP) – Laura's Law and Board and Care for individuals with serious mental illness. Given San Mateo County's budget deficit, the recommendation was proposed to supplement with

MHSARC ACCOMPLISHMENTS FOR 18-19 CONTINUED

MHSA funds for programs and services most aligned with MHSA goals including the AOT FSP's previously funded with general funds at \$890,639 and Board and Care for individuals with SMI- currently funded with realignment funds at \$1.1 million.

- **Approved an MHSA reserve goal.** Recommendation of 50% of the highest MHSA annual revenue. Department of Health Care Services (DHCS) Information Notice 18-033 released August 1, 2018 and Information Notice 19-017 on March 20, 2019 establishing a Prudent Reserve guideline that does not exceed 33% of the average Community Services and Supports revenue received in the preceding five years. For San Mateo County that equals to about \$10.8 million. A Total Reserve Goal of 50% (Prudent Reserve and additional operating reserve), of the highest annual revenue was proposed to allow the flexibility in budgeting for short-term fluctuations in funding without having to go through the State's administrative process to access the Prudent Reserve, if the revenue decline is less than the State's threshold or funding is needed in a timely manner.

April 22, 2019

- **Recommended a one-year extension, at no additional cost, of two MHSA Innovation projects,** the Health Ambassador Program for Youth (HAP-Y) and the Neuro-sequential Model of Therapeutics (NMT) in an Adult System of Care. On May 1, 2019, the MHSARC voted to open a 30-day public comment period and held a public hearing at the closing of the public comment period on June 5, 2019 and unanimously approved the extension request. The extension request was submitted to the MHSOAC for approval.
- **Provide input on a preliminary Plan to Spend One-Time Available Funding.** Following the recommendation from the MHSARC for a Total MHSA Reserve of 50% of the highest MHSA annual revenue, BHRS will hold \$16.5 million in reserve and \$12.5 million is available in one-time funding to advance MHSA program priorities. A preliminary Plan to Spend was presented. The MHSARC recommended incorporating budget reduction impacts and additional analysis and input, including targeted input sessions to further involve stakeholders and clients/family members. Given this feedback, the 30-day public comment for the Plan to Spend was postponed.

GEORGE CULORES HALL OF FAME

The George Culores Consumer Hall of Fame Award recognizes consumer/clients who have made contributions to better the lives of other consumer/clients; shown leadership in the consumer movement or have a personal journey of recovery that inspires and gives hope to others.

The recipient of the 2019 George Culores Hall of Fame Award was given to Daric Desautel

MHSARC ACCOMPLISHMENTS FOR 18-19 CONTINUED

TONY HOFFMAN AWARDS

The Tony Hoffman Community Mental Health Services Award are given to individuals, professionals, businesses, and the media who have made an extraordinary difference in the lives of people living with mental illness and the San Mateo County community.

Tony Hoffman 2019 Honorees were:

Jefferey John Earl Edgerten – Service Provider Category

Jonay Grant – Service Provider Category

Psychiatric Response Team (PERT)

DAVID LEWIS AWARD

The David Lewis Award recognizes outstanding contributions towards recovery. The honor is made to an individual or organization that has made an extraordinary difference in the lives of people with substance abuse disorders and the San Mateo County community.

The David Lewis Award 2018 Recipient was Robert Bermudez

BHRS Director

Members of the MSHARC were on the selection panel for the new BHRS Director, Scott Gilman, who took office January 2019.

Request for Proposal (RFP)

Members of the MHSARC participated in the RFP process throughout the year for the Contract's Division of BHRS.

The MHSARC is aware of the need and strength derived from ethnic inclusion, especially of consumers and family members on our Commission. We will continue to advocate and promote involvement of diverse members of our community.

Additional Activities and Accomplishments

Members of the MHSARC participated in numerous meetings and events to both learn about community concerns and to raise awareness of mental health services and the Commission. Activities included: Housing Heroes Awards, and numerous Health Fairs throughout the county. We supported the PRIDE Initiative.



