



## Behavioral Health Commission

Unadopted Minutes

Wednesday, April 5, 2023

Zoom Meeting

**COMMISSION MEMBERS PRESENT:** Chris Rasmussen, Chelsea Bonini, Leticia Bido, Michael Lim, Sheila Brar, Kristina Bell, Paul Nichols, Katelyn Chang, Hudson Fox, Jacki Rigoni

**STAFF:** Chantae Rochester, Jei Africa, Doris Estremera

**COMMISSION MEMBERS ABSENT:**

**Excused:** Candice Hawley, Cherry Leung, Jean Perry, Frieda Edgette

**Un-excused:**

**OTHERS PRESENT (signed in):** John Butler, Patricia, Bruce Adams, California Clubhouse, MayLynn, Susan Cortopassi, Valerie Herd, Frieda Edgette, Ariya Kaushek, Cameron Leung, Aris Payan, Shayla Duong

**CALL TO ORDER**

The meeting was called to order at 3:36 p.m. by Chris Rasmussen

**INTRODUCTIONS**

Commission members introduced themselves

**APPROVAL OF TODAY'S AGENDA**

Approval of the Agenda

► **M/S/C** Brar/Bido

**APPROVAL OF MINUTES**

Approval of minutes from the March 1, 2023, meeting.

► **M/S/C** Lim/Brar

Approval of minutes from the March 15, 2023, Executive Committee Meeting with the following changes: Date should be March 15, 2023

► **M/S/C** Lim/Brar

**Correspondence, Announcements, and Public Comment**

Kristina Bell

I have the year-end statistics for the PERT (Psychiatric Emergency Response Team). I have copies for the Commission, we can post them on the website for others to view.

Wesley Liu

I'm not speaking on any official position on either the Youth Commission or the General Justice Commission. I have two announcements:

1. The California Association of Youth Courts will host an event on Teen Dating Violence
  - a. Friday, April 14, 3:30-4:45
2. The Youth Commission, Health & Wellness Subcommittee will host a mental health awareness walk.
  - a. Saturday, May 13, 2023, from 1:00-3:00 p.m. at Coyote Point
  - b. There's an opportunity to table at this event, interested parties should contact Hudson Fox

Pat Willard

Regarding PERT statistics I would like to request a copy.

- I requested this information in the past
- What I received were statistics for 5151's only
  - That's a limited analytical device because the number of responses by the PERT team was not shown

John Butler

The NAMI Walk is October 14, 2023, at Seal Point Park

Mental Health Month Planning is happening, the next committee meeting is April 17, 2023

Patricia

I'm uncomfortable with staff being limited term, not allowed to be fulltime.

- They train/work with us for three years
- We become close/trust them, they become part of the community
- Then their term ends

## **STANDING COMMITTEES**

### **A. Committee for Children & Youth**

**Reported by Katelyn Chang and Hudson Fox**

Next meeting will be held on April 19, 2023, at 4:00 p.m.

In-Person at 2000 Alameda de las Pulgas, Room 201, San Mateo

Or virtual via Zoom

### **B. Committee for Adults**

**Reported by Yoko Ng**

Next meeting will be held on April 19, 2023, at 10:30 a.m.

In-Person at 2000 Alameda de las Pulgas, Room 201, San Mateo

Or virtual via Teams

### **C. Committee for Older Adults**

**Reported by Michael Lim**

The next meeting will be held on May 3, 2023, at 11:00 a.m.

In-Person at 2000 Alameda de las Pulgas, Suite 100, San Mateo

Virtual via Teams

**D. Committee for Alcohol and Other Drug Services  
Reported by Paul Nichols**

The next meeting will be held on April 18, 2023, at 1:00 p.m.  
In-Person at 310 Harbor Blvd., Building E, Belmont  
Virtual via Teams

**E. Mental Health Services Act Steering Committee  
Reported by Leticia Bido**

The next meeting will be held on May 4, 2023, at 3:00 p.m.  
In-Person College of San Mateo, College Center, Room 468  
Virtual via Zoom

**Director's Report**

Reported by Jei Africa, Director

Director's Update

- This will be the last Director's Update until we are able to fill our Communications position
- We were not able to overlap to get a person hired before Diane Tom retired

Budget

- Our team has submitted our proposed budget to the Health System
- Our budget for the coming fiscal year is \$300+ million for this next fiscal year
- Some of our ask include:
  - Additional Staffing
  - Infrastructure supports
- We're waiting for final approval from the Board of Supervisors (BOS) in June

About Me

I grew up in the Philippines. I am a family member of both mental health and substance use conditions. I was originally going to school to become a medical doctor until I happen to take a psychology 101 class and it changed my life forever. Being an international student and being a person of color, I've seen the disparities that exist in many communities of color.

