



Behavioral Health Commission

Unadopted Minutes

Wednesday, June 7, 2023

Hybrid Meeting

COMMISSION MEMBERS PRESENT: Chelsea Bonini, Chris Rasmussen, Frieda Edgette, Jean Perry, Kristina Bell, Leticia Bido, Michael Lim, Paul Nichols, Sheila Brar, Yoko Ng, Supervisor Noelia Corzo, Jacki Rigoni

STAFF: Chantae Rochester, Jei Africa, Doris Estremera,

COMMISSION MEMBERS ABSENT:

Excused: Candice Hawley,

Un-excused:

OTHERS PRESENT (signed in): Pat Willard, Kim Novella

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** Perry/Bido

APPROVAL OF MINUTES

Approval of minutes from the May 3, 2023, with the following changes:

The dates for the upcoming Standing Committee meetings should be May 16, for the AOD Committee; May 17, for the Adult Recovery and Youth Committees

Kristina Bell was absent

► **M/S/C** Nichols/Edgette

The Executive Committee did not meet in June.

► **M/S/C**

Correspondence, Announcements, and Public Comment

Frieda Edgette

The San Mateo Pride center is running a series of learning opportunities, on a whole range of topics from supporting our young people to LGBTQ+ literacy. And then also this weekend on Saturday they're having a big event in San Mateo.

Chelsea Bonini

I wanted to follow up on the City of San Mateo's Project Guardian program that they've implemented and just let our Commission and the public know that the Commission on Disabilities will be having a presentation from one of the officers from City San Mateo at our next general meeting, which is on Thursday, June 22, from 3 to 5 p.m. I can follow up to find out if they have a time set for that presentation if you're not able to come to the entire meeting.

Jean Perry

June is World Elder Abuse Awareness Month. There aren't a lot of activities planned but Aging and Adult Services are enthusiastically able to attend any event you have and provide information.

Supervisor Corzo

We're going to have our first pride parade in the city of San Mateo on Saturday, June 10, at 10 A. M. It will start at Second and B Street, we'll make our way to Central Park. It's a first and if you want to sign up to be part of the parade, you can do that online. Please spread the word, we want people to be there to watch the parade.

Kim Novello

I'm grateful to be here. But here I feel like I need to just mention that I don't feel like I'm being treated like a human being with my ADHD disability. I've also been diagnosed with depression and anxiety. I keep being told that I fall into gaps. I am from this county, and I was highly educated in this county. I don't feel like it's okay that people are falling into gaps. I don't think it's appropriate for our mental health that you even be told that you fall into a gap. The system itself has been confusing. I even asked people I work with at BHRS. I can't understand how to navigate it. I attended a conference recently called Navigating the Behavioral Health System and I still don't understand it. And I don't think that's okay. I think for me, personally, I need to understand the system I'm in. I found myself on MediCal because I was told that might help me get the services I need. I didn't even understand. I think there needs to be greater education for clients on how to get the help you need. And then, please, if there is a gap they need to be filled. It's not okay. I'm a human being. It makes me feel depressed to be told we can't help you because I don't have enough police contact. I don't have enough hospitalizations.

Pat Willard

What I really wanted to request of the Behavioral Health Commission is that you provide people a little bit more time to speak. I don't think it's like City council meetings or Board of Supervisors, where you have lots and lots and lots of people wanting to make comments. I think you should give them 3-minutes; it would give you time to express yourself fully and it's more relaxed. And you know you can say what you need to say without feeling rushed. Thank you.

