



Behavioral Health Commission

Unadopted Minutes

Wednesday, November 6, 2024

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

**COMMISSION MEMBERS PRESENT:** Chris Rasmussen, Paul Nichols, Rubi Garcia, Sid Palani, Leticia Bido, Allen Bustos, Daniel Keohane, Kristina Bell, Frieda Edgette, Yoko Ng, Jean Perry (online), Sophia Escobar (online), Colin Chu (online)

**STAFF:** Jei Africa, Chantae Rochester, Kristie Lui, Kelsey Dattilo (online), Lee Harrison (online), Maria Lorente-Foresti (online), Gustavo Cervantes (online), Jana Spalding (online)

**COMMISSION MEMBERS ABSENT:**

**Excused:** Lavanya Poreddy, Michael Lim, Victoria Yu

**Un-excused:** Ryan Lopez

**OTHERS PRESENT (in-person):** Robert Holland, Melinda Henning, Carolyn Shepard, Suzanne Moore, India H., Marianna S., Heather Colbert

**OTHERS PRESENT (online):** Bianca Coleman, Diane Fairlay, Helene Zimmerman, Jenny Walter, Jo Loomis, Kristin Moser – presenter, Lanajean V., Lloyd Benjamin, Manuel Fletes Medina, Marcia Moser, Mary Jean Haley, Michael Lim, M Luv, Neil, Olivia Hetterman, Pat Willard, Patricia Urbina, Sarah Kremer, Steven Adelsheim, Susan Cortopassi, Ted, Waynette, Ivy C, ShaRon Heath, William E.

### **CALL TO ORDER**

The meeting was called to order at 3:38 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/Garcia

### **APPROVAL OF MINUTES**

Approval of the minutes from the following meetings:

- October 2, 2024, Behavioral Health Commission Meeting Minutes

## Correspondence, Announcements, and Public Comment

- Bill Silverfarb
  - There was a Mental Health Services Act article featuring *Kapwa Kultural Center* in Daly City and now they have their official site. It is a FilAm BIPOC friendly place that is open for all. This is a great asset to North Daly City.
- India
  - I'm speaking on behalf of Caminar Redwood House which is scheduled to close by the end of this year. Redwood House has served the county for over 60 years. We were notified that this closure is due to CalAIM and reallocation of funding, but there are discrepancies in the information we are being told. We are asking for Jei Africa's time to give more clarity and answer questions regarding this closure.
- Debra Colbert, psychiatrist from Caminar
  - Every county in Bay has multiple crisis residential programs and there's no way that a county today can provide adequate mental health services without a crisis residential facility. Additionally, they are closing our AOT program, and it is still unclear where the patients will go.
- Michael Lim Re: CalAIM funding
  - It was brought to the commissioners' attention in January meeting with regards to other county's experiences with services provider issues due to CalAIM funding. 10 months have passed, and it is now rippling into our county. The issue of state and federal funding and policies is a complex issue. Hopefully the commission or the director can delve more into this to think about how to address this issue at the state level.

## PRESENTATION

### Invisible Populations

Presented by Kristin Moser, BSN, RN

- I'm a psychiatric resident nurse in Sacramento with over 9 years of mental health experience. I am currently at the University of San Francisco finishing the psychiatric mental health nurse practitioner program.
- My presentation is documenting the invisible population with Z-Codes as a step forward in reducing homelessness.
- Invisible/ hidden populations refer to individuals with mental health disabilities that are not immediately apparent to others and are harder to track. They are at extremely high risk of future homelessness.
- First aim of this project was data collection, and we found there was no data. The data we did find was incomplete, unreliable, and did not come from an EHR.
- Z-Codes were developed by the World Health Organization in 1990 and became part of the ICD-10. They were developed to determine social determinants of health.
- Top five Z-Codes are housing, primary support groups, problems with employment, problems with environment, educational literacy.
- Adults living with SMI living with aging parents are at severe risk of homelessness because they are dependent on caregivers for housing.

