



Behavioral Health Commission

Unadopted Minutes

Wednesday, August 7, 2024

Hybrid Meeting – College of San Mateo; 840 Deep Woods Trl, Polebridge, MT; and Online

COMMISSION MEMBERS PRESENT: Chris Rasmussen, Paul Nichols, Daniel Keohane, Leticia Bido, Michael Lim, Rubi Garcia, Allen Bustos, Jean Perry (online), Frieda Edgette, Yoko Ng, Victoria Yu,

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

COMMISSION MEMBERS ABSENT:

Excused: Ryan Lopez, Lavanya Poreddy, Sidhartha Palani, Kristina Bell, Bill Silverfarb

Un-excused: None

OTHERS PRESENT (in-person):

OTHERS PRESENT (online): Colin Chu, Luci Latu, Jenn Bassler, Pat Willard, Susan Cortopassi, Carolyn Shepard, Candice Cain

CALL TO ORDER

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

INTRODUCTIONS

Commissioners introduced themselves.

APPROVAL OF TODAY'S AGENDA

Approval of the Agenda with the following change:

- Move presentation to after public comment
 - ▶ **M/S/C** Keohane/ Nichols

APPROVAL OF MINUTES

Approval of the minutes from the following meetings:

- June 5, 2024, Behavioral Health Commission Meeting Minutes
 - Add Paul Nichols to excused absence
 - ▶ **M/S/C** Nichols/Keohane

Correspondence, Announcements, and Public Comment

- Michael Lim
 - 8/28 Webinar- free training for employers of medi-cal peer support specialists; geared towards supervisors, managers, human resources, organizational leaders who hire medical, certified peer support specialists.

- 8/19 - SAMHSA is doing a recovery update inviting everyone to Office of Recovery to have an exchange meeting
- 8/16 - Council of Criminal Justice and Behavioral Health is doing a juvenile justice workshop
- Leti Bido
 - 8/10 - County parks department hosting a summer fest at Coyote Point; 12-4PM. Community resource booths, family friendly event.
- Pat Willard
 - Reading SP Roadmap document and data for StarVista is about 10 years old. Wondering if any updates to this for the future.

PRESENTATION

Behavioral Health Services in Correctional Health

Presented by: Jenn Basler, Correctional Health Services

- Correctional Health Services (CHS) or Forensic Mental Health (FMH) is separate from Behavioral Health & Recovery Services, but they work closely together. CHS sits under the San Mateo Medical Center and is overseen directly by Louise Rogers, Chief of Health.
- FMH in the last two years has made significant changes in the jails including ending the CHOICES program..
- Current population in jail sees so much substance misuse so new program offers more pods addressing this issue.
- 70%-75% of folks that are incarcerated have either a mental health disorder or substance use disorder or both which means CHS has had to replan the reentry and release services.
- In Behavioral Health Unit (BHU), mens unit holds up to 96 people and womens unit holds up to 36 people with 23 women on waiting list to get in which speaks to how much these services are needed and the importance of expansion.
- BHU is programming based so there are activities scheduled throughout the day to keep them from staying locked in for majority of the day.

Public Comment on Presentation:

Questions & Responses

- How many patients do you see? How many beds available in detox pod?
 - 8 beds available in detox pod, and they are always full
 - 150 people on the waitlist
 - We use buprenorphine, vivitrol, and if a person comes having used methadone, then we continue treating them with methadone.
- What does equity to services entail; what partnerships are there outside of community?
 - We touch every part of the system. Life Moves, Free At Last, Hope House, Palm Ave, Latino/a/x Commission, BHRS, etc.
 - You need a reentry plan with a warm hand off, and we are working with BHRS on this.
- What happens if a person engages in the services, are in free trial detention and then are getting discharged? What happens differently if they are serving a sentence?
 - Our team works closely with patients who are considered short stays. ~70% of folks who come in are out in 2 weeks. So their goal is to focus as fast as they can to get an assessment on patient including what are their charges.

