



Behavioral Health Commission

Unadopted Minutes

Wednesday, September 4, 2024

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

COMMISSION MEMBERS PRESENT: Chris Rasmussen, Paul Nichols, Daniel Keohane, Leticia Bido, Michael Lim, Rubi Garcia, Allen Bustos, Frieda Edgette, Yoko Ng, Victoria Yu, Sid Palani, Lavanya Poreddy, Ryan Lopez, Sophia Escobar (online), Colin Chu (online), Jean Perry (online)

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

COMMISSION MEMBERS ABSENT:

Excused: Kristina Bell

Un-excused: None

OTHERS PRESENT (in-person): John Butler, Cassandra Wilson

OTHERS PRESENT (online): Ammi, John McMahon, Johnathan, Neila Hersh, Pat Willard, Susan Cortopassi, William E, Bill Silverfarb, Carolyn Shepard

CALL TO ORDER

The meeting was called to order at 3:36 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/ Lopez

APPROVAL OF MINUTES

Approval of the minutes from the following meetings:

- June 5, 2024, Behavioral Health Commission Meeting Minutes
 - ▶ **M/S/C** Nicholas/ Keohane

Correspondence, Announcements, and Public Comment

- Frieda Edgette
 - Suicide Prevention Month related events happening at AllCove Center including painting, origami night, Youth Suicide Prevention Day event (9/26)

- Starting 9/10 - San Mateo County Pride Center launching a new art therapy series for LGBTQ+ youth running until October. Ages 14-19
 - Registration Form:
 - https://forms.office.com/Pages/ResponsePage.aspx?id=bJpGLE5_6EOLrxCw2pC1a_CSmlz_1MmFXC8R1KzqRUMkoyWU5LUFhXM0g1NEFGREFXMjY4NExEVy4u
- 9/10 at 4PM - Youth Leadership Institute has their monthly Healthy Online Platforms for Everyone (HOPE) coalition meeting.
 - Healthy Online Platforms for Everyone (HOPE) is a California statewide coalition organizing to engage the larger online community in promoting age-appropriate, transparent, and youth-led messages.
 - Meeting Description: Dedicated to statewide prevention leaders, youth, and youth-serving organizations to come together and strategize how to build safe online spaces for youth - free of harmful exposures on social media feeds.
- Michael Lim
 - 9/18 at 11:30AM - Department of Healthcare Services running a series of workshops for September including on correlation between Substance Use Prevention and Suicide Prevention.
 - 9/17 - UCLA putting on a webinar focused on Staying Mentally Healthy through the College Admission Process and Transition into College Life
 - In preparation for next month's global peer support celebration day, SAMHSA is sharing a graphic on the value of peers.
 - All flyers/graphics may be found here:
 - <https://acrobat.adobe.com/link/review?uri=urn:aaid:scds:US:1ebd18fb-3e0e-3583-b86e-69caca236f60>
- Leti Bido/ Chris Rasmussen
 - Sat, 10/5 at Seal Point Park – Annual NAMI Walk
 - It would be great for the commission to support the walk.
 - Info session coming up from NAMI as well to learn more about the walk.
 - Chris Rasmussen has a team and folks can join his team if they don't want to create their own.
 - More info at NAMISanMateo.org
- Rubi Garcia
 - Voices of Recovery preparing a series of events throughout the month with kickoff this Friday, 9/6 to commemorate anyone in recovery with addiction. More info at <https://www.vorsmc.org/>
- Allen Bustos
 - 9/6 at 6:30PM- Essence of Mana and Samoan Solutions hosting a beat making workshop to explore therapeutic benefits of sound design
 - October event organizing a 5K to fundraise for local activist, Brandon Lee, who had an assassination attempt on his life 5 years ago.
- John Butler
 - Spirituality Initiative will be tabling at Voices of Recovery's event this Friday, 9/6.
- Pat Willard

- Suicide Prevention should be a standing committee instead of an adhoc committee because suicide is not going away.
 - Response: Chris: we decided awhile ago that since BHRS has an existing committee, we thought it made more sense to collaborate with the existing committee instead of absorbing them so that they do not need to follow the Brown Act rules.

