



Behavioral Health Commission

Unadopted Minutes

Wednesday, May 1, 2024

Hybrid Meeting – College of San Mateo, Millbrae Library and Online

COMMISSION MEMBERS PRESENT: Chris Rasmussen, Frieda Edgette, Paul Nichols, Ryan Lopez, Yoko Ng, Victoria Yu, Michael Lim, Kristina Bell, Allen Bustos, Daniel Keohane, Jean Perry (Millbrae Location), Leticia Bido (Millbrae Location)

STAFF: Jei Africa, Chantae Rochester, Kristie Lui, Doris Estremera, Maria Lorente-Foresti, Sofia Recalde (online), Sylvia Tang,

COMMISSION MEMBERS ABSENT:

Excused: None

Un-excused: None

OTHERS PRESENT (in-person): Jana Spalding, John Butler, Tennille Tucker, Sid

OTHERS PRESENT (online): Ammi, Johnathon, Pat W, Kate Phillips, Andrew Tardiff, Rubi Garcia, Laura Gomez, Jennifer Duncan, Maria Martinez, Jen Melo, Lee Harrison, Sue Cortopassi, P Whelan, Calvin Shelton, Tamara Smith Jones

CALL TO ORDER

The meeting was called to order at 3:35 p.m. by Chair, Chris Rasmussen

INTRODUCTIONS

Commissioners introduced themselves.

APPROVAL OF TODAY’S AGENDA

Approval of the Agenda with the following change:

▶ **M/S/C** Keohane/ Nicholas

APPROVAL OF MINUTES

Approval of the minutes from the following meetings:

- April 4, 2024, Behavioral Health Commission Meeting Minutes
- April 4, 2024, Executive Committee Minutes
 - Remove Leticia Bido name from attendance

▶ **M/S/C** Nicholas/ Lim

Correspondence, Announcements, and Public Comment

Ryan Lopez

- ALAS has launched a new community assessment committee in which they meet with Half Moon Bay residents to understand local needs of the community.
- They meet every second Friday of the month from 5PM-7PM. There is a research component to teach residents how to read and apply research findings with researchers from Stanford helping.
- The committee would like to establish a stronger connection with the BHC and foster ways to get Dr. Jei connected with the researchers.

Frieda Edgette

- Join the San Mateo County Behavioral Health Commission's Youth Action Board to bring the power of young people to mental and behavioral health decision-making tables. Open to young leaders (ages 14-24) all in for our collective thriving. Learn more and apply by June 1 at <https://bit.ly/3HAi1Ok>
- SafeSpace has a youth peer-to-peer event on May 18. Incredible group. Powerful connections. Register here: <https://www.eventbrite.com/e/breaking-barriers-building-bonds-the-power-of-peer-to-peer-tickets-867663614227?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopyurl>

Standing Committee Reports

Committee for Children & Youth Services

Reported by Frieda Edgette

- There are two-pronged primary events taking place within Youth and Family Services
- Youth Action Board ending its current term and had their 2nd Pathways session with the BHRS Office of Diversity & Equity
- There are also plans to have the 3rd Pathways at their first middle school next Wednesday.
- On a larger scale, we are weaving in the completed United for Youth blueprint. A work session is being scheduled for later in the month to look for creative ways to share the information while also perhaps modeling objectives of what has been successful in terms of putting work into action.
- Youth Action Board application cycle has officially opened. Accepting ages 15-25.
- Next meeting, Shirley Chu will be returning to share the latest in mobile crisis.

Next meeting is Wednesday, May 15, 2024, at 4:00 p.m.

Hybrid meeting:

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

Virtual: [Zoom](#) or dial 669-444-9171 Meeting ID: 990 0971 9684

Committee for Adult Services

Reported by Yoko Ng

- Committee met on Wed, April 17 from 10:30AM -11:30AM and is struggling with attendance. Since Karen Krahn's retirement the committee lost a few regular attendees.
- No presentations are being planned until attendance is stable

Next meeting is Wednesday, May 15, 2024, at 10:30 a.m.

Hybrid meeting:

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

Virtual: [Zoom](#) or dial 669- 900- 6833 Meeting ID: 983 9161 3998

Committee for Older Adult Services

Reported by Jean Perry

- Older Adult Services Committee moved their meeting from first Wednesday to third Wednesday and will join Adult Recovery Committee
- Majority of members are community members and to quote one member "it's important to ask what do we want and what would help"

Next meeting is Wednesday, May 15, 2024, at 11:00 a.m.