- Invisible populations are not currently being documented, but with the adoption and the interconnection of EHR systems along with the Z-codes, we can produce tangible, extractable data on housing status and other social determinants of health.
- If we make it mandatory to just track one Z-code, housing status, then we can more accurately track housing stability in San Mateo County.
- Within a Z-Code, there are also subspecifiers including dependent adult with disability living with aging caregiver.
- According to the state by 2026, all mental health plans will be based on data, so we are going to need to track the data now.
- Most importantly, mandating the use of Z-codes in San Mateo County will help reduce future homelessness and identify vulnerable and invisible populations at high risk for housing instability.

## **Public Comment on Presentation:**

### Questions & Responses

- Aside from Sacramento, are there other examples of localities using Z-codes that resulted in change of impact of care?
  - I couldn't really find another county that was using Z-codes as much because they aren't incentivized to be used. They are currently extremely under utilized, and Z-codes will really help give a patient a whole story.
- Are we using Z-codes for anything else currently?
- To what degree has it been experimented to use self-reporting for intake?
  - Yes, self-reporting is utilized in the intake report. There is also a resource I provide to inform how to ask about housing.
- Are there are particular policies regarding homelessness that prompted you to do this research?
  - Homeless counts have not been the most accurate. This is to help better track homelessness. Also, what we need to focus on is people at high risk to become homeless.
- Are certified peer support specialists able to utilize these codes?
  - Yes, they are able to.
- Is there an age gap in individuals you're researching when collecting this data, or does it include all ages with any mental health conditions?
  - The data collection is for all ages.
- Being an advocate for these issues in over 20 years, this is one of the most hopeful presentations I have seen. I would like to thank Kristin for her very solid academic work and her commitment.
- Knowing about Z-codes is just part of the solution. Tracking things like this gives us a tool into how we can solve an issue. My feeling as a commissioner is that we are often reactive. Z-codes gives us one of the tools to be able to be more proactive. In your research how ubiquitous have you found this to be in CA?
  - My work with Z-codes actually just started this year so you all are kind of my first audience. My goal is to go to other counties to see what they are doing. We are trying to get a manuscript published so more people are aware of this and are talking about this.
- Will there be a project for your new legislative sub committee to make these codes a requirement across the county?

- Understanding the social determinants are important. I don't know what are the rates of people actually using the Z-codes versus housing questions being part of their assessments. Because we typically ask about housing to connect clients to resources. I'll do the research and bring back to the committee.
- What can we do as a commission to help you get to your goals?
  - Read the policy brief, reach out if you have any questions/ideas.

## **Standing Committee Reports**

### **Committee for Children & Youth Service**

Reported by Frieda Edgette

- Last month we had Ziomara Ochoa give an update on the results of the crisis care continuum for young people.
- In addition to usual partners, stakeholders across sectors were also invited and present.
- Continuing to use the dyad leadership approach to pair a youth with an adult co-lead. They have developed an AI Gemini search engine called searchmentalhealth.com for mental health services. Making sure to re-engage and expand the group to start beta testing.
- Excited to announce in partnership with Office of Education, they have a youth summit on 12/4 from 4-7PM. Intention is to bring together young people as well as educators and care givers and do some assumption busting around young people's behaviors.
- Next meeting, Mary McGrath from the San Mateo County of Education will be presenting on the United 4 Youth Wellbeing Strategy. Join us!

Next meeting is Wednesday, November 20, 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

- We are preparing for November's Heart & Soul tour. We will be there to learn about their programs and plans for their calendar for end of the year.
- We are also planning a meet and greet potluck in January.

Next meeting is Wednesday, November 20, 2024, at 10:30 a.m. and will be a site visit tour of Heart & Soul.

### **Committee for Older Adult Services**

Reported by Jean Perry

- Talked about the ways communications go from client to service providers.

