



Behavioral Health Commission

Unadopted Minutes

Wednesday, June 5, 2024

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

COMMISSION MEMBERS PRESENT: Frieda Edgette, Yoko Ng, Victoria Yu, Michael Lim, Kristina Bell, Bill Silverfarb, Daniel Keohane, Jean Perry (Millbrae Location)

STAFF: Chantae Rochester, Kristie Lui, Doris Estremera, Sofia Recalde (online), Mary Taylor Fullerton

COMMISSION MEMBERS ABSENT:

Excused: Ryan Lopez, Allen Bustos, Chris Rasmussen, Leticia Bido, Paul Nichols

Un-excused: None

OTHERS PRESENT (in-person):

OTHERS PRESENT (online): Andrew Tardiff, John McMahon, Pat Willard, ShaRon Heath, Sidhertha Palardo, Susan Cortopassi, Sylvia Tang, Tanya O Mally, William E, Lana Jean, Sydney Hoff

CALL TO ORDER

The meeting was called to order at 3:36 p.m. by Vice Commissioner, Jean Perry.

INTRODUCTIONS

Commissioners introduced themselves.

APPROVAL OF TODAY'S AGENDA

Approval of the Agenda with the following change:

▶ **M/S/C** Lim/ Keohane

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** Keohane/ Lim

Correspondence, Announcements, and Public Comment

Michael Lim

- 6/20, 1PM-2:30PM - Webinar "Intersection of Substance Use and Suicide Prevention"
- 6/20, 10AM-12PM - MediCal Certified Peer Support Workers required 20 hours of continued education every 2 years. CalVoices offering a free continued education session.

- 6/14, 10AM-4PM, Redwood City - ACS hosting a Motivational Interviewing Workshop Series

Bill Silverfarb (on behalf of David Canepa's office)

- Interviewed yesterday for public seat and veterans seat. Hoping to be able to make announcement before July break.
- Next week at Board of Supervisors, they will declare Loneliness Preparedness Week and kicking off the Meet 6 Neighbors Pledge with California Volunteers and Governor's Office. More info at Meet6theneighbors.com
- Declared "Why Can't We Be Friend" Day at San Mateo County Fair on Sunday

Pat Willard

- Wondering if there would be an update about the launch of Mobile Crisis Response Team since it's launch in May.
- Response: Will be addressed in Director's Report.

Standing Committee Reports

Committee for Children & Youth Service

Reported by Frieda Edgette

- 23-24 action board completed formal term and received 15 applicants for incoming cohort which is the largest number of applicants since start in 2022. There is a big range in age including a TAY applicant.
- Commissioner Edgette and Lim will be conducting interviews.
- Pathways working group in addition to Ziomara Ochoa, Deputy Director for Youth, to start diving into tremendous amount of data to develop a preliminary framework to address challenge of equipping caregivers and parents with accessible and empathy-based way to connect with resources.
- In next 90 days, they will have something tangible for folks to respond to and will be going to stakeholders for feedback.
- Shirley Chu coming in June to report out on youth mobile crisis response.

Next meeting is Wednesday, June 17, 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

- Held a tour at Kiku crossing in Downtown San Mateo which has 9 MHSA units, language accessibility, is 25% smart buildings
- Total is 225 units with 66 fully furnished studios; 41 1B unit, 59 2B unit, 59 3B unit
- All residents are given a SamTrans bus pass
- Kiku Crossing offers rental relief program

Next meeting is Wednesday, July 17, 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

- Formerly meeting on the same day as Behavioral Health Commission in the mornings.
- Moving to 3rd Wednesday of the month at 1PM.
- Because June 19 is a holiday, the committee will meet on June 26 and tour the Coastside health center in Half Moon Bay.

Next meeting is Wednesday, June 26, 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

No report given at this time

Next meeting is Wednesday, June 12, 2024, at 4:00PM. Meeting Location: TBA

Mental Health Services Act

Reported by Jean Perry

- Discussed next steps for Prop 1 implementation including changes for CalAIM. All hands are on deck to figure out how to best serve people of San Mateo County with all these changes.
- Informally heard update on Cordilleras progress.
- Next MHSa Workgroup: MHSa Programs Client Outcomes kick-off in October 2024 o www.surveymonkey.com/r/MHSaOutcomesWorkgroup Next meeting is Thursday, September 5, 2024 at 3PM-4:30PM. Hybrid Meeting More information posted on www.smchealth.org/bhrs/mhsa.

Director's Report presented by Doris Estremera

See attached slides.

- Contracts team working very hard to finalize proposal for process, contracts to Board of Supervisors. They typically renew 300 contracts per year and manage over 600 contracts per year.
- Prop 1 will officially launch January 2026, so a lot is happening behind the scenes particularly at the state level to prepare for this. There was quite a lot of language in the legislation that left certain unknowns and up to the Department of Healthcare Services to define.
- State is currently conducting workgroups with County representatives. Dr. Jei Africa is a representative including other counties including Sacramento. Intent of workgroups are to be able to inform decisions that the state is making.
- If interested to get involved as a community stakeholder, you can sign up to get notified here: <https://www.dhcs.ca.gov/BHT/Pages/Stakeholder-Engagement.aspx>
- Findings from Community Listening Sessions on SB43 are coming soon and will be shared in a near future meeting.
- Theme this year is focused on Admin team, the unsung heroes, and the articles are written in their perspectives.
- Soft launch for Mobile Crisis Team on 5/20 to help get the word out to providers about the new services and were deployed twice.
- Pride Celebration happening on 6/8 in San Mateo, and Juneteenth event happening on 6/14 in East Palo Alto.