Hybrid meeting:

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

Virtual: [Zoom](#) or dial 669-900-6833 Meeting ID: 944 8158 6160

Committee for Alcohol and Other Drug Services

Reported by Paul Nichols

- Committee visited Voices of Recovery and learned about the WRAP (Wellness Recovery Action Plan) program in which participants develop their own recovery plan. Program is an 8-week process, free to participants and funding is from federal government and county

Next meeting is Wednesday, May 8, 2024, at 4:00PM.

Meeting Location: TBA

Mental Health Services Act

Reported by Leticia Bido

- Committee will be meeting on 5/2 at San Mateo Library – Laurel Room from 3PM-4:30PM. Meeting will be hybrid and open to public.
- Focus of the meeting will be Doris Estremera (MHSA Manager) giving insights on next steps of Prop 1
- Last commission meeting we voted to submit fiscal year annual report and it is on its way to supervisors
- MHSA information can be found at <https://www.smchealth.org/san-mateo-county-mhsa-prop-63>. Details for tomorrow's MHSA Meeting are found under Announcements-Latest News

Next meeting is Thursday, May 2, 2024 at 3PM-4:30PM.

In-person at San Mateo Library, Laurel Room (55 W 3rd Ave, San Mateo)

Virtual: [Zoom](#) or dial 669-900-6833 Meeting ID: 892 2421 4146

Director's Report

See attached slides.

- In addressing CalAIM, we are shifting from cost reimbursement to value-based payment; working with providers to be prepared for fee for-service (FFS) which started in July of last year, but in San Mateo it will start July of this year.
- CalAIM is also developing a screening tool to be able to implement "no wrong door" procedure.
- United For Youth finalizing their work in developing a road map that will guide this county in how to address BH issues with young people and TAY
- While report is being finalized; wanting to identify some strategies:
 - 1) Develop wide range of prevention educational efforts to promote social, emotional well-being for youth
 - 2) Improving early identification of behavioral health needs & simplifying connections to behavioral health services
 - 3) Expanding access to full range of youth centered services
 - 4) Investing in existing and emerging behavioral health related issues in workforce + diversifying workforce
 - 5) Leveraging available public and private funding and other resources to serve young people beyond relying on county.
- Talisha Racy will be the new deputy director for adult and older adult services, and we are excited because she knows our system, is a champion of equity, and has a clinical perspective in our work. She will be joining in the end of May.

- Newsletter focused on Mental Health Awareness Month and BHC. Newsletter was able to highlight Chris Rasmussen and Ryan Lopez. Over the months excited to highlight the work even more.
- We are continuing efforts to make Narcan more available with a new free vending machine at Maguire Jail.
- We will potentially consider inviting a presentation from the commission on how to use Narcan
- Expansion of SB43 - two listening sessions 5/9 and 5/21. We will see how much interest these sessions generate before scheduling more. These sessions are an opportunity to hear questions, feedback, inviting hospitals, clients, etc
- No zoom links for the listening sessions yet based on feedback; maybe in the next month we will offer a virtual meeting.

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

Public Comment on the Director's Report

- Re: plans to expand machines to clinics or schools?
 - These Narcan vending machines can be very expensive, so we are looking for funding opportunities and areas that make sense e.g. other counties, libraries (although there has been expressed fear of liability).
 - We are interested in having them available in our clinics, and it's a big step that the Sheriff's Office wanted to do this.
 - We have heard that some school districts are not quite ready because of policies or liability issues, and it has to be a shared partnership with the schools
- Re: Plans to share findings from the listening sessions
 - Dr Africa will share findings, and as we plan presentations for next fiscal year for Executive Committee meetings, this will be something important to bring.
- Pat W
 - Wanted to share with Chief Bell that the mobile crisis response program is going into pilot phase and the team is currently not available to provide non law enforcement responses to residents of Redwood City. The 911 Call Center can not dispatch a non-law enforcement team.
 - As the mobile teams are deploying, and they find themselves in physical risk, they don't have a radio to call officers to back them up. This capability needs to be deployed at day 1.
- Jennifer Duncan
 - Re: Narcan fundings
 - Maybe you can use opioid settlement funds
 - Dr. Africa - Yes, we are using these funds already in partnership with the cities.