- How else do you and BHRS collaborate for reentry patient? And also Luci's question about capacity, "If the detox beds are always full, what happens with the "overflow" inmates that are also detoxing?" Luci Latu
 - For BHRS collab, think about it as a highway, either we'll review their chart and ask BHRS if they want to do telehealth or BHRS will reach out to us.
 - Re: Capacity: It's become serious mental illness and serious substance use diseases that end up in CHS a lot. Each case manager has a case load of about 70. Feedback is a lot of people are being touched and people who really want the help are getting the help. We need a little more capacity for those more resistant to the help.
- How does CHS assess for self-harm differently than in the jail unit? What would be the CHS approach to prevent self-harm when coming to CHS.
 - If a person has engaged in self-harm, we will know that from a chart review or self-report. That person is put on a follow up tier in which we follow up everyday. If person is more resistant they may incentivize with the commissary e.g. food, shampoo, deodorant, etc.
- If a person is short-stay and leaving, what kind of case management is developed for this individual?
 - If there is release plan, they will know who is their clinician. If there is no release plan, we will engage with HEAL team, BHRS, PERT team, etc. Or if there is a clinician in the chart, we will alert them.
- With the high waitlist, how do you keep people from falling through the cracks?
 - People on waitlist for BHU are followed up on our tier system. We have dedicated SUD clinicians, mental health clinicians, etc. People on waitlist are followed up with minimum weekly by clinicians including seriously mentally ill patients whether they requested services or not. After release is trickier because since we are correctional health, after the warm-hand off, we cannot legally work with the patient unless they return. We also offer process programs out in the population.
- How do you handle illicit drugs in the jail? As part of SPC, we have asked our sources who report to CHU are there any death by suicides within correctional institutions and we've never received an answer.
 - Re: illicit drugs: You need to do a urine screen to get on the MAT program. Fortunately we haven't had too many cases where people in our programs continue using illicit drugs. Typically people interested in continuing use would not be in our programs.
 - Re: suicide in jail numbers, I don't know why there is a barrier to getting the numbers. Coroners should have this number and should be public.
- There have been 5 suicides in the jails in the last year. What is your plan to address this?
 - Medical team, custody staff, forensic mental health and outside addiction specialist have a call conference to talk about what was missed, what are signs to look out for, being diligent on chart reviewing.
- What do you see is the challenges to providing adequate services to patients aside from funding.
 - A major challenge is that most patients we see are in and out in two weeks so that's so little time to work with them.
 - Capacity is a major challenge as well. Both facilities are often full which is 1000 patients for a team for a team of 30.
 - Staffing in general is difficult in California.

Standing Committee Reports

Committee for Children & Youth Service

Reported by Frieda Edgette

- Committee was off month of July
- We are thrilled to be welcoming 9 new members which is the largest cohort of 12 this coming season.
- Those interested in meeting them, join us for August meeting for meet and great.
- That following Sunday, 8/25 will be focused on strategic vision; participated with youth commissions and followed up with 4 members as potential candidates for the vacant position in BHC for youth.

Next meeting is Wednesday, August 24, 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

- Talisha Racy, new Deputy Director, joined on our July meeting.
- We talked about restructuring the Adult Recovery Committee and looking to open a vice chair position.
- Working with Talisha to gain regular attendance. She also arranged a tour of the Cordilleras center to learn of the four different agencies who work with the site

Next meeting is Wednesday, August 21, 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

- No meeting in July.
- Next meeting we will bring in Mariana Rocha from Housing to give a detailed presentation of Cordilleras.

Next meeting is Wednesday, August 21, 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

Mental Health Services Act

Reported by Jean Perry and Leti Bido

- There is \$9M in innovation funds that we can spend as long as we propose by Dec 2024.
- Four current proposals can actually fit within the new BHSA guidelines. Priorities of keeping peer support alive will be present with these four projects.
- In Sept, you will hear more about these 4 projects at the MHSA Steering Committee meeting.
- Next MHSA Steering Committee meeting will focus on MHSA transition updates and Innovation project planning.
- Next MHSA Workgroup: MHSA Programs Client Outcomes kick-off in October 2024
 - www.surveymonkey.com/r/MHSAOutcomesWorkgroup - Deadline 9/6
- Next meeting is Thursday, September 5, 2024 at 3PM-4:30PM. Hybrid Meeting More information posted on www.smchealth.org/bhrs/mhsa.

