



SAN MATEO COUNTY HEALTH

## BEHAVIORAL HEALTH & RECOVERY SERVICES

---

# AGENDA

## BEHAVIORAL HEALTH COMMISSION (BHC) RETREAT

Saturday, January 27, 2024 / 9:00 a.m. – 2:00 p.m.

College of San Mateo, 1700 Hillsdale, College Center, Building 10, Room 468

---

**PURPOSE:** Develop 2024 BHC goals and begin action planning

**OBJECTIVES:**

- Foster collaboration and teamwork among commissioners
- Identify 2-3 BHC goals for 2024
- Begin developing an action plan for addressing the BHC goals

**PRE-WORK FOR COMMISSIONERS:**

- **Reflect on 2023 accomplishments**
  - What were the commission's accomplishments? What are you most proud of?
  - What would you like to see continue into the new year?
  - What were some barriers and challenges?
- **Review available data** to support brainstorming ideas for 2024 goals (Refer to Agenda Item #6):
  - Community Health Needs Assessment ([full report](#))
  - MHSR Three-Year Plan FY 23/24 to FY 25/26 - [approved plan](#) (needs assessment data in Appendix 3, page 416)
  - BHRM Cultural Competence Plan - [full report](#) (data from Criterion 2: Assessment of Service Needs, page 14)
  - Any other relevant data

# AGENDA

Item	Time
<b>1. Check-In</b> a. Breakfast b. Retreat Packet	9:00 - 9:15 a.m.
<b>2. Logistics &amp; Housekeeping</b> a. Roll Call b. Agenda Approval c. Public Comment d. Facilitator Introduction e. Group Agreements	9:15 - 9:30 a.m.
<b>3. Brown Act Presentation</b> by County Counsel	9:30 - 10:30 a.m.
Break	10:30 - 10:40 a.m.
<b>4. Getting to Know Commissioners</b> a. [Group Activity – Warm Up Question] (2 minutes each) i. Introduction: Name, Pronouns, Commission Seat, Affiliation(s) /Representation(s) ii. Ice Breaker/Warm Up: <b><i>What inspired you to join the Behavioral Health Commission?</i></b>	10:40 - 11:10 a.m.
<b>5. Accomplishments from 2023</b> a. [Group Activity – Gallery Walk]	11:10 - 11:25 a.m.
<b>6. Goals for 2024</b> (Part 1 of 2) a. [Individual Time] Brainstorm and jot down ideas on sticky notes (15 minutes) b. [Small Group Input] Share your ideas with your group, as a group you will prioritize top 2-3 goals to bring to the larger group (30 minutes)  Consider the following: <ul style="list-style-type: none"> <li>• Are the goals aligned with BHC mission and needs of San Mateo County?</li> <li>• Does BHRS/BHC have enough control of this to make it happen?</li> </ul>	11:25 a.m. - 12:10 p.m.



<ul style="list-style-type: none"> <li>Is there local community support and/or previous work that can be leveraged to make this happen?</li> </ul>	
Lunch	12:10 - 12:40 p.m.
<b>7. Goals for 2024</b> (Part 2 of 2) Discuss and vote 2-3 goals for the year	12:40 p.m. - 1:10 p.m.
<b>8. Next Steps for 2024 Commission Goals</b> <ol style="list-style-type: none"> <li>Share and confirm top voted goals</li> <li>Introduce action planning template</li> </ol>	1:10 - 1:25 p.m.
<b>9. Commission Business</b> <ol style="list-style-type: none"> <li>Meeting Time</li> <li>Membership</li> </ol>	1:25 - 1:50 p.m.
<b>10. Evaluation &amp; Group Photo</b>	1:50 - 2:00 p.m.
Adjourn	2:00 p.m.