Liaison, Task Force and Ad Hoc Committees

Suicide Prevention Committee

Reported by Yoko Ng:

- Committee on 5/7 will be focused on enhancing visible leadership and network partnerships, increasing development and coordination of suicide prevention resources and advance data monitoring and evaluation.
- Meeting will also include an info session on partner activation kit, key components of kit and how to distribute

Next meeting is Tuesday, May 7, 2024 1:30PM-3:30PM via Zoom

Virtual: [Zoom](#) or dial 669-900-6833 Meeting ID: 410 362 485

Legislative Committee

Reported by Chris Rasmussen

- No updates

New Member Committee

Reported by Michael Lim

- Recently interviewed two candidates. Both were very impressive.
- Next step is getting them through the process of Board of Supervisors to get them fully approved and signed in for the commission.
- The state is now adding two requirements to be applied to the BHC taking effect Jan 2025.
 - Two members below the age of 26
 - One member from the educational community
- Update on Veterans event last month, three people from the community here attended, John Butler, Jean Perry, and Michael Lim. Networked with the community to build interest to join the BHC.

QIC Committee

Reported by Jean Perry

- There will be upcoming discussion on revising policy on stipends for community participation.
- Discussed testing of access call lines. Recruited some peers to call in to test the effectiveness of the calls. Put on hold temporarily because they do not want to inundate call centers with all the testing.
- Other recommendation is to open up survey for all calls to the Call Center to give opinions and rate the call.
- Suggested in the future to evaluate other calls such as clinics.

Site Visits Committee

Reported by Chris Rasmussen

- No update.

Old Business

No old business.

NEW BUSINESS

Need new Cal BHC Liaison. Role will be to attend state commission meetings and report back to the San Mateo County BHC.

- Will ask again next month if anyone is interested.

PRESENTATION

Mental Health Month (See attached slides)

Presented by: Sylvia Tang, Community Health Planner, Behavioral Health & Recovery Services' Office of Diversity & Equity

- Three main goals for Mental Health Month:
 - To reduce stigma of mental health and substance use
 - Increase access to services
 - Increase wellness related to mental health and substance use conditions
- Some anecdotes from community members about why mental health month is important:
 - Tamara Smith Jones, founder of Lineage and Legacy
 - When we place an emphasis on mental health challenges, something society deems as a disadvantage to create division. We send a message that commands awareness and demands resources when those demands are met with free resources, nonjudgmental support and valuable education. We send a message to society that mental health should be treated the same as physical health, a part of overall

wellbeing. When the messages receive that mental health is part of the overall wellbeing. We create spaces of inclusivity for us to heal collectively because all human is equal.