Next meeting is Wednesday, November 13, 2024 at 1 p.m. In-person at 2000 Alameda De Las Pulgas, Suite 200, San Mateo, CA 94403 Virtual: [Zoom](#) or dial 669-900-6833 Meeting ID: 944 8158 6160

### **Committee for Alcohol and Other Drug Services**

Reported by Paul Nichols

- Last meeting there was a Zoom presentation focused on a new county service/program offered through Our Common Ground. It's called contingency

management program where they provide an incentive to people in recovery to maintain their recovery. It is a 12-week program.

- Every time they provide a negative urine analysis test, they get a incentive (gift card). We learned to say "negative" or "positive" versus "clean" or "dirty".

Next meeting is Wednesday, November 13, 2024, at 4 p.m. and will be a site visit tour of allcove San Mateo.

### **Mental Health Services Act Steering Committee**

Reported by Leti Bido and Jean Perry

- We are in the midst of planning upcoming quarterly meeting on 12/5 at 3PM. There are two action items re: MHSA
- Outcomes workgroup has started. Another meeting is happening in November and December.
- All MHSA information including the MHSA Outcome Workgroup materials can be found on the MHSA website, [www.smchealth.org/MHSA](http://www.smchealth.org/MHSA), under the "Announcements" tab.

Next meeting is Thursday, December 5, 2024, at 3 p.m. In-person: San Mateo Public Library, Laurel Room Virtual: Zoom or dial 669 900 6833 Meeting ID: 892 2421 4146

### **Director's Report presented by Dr. Jei Africa**

See attached slides.

- Received 751 applications for four positions in Psychiatry Residency Training Program. Very diverse pool.
- Integr8 (EPIC) went live on 11/2 for the first Wave (Primary Care Interface and some youth teams) and Wave 2 planning will probably begin in January 2025. All the rest of BHRS will be in Wave 2. Planned go live for Wave 2 is early 2026.
- Still waiting on licensing/certification for Cordilleras MHRCs.
- Related to Prop 1: working on pre-application for BHCIP ideas including ADA improvement for Serenity House (crisis residential), Opioid treatment clinic in the VA, and youth crisis campus.
- Related to comments about Caminar: I'm not in a position to speak on behalf of Caminar's leadership but I can say from our end that we worked really hard to come up with sustainable solutions to address their concerns; we provided options in our meetings with them, but it was their decision to close their programs. Caminar shared many factors that influenced their decision. BHRS priority now is to ensure appropriate transition of the clients, so their care isn't impacted. I suggest that Caminar staff continue to speak to their leadership if they have questions.

### **Public Comment on the Director's Report**

- What are the ADA improvements made to Serenity House?
  - They are expanding on the wheelchair raises so that people who are in wheelchairs can better access to the rooms.
- 29 referrals for Care Court seems like a small number. What are your thoughts on the referral number?

- The initial projection for CARE Court is low. The focus of Care Court is for people who have schizophrenia that have not been involved engaged at all, so the projection was low from the beginning. We also just started in July.
- The referrals are from a variety of sources: family members, treatment providers, etc. There are currently 11 petitions.
- Will each client at Caminar have a transition plan?
  - Yes. Our priority is to get continue to get the care they need and find the appropriate level of care.
- When AOD did a site tour visit at Sitike, we learned a lack of sufficient reimbursements because of CalAIM changes, they weren't able to maintain half of their staff. They then met with the Gates Foundation which would potentially offer \$25,000 to maintain the 50% level services. It seems something is wrong in the calculations for the level of reimbursements. For example, the detox center is also going to be closed by the end of the year. Where is the point that we can say this is not working?
  - One of the shift that is happening with CalAIM is payment reform. Rates have been a concern.
- Can we use other funding sources like Measure K?
  - There are providers who are receiving Measure K funds and that is through the CEO's office.
- If a contractor currently has contract to provide services but are no longer required to provide the service, can we request an RFP?
  - Yes, we are issuing an RFP to look locally for providers who can either provide a similar service or expand their service.
- We were told to speak to our Caminar higher ups which we understand. However, I specifically came here to get more clarity from the BHRS side because there is a dialogue between BHRS and Caminar. I hear something about a transition plan, but I haven't heard any additional support coming from the county.
- We're here partly about Redwood House and also to advocate for our patients. We're interested to learn what went wrong here, but more importantly where will our patients be transferred to. I think there is a real lack of transparency within San Mateo County and the mental health system.
- What is the measures to determine which counties get what rates? Maybe not an easy question, but maybe the county can take a look at this in a more comprehensive way and report back to commission.