Committee for Alcohol and Other Drug Services

Reported by Paul Nichols

- No meeting in July.
- Next meeting topic will be client perception of substance use treatments.

Next meeting is Wednesday, August 14, at 4 p.m. Virtual: [Teams](#) or Meeting ID: 225 292 519 253 Passcode: TUZXdZ

Director's Report presented by Dr. Jei Africa

See attached slides.

- CARE Court launched six months earlier than what is required by law.
- Almost 23 days after launch, we received 15 referrals; majority from family members.
- For BHSA, there are several workgroups and discussions going on to try to understand how we can be prepared for the new proposal.
- I encourage you to participate in the many activities happening throughout the month of September for Suicide Prevention Month and Recovery Month
- Jean, Michael and Dan were able to tour Cordilleras campus.
- SB43 steering committee meetings starting in September. We need to identify a member and an alternate within the BHC.

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

Public Comment on the Director's Report

- Q: Can you describe a little more of the expectations and the desire of the steering committee meetings? What are the requests beyond the meetings themselves?
 - A: The committee is a monthly meeting, 1hr-90mins, focused on developing a plan on how to implement SB43. There will be discussions on interventions such as partnering with law enforcement, first responders and how do we implement policy. Steering committee will also get reports from workgroups (data, training, conservatorship, etc).
- Q: How did the family referrals come in?
 - For CARE Court program (family, providers, etc), they contact us through the phone or via email.

Liaison, Task Force and Ad Hoc Committees

Suicide Prevention Committee

Reported by Yoko Ng

- Committee met in Aug to prepare for Suicide Prevention Month.
- Sept 10 will be the BOS meeting to proclaim September as SP and Recovery Month
- Mini-grant decisions will be confirmed soon; Seven events have already been confirmed.
- There is also a launch of a new SPM website: SMCSuicidePrevention.com.
- Next meeting will be outside of the regular monthly meeting and a special session focused on a 30-minute presentation on mobile crisis response team by BHRS Clinical Services Manager, Shirley Chu.

Next meeting is Tuesday, August 20, 2024 1:30PM-3:30PM via Zoom

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

Legislative Committee

- Victoria Yu will work to get this committee active.

New Member Committee

Reported by Michael Lim

- Three new commissioners sworn in: Rubi Garcia present today, other 2 will join September
- Two more applicants coming through the pipeline which should fill our whole slate. However starting January 2025 there is the new requirement for a member from educational community.
- We still have an opening for the veterans seat.
- A new orientation process also being developed by Executive Committee includes letting new members know their responsibilities, expectations, bylaws, and providing a peer/mentor. If interested in being a peer let Chris, Frieda and Chantae know.

QIC Committee

Reported by Jean Perry

- Committee discussed policy around providing stipends for consumers including increasing payment to \$35 and a ceiling for how many meetings per month they can receive a stipend.

Site Visits Committee

- Committee is making progress in formulating a protocol. We are using SF's committee as a template.

Old Business

No old business.

NEW BUSINESS

- CAL BHB/C: Daniel Keohane will take on the role in the interim.
- David Lewis nominations being accepted now: Deadline to submit is 8/16 and awards are presented on 9/4.
- We need a new nominating committee for slate of officers: Chair, vice chair, member at large and CALBHB/C. If you are part of nominating committee, you cannot be nominated
 - Victoria Yu, Rubi Garcia, Allen Bustos volunteer to be the committee. Contact them if you are interested to be nominated.
- Letter to Sam Trans agenda item will be pushed to next month.

Meeting Adjourned:

The meeting adjourned at 5:19 p.m.
by Commissioner, Chris Rasmussen

Next BHC Meeting: Wednesday, Sept 4, 2024, from 3:30-5:30 p.m.
Hybrid meeting
Information will be posted on
www.smchealth.org/bhrs/mhsa

Next Executive Committee Meeting: Wednesday, September 4, 2024, at 5:30p.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.