MHSARC GOALS FOR FY 2019-2020

- Complete in-depth overview of Contract Providers as related to age specific groups (Children/Youth System of Care and Adult/Older Adult System of Care).
- Consumer Panel: Bring the consumer voice to a full commission meeting: include organizations serving consumer/clients:
 - Heart & Soul, Inc.
 - Voices of Recovery
 - NAMI San Mateo
 - Office of Consumer and Family Affairs
 - California Clubhouse
- Provide new member orientation, mentorship and team building to insure continued effectiveness of the MHSARC.
- Recruit new members of diverse ethnicities and backgrounds
- Revisit the busy intersection of Criminal Justice and Behavioral Health by devoting a few meetings to:
 - San Mateo Mental Health Assessment and Referral Team (SMART)
 - Crisis Intervention Training (CIT)
 - Psychiatric Emergency Response Team (PERT)
 - Recognize Law Enforcement for their efforts as first responders to Behavioral Health crisis
 - Follow up on Crisis Intervention for Youth and where that fits with existing programs and services
 - Continue to monitor the Cordilleras rebuild
 - Monitor the San Mateo Medical Center Psychiatric In-patient unit ability to provide enough beds to serve the needs of the community during the required remodel of 3AB

Patricia Way, Chair
Mental Health & Substance Abuse
Recovery Commission

Scott Gilman, Director
Behavioral Health & Recovery Services

Children and Youth Committee

Mission Statement

We oversee the Children and Youth System of Care to reduce the impact and stigma of mental health and substance use issues by supporting effective programs that empower youth and families in their resilience and pursuit of success.

Committee Members

Toni Demarco, Deputy Director of Children and Youth Services

Betty Savin, MHSARC

Jason Kimbrough

Claudia Sagesse, BHRS-OCFA

Eliseo Amezua, BHRS

Michael Lim, Lived Experience

Chris Robinson, Caminar

Donavan Fones, CSA-HFA

Fabiola Jimenez, Juvenile Probation

Goals the Children and Youth Committee Maintain Year to Year

- Hold a monthly meeting
- Continue to focus on Transitional Age Youth, as they continue to have unique issues
- Continue to focus on LGBT communities to provide service and support
- Focus on schools, that they continue to keep abreast of youth mental health needs and issues
- Focus on mental health needs of youth
- Continue to focus on funding

Appreciation

The Committee Chair would like to acknowledge the participation of staff members and providers for keeping us informed about the work that is being done for youth in San Mateo County. Thanks to all presenters for their informative presentations.

Resigned

Betty Savin, Chair
Children & Youth Committee


Toni Demarco, Deputy Director
Children & Youth Services

ADULT COMMITTEE ANNUAL REPORT

Purpose

The purpose of the Adult Committee is advocacy for effective client services, education for our members and the public, and to continue to learn about adult mental health and substance use programs.

Committee Meetings

The Adult Committee meets on the third Wednesday of each month from 10:30 a.m. to 11:30 a.m. at 2000 Alameda de las Pulgas, Conference Room 209, San Mateo, CA 94403.

Committee Members

Yoko Ng, Committee Chair	Karen Krahn, Staff Liaison
Dorothy Christian, Family Member	Mark Christian, Family Member
Ka'ili Crabbe, VRS	Jill Fleming, Kaiser Redwood City
Nicola Freeman, BHRS Admin Secretary	Juliana Fuerbringer, California Clubhouse
Cardum Harmon, Heart & Soul, Inc	Kristen Hay, Vocational Rehab Services
Erica Horn, California Clubhouse	Priscilla Hurt, Program Director
Crystal Hutchinson, Telecare-Cordilleras	Carolyn Himmelgreen, Rehab Director
Christopher Jump, Heart & Soul, Inc	Rebecca Lehman, Kaiser
Marilyn Pearson, Family Partner	Chris Robinson, Caminar
Nicole Rungsitiyakorn, MHSARCAC	Eva Torres, PES RN Educator
Josephine Thompson, MHSARCAC	Patricia Way, MHSARC Chair
Jairo Wilches, BHRS OCFA	Helene Zimmerman, NAMI San Mateo