PRESENTATION

San Mateo County Mobile Crisis Response Team (SMC MCRT)

Presented by: Shirley Chu, Clinical Services Manager

- June 2023, there was a state mandate for all California counties to implement a 24/7 non-armed mobile crisis response team in the county
- Other requirements include:
 - A team of two people including a mental health clinician and a peer specialist
 - Must be called through a number dedicated to the service and a non-911 number
 - Our referral line is the StarVista Crisis Hotline at (650) 579-0350.
- There was a soft launch on May 20, 2024 with a daily shift from 3PM-11:30PM, and as of August 31, 2024, the 24/7 MCRT was launched.
- Other highlights of the MCRT include:
 - Expected to respond within 60 minutes
 - All members trained in administering Naloxone
 - 24/7 Language Line
 - Transportation Services
 - Coordination with Law Enforcement (LE) and Emergency Medical Services (EMS) to build partnership
 - 24hr Follow up, up to 90 days
- High level data within the 2 months of soft launch
 - Total of 22 calls
 - Avg response time was 38.68 mins
 - No 5150s
 - 18 were transported to detox, shelter, etc
 - 3 transferred to LE, EMS
 - One voluntary transport to Psychiatric Emergency Services (PES)
- Steering Committee formed
 - Ongoing meeting including Police chiefs, Fire chiefs, EMS, BHRS leadership, PSC, Telecare and StarVista leadership
 - Seeking public members and representation from community; seeking 3-4 public members. If interested, email Shirley Chu (SChu@smcgov.org)
 - Next meeting is 9/26; 3-4PM; via Zoom.

Public Comment on Presentation:

Questions & Responses

- Out of 22 responses, was there any LE involvement?
 - Out of 22 responses, 3 calls were referred to LE and EMS, and the goal is to eventually reach zero (when there is no public safety issue).
- Was the committee meeting open to commissioners from the beginning?

- Commission was likely invited, but until now, the feedback was mostly focused on the backend coordination and operations, but we welcome commission as we look for public members.
- Is there a plan to coordinate the national hotline with the StarVista line?
 - StarVista does manage the 988 calls with the 650 area code.
- Is StarVista considered integrated behavioral health?
 - Yes; they provide services in mental health & substance use
- Can we track the number of calls that were dropped e.g. someone called 988 and then hung up as they were waiting to be connected to speak with a person.
 - I don't believe there is data for this yet. I will have to follow up with StarVista. But StarVista has a system where they will always pick up in 4 rings or less.
- Can you elaborate on the 24hr follow up?
 - This was not a state expectation. State's expectation was actually 72hr follow up. The follow up includes a call to individual to see if the safety plan is working.
 - Individual also has the ability to not request follow up service.
- How is cultural training being adapted?
 - All members of MCRT are required to take cultural competency training, learn how to use of language interpreters, take cultural humility training.
- What were biggest pieces of feedback after the soft launch?
 - Coordinating with PSC and various LE was critical. There may be perception that a call going to LE can easily be transferred to MCRT if law enforcement involvement is not needed, but this is not the case because of liability, so the partnerships are a great benefit.
- Is CRCWT under your umbrella or are they separate from MCRT?
 - They are separate and they have different models. CRWT includes LE response and isn't 24/7. We are in the works of figuring out how to better coordinate.
- Do you think the number will go up? What are you doing in terms of publicity?
 - Yes, now that it is 24/7 we think the number will go up.
 - Promotion is something we are working on within the Steering Committee. We have been going out to communities and doing several presentations. If anyone is interested to have Shirley Chu present to their team/ organization, please email her.
- How do you see capacity being affected as numbers go up?
 - We have 5 MCRT teams now. As the numbers go up, we will need to review more closely; look at our resources to determine what teams should be deployed and where, for efficiency.
- How would you approach advertising this service to youth? Are you planning to advertise to youth or is the focus on adults?
 - We are always looking for partners to spread the word. In our Steering Committee the County Office of Education.
- What are the mandated reporting roles for youth who request the service and how can youth commission support this commission? Are there any current roadblocks to improve on in terms of response time?
 - If MCRT are responding to a youth in a crisis and transportation is needed, then parental/ guardian approval is required.

- MCRT is not using sirens to navigate through traffic so we will continue to aim for a timely response, but it is contingent on a lot of external circumstances such as traffic.

Comments:

- It would be ideal if StarVista or person on the mobile team would stay on the line as they are en route to the person who is on the call.
- It is important to note the amount of cost savings that this service will provide. Considering the incredible cost of ambulance rides, if 19 ambulance rides were averted, that's probably already hundred of thousands of dollars worth of savings.

Standing Committee Reports

Committee for Children & Youth Service

Reported by Frieda Edgette

- August had a meet and greet with Youth Action Board. We will be scaffolding our Youth Action Board's priorities with our Youth Committee priorities for the upcoming year.
- We are also moving forward with the Pathways Program including digging into stakeholder engagement, iteration, refinement as well as operationalizing.
- Crisis Care and Crisis Care Continuum moving forward as well.

Next meeting is Wednesday, September 18, 2024, at 4:00 p.m. Virtual: [Zoom](#) or dial 669-444-9171 Meeting ID: 990 0971 9684

Committee for Adult Services Reported by Yoko Ng

- Still working on inviting community partners. We have reached out to Voices of Recovery and California Clubhouse.