**Liaison, Task Force and Ad Hoc Committees**

Suicide Prevention Committee

Reported by Yoko Ng

- We had a guest presentation by San Mateo County Coroner's Office Chief Deputy Elizabeth Ortiz. The presentation included topics such as deaths due to motor vehicles and overdose data collection on disability status.
- The committee also announced our new co-chair Crisis Center Director Taylor Coots.

Next meeting is December 3rd at 1:30PM via [Zoom](#).

Legislative Committee

- No report given.

## New Member Committee

- No report given.

## QIC Committee

Reported by Jean Perry

- There were two policies presented on and moved forward for vote.
- One was on policy on moonlighting for individuals in psychiatry residency program.
- Other policy was on Pathways to Wellbeing, an ICPM service provision related to services for youth in the foster system. This is a revisit of the Katie A policy in the past.

## Site Visits Committee

- No report given.

## Cal BHB/C

- A two-day workshop about how commission works occurred on 10/19-20. It was attended by 34 counties in CA. Great presentation by state commission
- You can go online and request a binder for best practices on commissions.

## Youth Commission (to be removed from this section in the next agenda)

- No reports

## Old Business

- Retreat decided to be on Saturday, 1/11, 10 a.m. to 3 p.m. at Foster City Community Center. Looking for facilitator. Details for agenda coming soon.
- **Action Item:** *Vote to Close the 30-Day Public Comment Period for an Amendment of the Mental Health Services Act (MHSA) Annual Update, Fiscal Year (FY) 2024-25.*
  - Feedback given around legal considerations and staffing for Pet Care for Clients proposal
  - The summary of all Public Comments received, and reference materials for the proposed Amendment to the MHSA Annual Update for FY 2024-25, can be found on the MHSA website: <https://www.smchealth.org/MHSA>, under the “Announcements” tab.
- ▶ **M/S/C** Nichols/ Keohane, passed unanimously
- **Action Item:** *Vote to Submit to the Board of Supervisors the Amendment of the Mental Health Services Act (MHSA) Annual Update, Fiscal Year (FY) 2024-25.*
  - ▶ **M/S/C** Bido/ Bell, passed unanimously

- **Action Item: Vote for Slate of Officers**
  - Unopposed
    - Jean Perry for Chair
    - Michael Lim for Member at Large
    - Dan Keohane for representative of statewide organization
  - ▶ **M/S/C Garcia/ Nichols**
    - Opposed
      - Co-Vice Chairs: Commissioner Ng and Commissioner Bido
      - Motion to have them both be co-vice chairs
  - ▶ **M/S/C Nichols/ Rasmussen**

**NEW BUSINESS**

**Meeting Adjourned:** The meeting adjourned at 5:41 p.m.  
by Commissioner, Chris Rasmussen

**Next BHC Meeting:** Wed, December 4, 2024, from 3:30-5:30 p.m.  
Hybrid meeting  
Information will be posted on  
[www.smchealth.org/bhrs/mhsa](http://www.smchealth.org/bhrs/mhsa)

**Next Executive Committee Meeting:** Wednesday, December 4, 2024, at 5:30p.m.  
College of San Mateo  
College Center, Building 10, Room 468, and  
840 Deep Woods Trl, Polebridge, MT

PLEASE BE SURE TO CONTACT CHANTAE ROCHESTER AT 650.573.2544 OR KRISTIE LUI AT KFLUI@SMCGOV.ORG. 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.