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

Public Comment on the Director's Report

- Q: Can we get more posters that provide information on the Mobile Crisis Response team.
 - A: Absolutely, will follow up separately.

Liaison, Task Force and Ad Hoc Committees

New Member Committee

Reported by Michael Lim and Jean Perry

- Supervisor Corzo, Supervisor Canepa and Jean Perry interviewed 5 candidates yesterday, 1 for veteran position and 4 for public position. One was selected for the public position and is moving through Board of Supervisor process so everyone will meet her soon.
- Within the past month, Michael interviewed 2 more applicants and 2 others who have yet to be interviewed. More info to come.
- Still need applicants for the veteran position. Please help encourage folks to apply.
- There is also planning for the upgrade to the Welfare and Institution Code that is taking effect in Jan 2025. The additional requirement is that one seat must be reserved for someone who works in the educational department.
- There are changes coming to the Welfare & Institute Code.

Suicide Prevention Committee

Reported by Yoko Ng

- Yesterday SPC featured an annual update on suicide death data from Karen Fister, Health Services Manager. Presentation included suicide death data by year, month, age, sex, race, ethnicity, birthplace, educational status, martial status, and veteran status.

Next meeting is Tuesday, July 2nd, 2024 1:30PM-3:30PM via Zoom

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

Legislative Committee

No report given at this time.

QIC Committee

Reported by Jean Perry

- Meeting in June will discuss policy on stipends. Stipends have typically run dry before end of fiscal year, so we are hoping for repairs.

Site Visits Committee

No report given at this time.

PRESENTATION

Substance-Use Services and Fentanyl Crisis Response (See attached slides)

Presented by: Mary Taylor Fullerton, Behavioral Health & Recovery Services' Alcohol and Other Drugs

- Opioid is a national epidemic that is not unique to San Mateo County nor is it happening in certain pockets of the US. Rises in opioid overdoses/ deaths have increased across the nation.

- 109,000 deaths from opioids according to most recent data, 2022. 75% attributed to synthetic opioids.
- From an equity lens, Black Americans are suffering disproportionately.
- Key factor of opioids is the duration of effect meaning each time you will need higher levels to achieve the same effect.
- Fentanyl is a manufactured opioid drug used for pain management and is 100x stronger than Morphine and 50x stronger than Heroin.
- Rise in opioid has been recorded in three waves so far. The upcoming 4th wave which is a little trickier to track data for is opioid + stimulants, mostly commonly cocaine.
- Youth & Fentanyl is also on the rise. Part of this is due to social media and the black market. You can order pills through Instagram and Snapchat, and expecting it to be a certain medication, put yourself at risk of accidentally consuming Fentanyl. There have been federal policy changes over the years to try to decrease accidental deaths.
- It is extremely difficult to tell what a counterfeit pill is and what is laced with Fentanyl. AOD encourages using Fentanyl test strips.
- Relapse rate for opioid use disorders without MAT (medication assisted treatment) is 85%. This means if a patient quits cold turkey, they have a 15% success rate.
- Recommended course for MAT is at least 6-12 months.
- Harm reduction also works. This includes language use, syringe exchange programs (not in this county, but in other neighboring counties), Naloxone (nasal spray that sends oxygen back to the brain).
- If you use Naloxone and the person didn't use opioids, nothing happens. So there is no harm to using Naloxone.
- As of 3/28, you can actually get Fentanyl test strips for free from the state.
- Up until Oct 2023, Narcan was not available over the counter. It is now available but about \$45. AOD offers them for free because they are ordered from the state.
- Maguire Jail in Redwood City has a free Naloxone vending machine. Only info it asks for is your Zipcode. AOD is working with senior community health center to get a smaller version at every BHRS clinic.
- Main way to access IMAT or other substance use services is to call the Access Call Center.

Public Comment on Presentation:

Comments and response to questions

- Q: If I'm under Kaiser, can I use IMAT at the Medical Center?
 - A: Yes
- Q: Does Kaiser have something similar to this?
 - A: Yes, they have a statewide program called SUN (Substance Use Navigator). There are 67 sites across the state of California that have the SUN program including Sutter, Kaiser and Mills Peninsula. Since Kaiser has started the MAT programming, AOD has worked with people to help advocate for the SUN program.
- Q: If someone is privately insured, do we treat them first and eventually send them back to where they are covered?
 - A: Yes, we see them, treat them, and then we help provide advocacy and linkage to someone else.

- Q: Does this collaborate with AOT?
 - A: Yes, we sit in on the huddles with the emergency department to decide where someone is best suited. Because a lot of patients can't consent to treatment on the spot, we do a lot of on-the-spot triage support.
- Q: What is AOD's involvement with jails?
 - A: One staff goes to jail 3.5 days a week and they do screenings of individuals to see if they might need medication treatment.
- Q: How to get more folks educated and trained on Naloxone in the community? Potentially community emergency response teams are a group to partner with.
 - A: In April, 80 county librarians trained, and looking to partner with them in the future to host more community trainings.
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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.

Meeting Adjourned:

The meeting adjourned at 5:30 p.m.
by Vice Commissioner Chair, Jean Perry.

Next MHSARC Meeting:

Wednesday, August 7, 2024, from 3:30-5:30 p.m.
Hybrid meeting
Information will be posted on
www.smchealth.org/bhrs/mhsa

Next Executive Committee Meeting:

Monday, July 15, 2024, at 3 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.