- Pamela Ward-Pious, Spirituality Initiative Co-Chair, Lived Experience Academy Graduate
 - Mental health awareness month is important to me, because I want my children, grandchildren, and great grandchildren, not be fearful of mental health challenges as no different than any other physical malady. The more that information about mental health challenges is common knowledge, the less likely people will suffer in silence as I did for multiple decades. I want them to be knowledgeable module and able to advocate for themselves, seek professional help and look for someone to advocate, for if someone can't advocate for yourself.
Once I went to the emergency room at a hospital in San Mateo County. I took a cab to the hospital. I was unkempt, hair not combed, wearing a dirty gown. I probably hadn't eaten more than apples and cheese crackers for more than a month. After waiting for many hours, I saw a psychiatrist who looked at me and asked, What's wrong? I told him. I think I'm depressed. I came to the hospital to get help, and he basically dismissed me in retrospect. I realized that there was a racial overtone to this question. I was told to sit in the hallway when it light outside walk to the site psychiatric department multiple blocks away. I don't even think I was wearing shoes which I didn't. But immediately the emergency staff was concerned about me, even offering me someone to sit with, and who would walk me to the shuttle that would take me to the Psychiatric Department in the morning. To this day I will never forget the doctor insulting comments. I was dismissed and left to fend for myself, but I obviously was in distress. Moreover, I realize the value of having someone to advocate for me when I can't advocate for myself, and I realize that just because someone is a mental health professional, don't assume that they will be kind caring or we'll provide treatment in a professional manner.
- Theme this year is Heal Through Connection focused on addressing loneliness aligned with Board of Supervisor, David Canepa's initiative to address loneliness in San Mateo County.
- Data points from 2023:
 - 83 survey responses
 - 93% of respondents agreed or strongly agreed that as a direct result of the MH program, they learned more about MH and MH services.
 - 82% agreed they are more willing to seek professional help for behavioral health conditions.
 - 88% agreed or strongly agreed that the program was relevant to them and people with similar cultural backgrounds.
 - 88% agreed or strongly agreed that they were more likely to believe someone with behavioral health conditions and that people with behavioral health conditions were more likely to contribute to society.
- 5/21 at 9AM- Board of Supervisors County Proclamation at the County Center
 - Commissioners encouraged to leave a public comment
- We are working to get all 20 cities to proclaim May as Mental Health Month. Some cities are lighting up their building in lime green or raising a lime green flag.
- Our website, SMCHealth.org/MHM is a one stop shop for events calendar, resources, and ways to get involved.
- Something new this year is the 23- Day Heal Through Connection Challenge which includes an event calendar.
- A Mental Health Month shirt was created this year as well for folks to share their support for mental health through the month as well as the entire year.
- A social media campaign, What Are Your Lime Green Flags, was also created as a spin on red flags and green flags as a way for folks to share what actions or practices help them be mentally healthy. Campaign can be found on Health's FB and Instagram.
- Signature event: 5/11 Healing Connections Open Mic at Central Park in San Mateo created in collaboration with Supervisor Canepa.

Public Comment on Presentation:

Comments and response to questions

- Jean Perry: 5/4 Hearts, Minds, Hands event in San Bruno will be hosting Be Sensitive Be Brave in Spanish and English. One of the first events to simultaneously host Spanish and English BSBB Trainings.
- Chris Rasmussen: Encourage for folks to join the Mental Health Month Planning Committee in the future and also to respond to Sherri Boles and accept a proclamation for a city.
- Bill Silverfarb: Kudos on theme and graphics

Tony Hoffman Awards Ceremony

Tony Hoffman Award Recipients:

Language Circle of California Inc (Service Provider)

The Spanish interpreters of Language Circle of California Inc have made a tremendous difference in bridging the communication gap with Re(MIND). They have supported clinical interventions and even daily counseling services to support clients through their recovery journey.

Puente de la Costa Sur (Service Provider)

Puente de la Costa Sur, founded in 1998, fosters wellness and prosperity in the San Mateo South Coast communities of Pescadero, La Honda, Loma Mar, and San Gregorio by promoting and advocating for equitable access to education, health, and economic security.

Youth Action Board (Service Provider)

The 2023-2024 Behavioral Health Commission Youth Committee's Youth Action Board (YAB) have embodied passion, commitment, creativity and collaboration to the utmost degree. Ranging from substance use recovery to suicide prevention, anxiety and depression to eating disorder recovery, they each consistently embrace those they work with and each project with kindness, empathy, creativity and a growth mindset of "how might we".

Heart & Soul Inc (Service Provider)

Heart and Soul makes a difference and impact on Peers through one-to-one mentoring and engagement towards community resources, employment opportunities, support and direct to housing resources. They celebrate the voices and lived experience of peers and create inviting, relatable, restorative groups and activities to connect with our diverse communities.

Angel Nguyen, MFT (Service Provider)

Angel Nguyen, is a Mental Health Program Specialist with SMC-BHRS - Pathways Mental Health Court, Veterans Treatment Court/Military Diversion. In her position, she is creating pathways for justice-involved clients to have an alternative to jail option while keeping our communities safe.

Meeting Adjourned:

The meeting adjourned at 5:46 p.m.
by Commissioner Chair, Chris Rasmussen.

Next MHSARC Meeting:

June 5th, 2024, from 3:30-5:30 p.m.
College of San Mateo, 1700 Hillsdale Blvd.
College Center, Building 10, Room 468, and
Millbrae Library, 1 Library Ave, Study Room B

Next Executive Committee Meeting:

Wednesday, June 5th, 2024, at 5:30 p.m.
College of San Mateo
College Center, Building 10, Room 468, and
Millbrae Library, 1 Library Ave, Study Room B

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.