In addition to our monthly committee meetings, we maintain the following goals from year to year:

- We encourage discussion and the sharing of information regarding community resources, services, and events that support consumers and family members in communities around San Mateo County
- The Adult Committee is dedicated to supporting and disseminating information about innovative programs
- We highly encourage healthy lifestyles, good nutrition, and increased opportunities for clients to live in the community with safe, affordable, and supportive housing
- We support recovery programs including Supportive Education and Employment, W.R.A.P., AB109 and substance abuse recovery programs
- We will continue our good relationship with the inpatient services (3AB) and Psychiatric Emergency Services (PES) in San Mateo Medical Center and will continue to encourage their attendance at the meetings
- The Adult Committee is dedicated to supporting Crisis Intervention Training (CIT) for law enforcement

Accomplishments for 2018-2019

There were three recurrent themes in our meeting discussions and field trips over the past year. 1) employment/education opportunities for persons with lived experience, 2) wellness activities, with a special emphasis with serious mental illness, 3) housing for the chronically homeless with mental illness,

ADULT COMMITTEE ANNUAL REPORT CONTINUED

Accomplishments for 2018-2019 Continued

and, 4) new innovative programs for individuals with mental illness. Field trips were made to the Felton Institute, Mouton Center and Cedar Street Apartments.

Highlights for 2018-2019

- California Clubhouse Transitional Employment Program is growing and currently has 5 individuals working in transitional employment.
- Vocational Rehabilitation Services (VRS) hired two new counselors for their HOME Program which supports individuals living in shelters gain employment
- Telecare is in the process of hiring a Peer Recovery Coach who assists the members to explore, create, and meet their won recovery goals
- The HOPE (Helping Our Peers Emerge) Program has created 10 full-time and part-time positions, supported employment opportunities with living wages and benefits
- Mental Health's Associations Wellness Program, supported by Sequoia Healthcare District and Mills Peninsula Health Services, encourages healthy lifestyle choices at Belmont Apartments and St. Matthew Hotel
- Lived Experience Academy participants learn to won and reshape their experience by thinking in terms of wellness instead of judging themselves from their lowest point in terms of illness and disease
- The Adult Committee continues to support wellness groups for clients in board and care facilities and in response to these recommendations, this year wellness groups were implemented at three board and care facilities

Goals/Objectives for 2019-2020

- The group will seek out guest speakers regarding disaster planning for clients and their families, including disaster preparation
- The Adult Committee will continue to explore total wellness and smoking cessation services and programs for individuals with mental illness
- The group is interested in having a speaker from Aging and Adult Services regarding conservatorship
- The committee would like to have a speaker present on Substance Use Disorder Programs and their effectiveness
- We would like to tour Waverly Place Apartments, Samaritan House and the Pride Center



Yoko Ng, Adult Committee Chair



Karen Krahn, Deputy Director
Adult/Older Adult Services

OLDER ADULT COMMITTEE ANNUAL REPORT

Monthly Meetings

The Older Adult Committee met eight times during the fiscal year on the first Wednesday of the month from 11:00 a.m. to 12:00 p.m. at 2000 Alameda de las Pulgas, San Mateo.

Adult Committee Members

Catherine Koss	Chair, September 2018-November 2018
Patricia Way	Chair, December 2018-current
Mariana Rocha	Clinical Services Manager, BHRS
Doris Estremera	MHSA Coordinator, BHRS
Calvin Sheldon	Heart & Soul
Christina Ugaitafa	Aging and Adult Services
Susan Houston	Peninsula Family Services
Doris Brown, MD	Retired
Judith Schutzman	Former MHSARC Chair and former Older Adult Committee Chair
Yoko Ng	MHSARC member, Adult Committee Chair

Accomplishments for 2018-2019

The Older Adult Committee continued to follow the Mental Health Services Act (MHSA) implementation. Our goal was to monitor the progress of the implementation and its consistency with the approved plan, keeping mindful of the effects on the older adult population. A growing community in San Mateo County!