Next meeting is Wednesday, September 18, 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

- Mariana Rocha has presented last month on co-housing portion of Cordilleras which will be 27-28 unit housing people in either transitional supported housing or permanent supported housing.

Next meeting is Wednesday, September 18, 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

Mental Health Services Act Steering Committee

Reported by Jean Perry and Leti Bido

- Meeting is tomorrow, 9/5 at 3PM and it will focus on the resurrected MHSA Innovation Projects.

- Two years ago, there were about 31 ideas submitted, and they were narrowed down to 11. Four projects were flushed out and moved forward, and we were told we need to have plans for the remaining innovation dollars by December this year. A 30-day comment period will be opened.

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

- Last meeting on August 14, we saw a presentation on a survey and a quality report from the various alcohol and another drug providers.
- Next meeting will be a site visit at Sitike Counseling Center in South San Francisco.

Next meeting is Wednesday, September 11, 2024, at 4 p.m. In-Person.

Director's Report presented by Dr. Jei Africa

See attached slides.

- Health Chief Louise F. Rogers and former Behavioral Health & Recovery Services director announced her March 2025 retirement.
- When people are in jail, their insurance goes away, so we are typically unable to link them to behavioral health services.
 - CalAIM Justice-Involved Initiative will support people to help get them linked to MediCal 90 days pre-release so they may get linked to services on their way out.
- Health is switching to a new electronic health care record known as Integrate Health/EPIC. The goal is to go-live in November; BHRS is part of Wave 2. T
- This month's BHRS Newsletter focused on Suicide Prevention Month and Recovery Month includes stories of recovery, story of a staff member who used Narcan, and also instructions for how to use Narcan.
- For the first time in many years, BHRS staff had an employee appreciation celebration on August 14, 2024.
- A report was created by Doris Estremera on the impacts of MHSA. As we switch to BHSA, it is really important to highlight the impact of MHSA in this county including linking clients to more services including housing, employment, etc.
- Past issues of the Directors Newsletter can be found [here](#).

Public Comment on the Director's Report

- Leti Bido: Acknowledgement that Dr. Africa's presentations get better each time. The newsletter design is great and gives a great pulse of all the good work going on.
- Frieda Edgette: A priority Dr. Africa stated when he first started was workforce, so it is really great seeing that represented in the new employee orientation, intern orientation, % of attendees at the employee appreciation.
- Pat Willard: Newsletter is very informative. It's helpful to learn about new organizations.

Liaison, Task Force and Ad Hoc Committees

Suicide Prevention Committee

Reported by Yoko Ng

- Met 9/3 in-person for distribution of outreach materials and resources.
- Next meeting will be a workgroup focusing on debrief of Suicide Prevention Month and learn about suicide attempts and ideation data presented from epidemiology.

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

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

Legislative Committee

Reported by Victoria Yu

- Chantae is working on meeting with Dr. Africa and Attorney's office.
- We are waiting to learn what are the missions and objectives of the legislative committee.

New Member Committee

Reported by Michael Lim

- Two new members are in the process of joining us. They are in the process of meeting with the Board of Supervisors.
- Commissioners should take a look at Michael's spreadsheet which breaks down the criteria for the makeup of the commission and any rules they are required to follow.

QIC Committee

Reported by Jean Perry

- Committee has not met since their last meeting.
- Stipends for client, consumers, and family members have been increased to \$35.
- The state also made some recommendations on consumer problem resolution.

Site Visits Committee

- No report.

Cal BHB/C

- There will be a meeting and training workshop happening in a week, so there will be a report next month.
- Strongly encouraged for any new commissioners who haven't taken the training to take it.

David Lewis Award Ceremony

- Congratulations to Voices of Recovery San Mateo for being awarded the 2024 David Lewis Award. This award was accepted by Cassandra Wilson on behalf of the organization.
- Voices of Recovery San Mateo County (VOR) is a nonprofit peer-led organization founded in 2010. Its mission is to advocate for and support the recovery community, specifically individuals overcoming drug and/or alcohol addictions. VOR believes that hope is a powerful catalyst for recovery, which can be sparked by leadership, peer support, and the lived experiences of those who have successfully overcome addictions.

Old Business

- Vote to approve Behavioral Health Commission onboarding process lead by Frieda Edgette
 - Motion by Bido/ Seconded by Garcia

NEW BUSINESS

- Sam Trans Letter
 - Two months ago, when a few commissioners visited Cordilleras, they noticed there is no way a bus can go to it yet. Commissioner Perry is suggesting that the commission sends a letter to the Board of Directors and citizen advisory committee of Sam Trans.
 - Dr. Africa would like get more information about this issue and bring back to us updates to the Commission next month.

Meeting Adjourned:

The meeting adjourned at 5:51 p.m.
by Commissioner, Chris Rasmussen

Next BHC Meeting:

Wed, October 2, 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, October 2, 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.