STANDING COMMITTEES

Committee for Children & Youth

Reported by Frieda Edgette

Next meeting will be held on June 21, 2023, at 4:00 p.m.
In-Person at 2000 Alameda de las Pulgas, Room 201, San Mateo
Or virtual via Zoom

Committee for Adults

Reported by Yoko Ng

Next meeting will be held on June 21, 2023, at 10:30 a.m.
In-Person at 2000 Alameda de las Pulgas, Room 201, San Mateo
Or virtual via Teams

A. Committee for Older Adults

Reported by Jean Perry

The next meeting will be held on July 5, 2023, at 11:00 a.m.
In-Person at 2000 Alameda de las Pulgas, Suite 100, San Mateo
Virtual via Teams

B. Committee for Alcohol and Other Drug Services

Reported by Paul Nichols

The next meeting will be held on June 28, 2023, at 4:00 p.m.
Navigation Center
1580 Maple Street, Redwood City, 94063

C. Mental Health Services Act Steering Committee

Reported by Leticia Bido and Jean Perry

The next meeting will be held on September 7, 2023, at 3:00 p.m.
TBD

Director's Report

Reported by Jei Africa, Director

I really appreciated the opportunity to meet many of our providers and our staff to talk about both opportunities and challenges as well as the many of the services, I'm still getting to know our programs. what I would like to do is if there are questions specifically directed towards our program, I want to respond really to be accountable to the questions you have. I'll start with that and then do my updates quickly.

Status of Peers and their certification:

As of May 16:

- 32 peers that have received their certification
- 27 have started the process
- 3 of them need to retake the test because they failed
 - Our team is providing study session for those having difficulties

We've connected our colleagues who have expressed interest in helping us improve our system through our lived Experience Academy.

Commissioner Bonini spoke about Project Guardian. There actually is an opportunity to have the City of San Mateo to do a presentation. Assistant Sheriff Ryan Monaghan willing to present to the commission if you are interested.

The Navigation Center

We reached out to our colleagues from Human Services Agency about the Commission having a site visit at the Navigation Center. Their ask is if you can figure out a few times that work for most of you and then they would connect with you. There is some difficulty there, because we want to maintain the clients' confidentiality, but they are willing to accommodate the commission if you can come up with a few times that work for most folks.

Youth S.O.S

Star Vista, who oversees our Youth S.O.S, will present to the commission at the July 5, meeting to discuss youth in crisis.

Budget

Our budget presentations are at the end of June.

This is an opportunity for us to present to the board some of our priorities, some of our successes, what will be the picture of our services this fiscal year? Our presentation is on June 28.

Juneteenth Celebration

Juneteenth celebration on June 16, Supervisor Corzo will speak at the event. BHRS is very focused on really remaining close to the community and to understand the challenges, but also helping our community know about our resources.

Contract Renewals

Our staff are focused on renewing our contracts.

- BHRS has about 450 contracts,
- to continue services, we need ensure that the contracts are renewed shortly after July 1st, if not before July.

Fentanyl Study Session

The board engaged in a robust study session last week on Fentanyl and the Opioid crisis.

Our recommendation:

- Spending more resources on prevention and intervention
- Focus on our work on harm reduction
 - Not everyone wants to be abstinent
 - They need a place to go and get services
- Increasing availability in terms of full continuum of treatment services
 - Treatment
 - Prevention
 - Aftercare because recovery is a lifetime
 - Provide support for where they are in their recovery
- Investing in surveillance and data monitoring.
 - How do we really get information about services?
 - Who gets impacted by them?
 - How do we make data decisions on our data?
 - We don't have the capability to do that now

- we will be looking into the future
- Change needs to happen in a policy level. That's how sustainability and infrastructure can change.
 - substance use is really the privacy
 - Substance use information is not very accessible
 - We can't share data even with the mental health mental health side.
 - The 42 CFR prohibits the ability for better care coordination
 - Substance use client information is not shared with their primary care provider

CalAim

Today we began the steps to get us ready for CalAim. It's going to transform and ask a lot of behavioral health to continue providing services with:

- Documentation
- Payment reform.
- How we're paying our providers

In the next few weeks, we will be moving forward with the steps to get ready for this transformation that the State is embarking on.

- It's exciting and nerve racking because it's a lot. You know,
- We are dealing with a work r shortage.
- We are dealing with staff who don't want to do this work because it's hard
- There are gaps in our system
- Our providers are hearing the same thing, they're saying we are not paying them enough

We are really doing our best to try to address many of these issues. I continue to be optimistic that these changes are great. And at the same time find a way right now to help our staff manage, our continuum of care Providers manage.