I worked for BHRS for 11 years before going to Marin County to be the Director of Behavioral Health. I did quite a few things there: implemented a countywide suicide prevention strategic plan, build a 16-bed adult transitional residential facility in the heart of San Rafael and enhanced our services for the forensic population. After 5 years with Marin County, I returned to San Mateo County to work with Human Services Agency where I was able learn what our clients (many of our clients with BHRS overlap with HSA) must go through to sign up with Cal Fresh, MediCal, etc.

Social Justice is part of who I am, everyday I see that we've created systems that have perpetuated injustice and discrimination and we know that people with behavioral health and substance use conditions experience this more frequently.

My role, with your partnership, is to improve the services in this county and to be a tool, an advocate, and a partner for you because there's a lot of work to be done. The foundation of the work we do is building meaningful, respectful relationships with people. When we can trust we can help them think about other options and open their hearts a little to be able to say, "I can do that". That is the foundation of who I am as a person.

Please see the latest [Director's Update](#)

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

### **Public Comment**

Johnathon Butler

Thank you for looking into CalFresh, a lot of peers are saying they are falling through the cracks with county services.

I've had experience to facilitate the Lived Experience Academy, twice in person and twice virtually, it's difficult to get graduates to follow up after graduating. Adding staff to the Office of Consumer and Family Affairs (OCFA) dedicated to retaining the Lived Experience graduates. Someone to help them find places to tell their story so they feel what they learned is useful.

Pat Willard

After the Half Moon Bay Incident, the Interim Director mentioned that there wasn't enough BHRS staff to go in person. I recommended that once you run out of staff that you call on peers. As an African American I've been in diversity my entire life. My parents announced to me that I would go to college and after a Bachelors' degree and a Masters Degree, Here I am.

Chris Rasmussen

Speaking for the commission, we like receiving the paper document. We like reading the statics on the back.

### **Liaison, Task Force and Ad Hoc Committees**

**No reports given.**

### **Old Business**

Nothing to report.

### **New Business**

Tony Hoffman Nominations are being accepted, the deadline to submit nominations is Monday, April 17, 2023, at 5:00 p.m. For more information, email [crochester@smcgov.org](mailto:crochester@smcgov.org).

### **Presentation**

Eating Disorders

Presented by SafeSpace

Aris Payan

Shayla Doung, Senior, Aragon High School

Ariya Kaushek, Fresman,  
Cameron Leung, Junior

### SafeSpace

- Youth led mental health organization
  - Truly youth led
  - Ultimate goal is to reduce stigma around mental health issues
- Empower youth to engage with their schools and communities by
  - Creating a variety of initiatives to change the conversation around mental health
  - Educating, encouraging peers to speak up and support their communities
  - To seek help when needed

SafeSpace shared a video on disordered eating. The video presented some of their own members sharing their experiences with disordered eating.

### Public Comment

Is SafeSpace a support group?

A: We do projects and initiatives around mental health which become support for the teams. Members feel they are healing their own traumas and their own mental health challenges by working on projects to help their peers and their community.

Do you collaborate with organizations like StarVista?

A: Yes, we connect with StarVista as well as other organizations.

### BHRS Eating Disorders Committee

Presented by Noelle Bruton, Clinical Services Manager II, BHRS  
Marta Perez, Supervising Mental Health Clinician, BHRS

Please see PowerPoint Presentation (attached).

**Meeting Adjourned:** The meeting was adjourned at 5:25 p.m. by Chris Rasmussen

**Next MHSARC Meeting:** May 3, 2023, from **3:30-5:00 p.m.**  
College of San Mateo  
College Center- Building 10, Room 468

**Next Executive Committee Meeting:** Monday, May 21, 2023, at 5:00 p.m.  
2000 Alameda de las Pulgas, Ste 200, room 201  
San Mateo

**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.