The Older Adult Committee focused on the following activities during FY2018-2019:

- Older Adult System of Integrated Services (OASIS), Presented by Joicy Mean, LMFT, BHRS
OASIS has always had very dedicated case managers who establish long term relationships with their clients. They are very hands on in helping their clients and get involved in non-clinical areas of service such as transportation and de-cluttering living sites.
- Gun Violence Restraining Order (a violence prevention tool for all in California) presented by David Pollack, San Mateo County Gun Violence Prevention Work Group
The GVRO allows family members, household members and law enforcement to work with the courts to temporarily remove guns and prevent the purchase of new guns by individuals who pose a significant risk or harm to themselves or others.
- Mental Health Services Act (MHSA) Innovations Funding Projects are coming due. Presented by Doris Estremera, MHSA Coordinator, BHRS
The projects are between 3 and 5 years, ideas will only be reviewed for funding every 3 years. All new projects must be approved by the State. Members of our committee proposed an Innovative Hoarding Program that would address the common issues of hoarding among the older adult (and adult) populations.

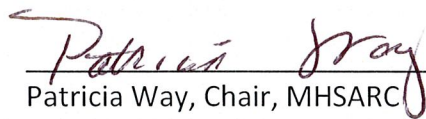
OLDER ADULT COMMITTEE ANNUAL REPORT CONTINUED

Accomplishments for 2018-2019 Continued

- Hoarding Task Force, Presented by Dyshun Beshears
The Hoarding Task Force meets quarterly to consult and share information and resources with members who are dealing with hoarding situations.

Goals and Objectives for 2019-2020

- The Older Adult Committee will continue to support the implementation of the Mental Health Services Act through active participation on the planning committees
- We will continue to monitor primary care interface and outreach activities
- We will continue collaboration with Aging and Adult Services in promoting integrated care that includes physical, mental and social health
- We will plan on doing site visits of programs serving the older adult population with a focus on programs funded by MHSA as well as other longstanding programs
- We will continue to outreach to the Commission on Disabilities to enhance recognition that mental illness is a disability
- All committee members are committed to recruiting new members, especially family members, consumers and other stakeholders
- Continue to monitor and contribute input to the Technology Project for Older Adults



Patricia Way, Chair, MHSARC
Interim Older Adult Committee Chair



Mariana Rocha, BHRS
Clinical Services Manager I

COMMISSION ROSTER FOR FY 2018-2019

NAME	POSITIONS	APPOINTED	EXPIRES
Patricia Way	Chair	10/16/15	09/30/21
Donald Mattei	Vice Chair	12/05/17	09/30/20
Wanda Thompson	Member at Large	04/24/12	09/30/21
Patrisha Ragins	Member	02/16/07	09/30/19
Rodney Roddewig	Member	08/04/15	09/30/18
Carol Marble	Member	10/22/13	09/30/19
Betty Savin	Member	11/05/13	09/30/19
Mark Duri	Law Enforcement	12/04/18	09/30/21
Eduardo Tirado	Member	08/09/16	05/06/19
Isabel Uibel	Member	12/05/17	09/30/19
Dorothy Christian	Member	11/15/16	12/05/18
Catherine Koss	Member	12/05/17	09/30/20
Yoko Ng	Member	12/05/17	09/30/20
Cherry Leung	Member	12/06/16	09/30/19
Bill Nash	Member	08/08/17	09/30/20
Kate Pfaff	Member	08/08/17	06/05/19
Sheila Brar	Member	12/12/17	09/30/20
Leticia Bido	Member	12/12/17	09/30/20
VACANT	Member		
VACANT	Youth Member		
VACANT	Youth Member		
Dave Pine	Board of Supervisors		
Randy Torrijos	BOS Liaison		
David Young	BHRS Director	09/01/17	08/01/18
Stephen Kaplan	Interim BHRS Director	09/01/18	01/02/19
Scott Gilman	BHRS Director		
Chantae Rochester	Staff		



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Behavioral Health & Recovery Services
2000 Alameda de las Pulgas, Suite 235
San Mateo, CA

(650) 573-2541
smchealth.org