Past issues of the Directors Update can be found [here](#)

PUBLIC COMMENT

Jean Perry

Michael and I attend the QIC Committee meetings, and it seems like there is a disconnect between the actual data that it's collected and the commission. It doesn't directly show up here to have us armed with that data. For instance, the recent State Survey that happened, we'll likely hear about it in QIC but how will the Commission learn about it? I would like to see a larger mechanism for these larger collections of data that are happening so we can hear about it, we can say, why wasn't this collected, and we could be thinking about it in our processes of decisions.

A: I'm learning all the time what's important to you. And I think this feedback really helps me. You're in the Q IC. Committee, sending something on email to Chantae and saying this something that we would like more information. I want to make sure that what I bring to you is what you're wanting.

Michael Lim

Regarding challenges with the behavioral health workforce. I've been doing peer support for quite a while. The work that we do in helping the client is difficult and there's so many layers to it., there's the mental health part layered with the AOD part. If that person has a foster experience or justice involvement experience, or LGBTQ+ and the list goes on. It is no wonder that professionals, some of them, want to take the easier way out. Where do we find the workforce that will take on this challenge? Because this challenge is not easy and the one that I fall back to is peer support because these people come from the environment with multiple layers of challenges. I would hope to work with QM at some point to set up some form of PIP (Performance Improvement Policy) and mobile that workforce. A lot of them I know, working in the peer community are interested in that kind of work, to be able to help their own communities and we need to be able to provide them with that support. Providing them with the livable wage, but some of them do not have the ability to work for 40 hours, maybe start them off with 10 hours a week until they are ready to take on more. And to provide them with the adequate training in other areas that they might not have.

Chris Rasmussen

The recommendations for the Fentanyl, is that something that Paul could look at as well and work out with the AOD Committee?

A: Yes, I would suggest you have brief presentation to your committee.

Pat Willard

Thank you so much for taking my idea and reporting on the number of certified peers and the number in the que. I'm very supportive of using peers where they can be of assistance, the certified peers most of all. Today I attended a NAMI National Virtual meeting when I mentioned to others that I have recommended that our county provide internships, paid internships to college seniors or grad students interested in the field the comments and reply to me just lit up everybody was so excited about this idea. That's a way to of recruiting people to join BHRS.

Public Comment

Liaison, Task Force and Ad Hoc Committees

Suicide Prevention Committee

Reported by Yoko Ng

The Suicide Prevention Committee met yesterday, June 6, at 1:30 via zoom

We discussed Suicide Prevention Month

- Discussed ideas,
- Current projects,
- Goals of the suicide prevention committee
 - Reducing stigma and
 - Connecting to resources.

Our next meeting is July 18, at 1:30 and we want everybody to join next month. We want to hear from you, your ideas that we can all work on for the September Suicide Prevention.

- August 1, we will be having further discussions for September.
- September we will be being in person, which will be on September 5
 - We will be taking for pictures
 - Receiving materials September suicide prevention month and/or week

Suicide Prevention Conference

- The 4th Annual Suicide Prevention Conference, hosted by county of Santa Clara
- September 21, 2,023

New Member Committee
Reported by Michael Lim

We have four candidates scheduled to interview next week.

Old Business

Nothing to report.

New Business

Action Item: Vote to Open 30-Day Public Comment Period for the Mental Health Services Act (MHSA) FY 2023-24 to FY 2025-26 Three-Year Program and Expenditure Plan & the FY 2023-24 MHSA Annual Update

► **M/S/C** Edgette/Brar

Presentation

Mental Health Services Act (MHSA) Three-Year Program and Expenditure Plan
FY 2023-24 Annual Update

Presented by Doris Estremera, Program Services Manager II

Office of Diversity and Equity, Behavioral Health & Recovery Services

Please see attached for slide presentations and public comment. For more information visit MSHA website at www.smchealth.org/MHSA or email Doris Estremera at mhsa@smchealth.org.

Meeting Adjourned:

The meeting adjourned at 5:20 p.m.
by Chris Rasmussen

Next MHSARC Meeting:

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

Next Executive Committee Meeting:

Monday, June 19, 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.