



Behavioral Health Commission

Unadopted Minutes

Wednesday, December 4, 2024

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

**COMMISSION MEMBERS PRESENT:** Dan Keohane, Chris Rasmussen, Kristen Kurczak Nightingale, Victoria Yu, Paul Nichols, Leti Bido, Laura Gomez, Frieda Edgette, Michael Lim, Yoko Ng, Lavanya Poreddy, Rubi Garcia, Sid Palani, Bill Silverfarb, Jean Perry (online)

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

**COMMISSION MEMBERS ABSENT:**

**Excused:** Kristina Bell, Allen Bustos

**Un-excused:** Ryan Lopez

**OTHERS PRESENT (in-person):** Jana Spalding, Claudia Saggese, Doris Estremera

**OTHERS PRESENT (online):** Pat Willard, Calvin, Carolyn, Eric, Jo, John McMahon, Jonathan, Lanajean, Susan Cortopassi, Marie, Sydney Hoff, ShaRon Heath

### **CALL TO ORDER**

The meeting was called to order at 3:40 p.m. by Commissioner Jean Perry

### **INTRODUCTIONS**

Commissioners introduced themselves.

### **APPROVAL OF TODAY'S AGENDA**

Approval of the Agenda with the following change:

- None
  - ▶ **M/S/C** Edgette/Garcia

### **APPROVAL OF MINUTES**

Approval of the minutes from the following meetings:

- November 6, 2024, Behavioral Health Commission Meeting Minutes
  - ▶ **M/S/C** Keohane/ Nichols

### **Correspondence, Announcements, and Public Comment**

- Pat Willard – As a current member of the MCRT steering committee, I appreciated Dr Africa's presentation to the Board of Supervisors. While the MCRT response time is a little over 30 minutes and this is below the state mandate, this is not a victory since San Francisco's response time is 17 minutes. In early 2025, I will start a campaign to ask the Board of Supervisors for more funding for five more teams.

## **PRESENTATION**

### Office of Consumer and Family Affairs 20<sup>th</sup> Anniversary

Presented by Jana Spalding

- I have worked in different parts of the behavioral health system for 20 years, and I am a person with a diagnosis of a major psychiatric illness in recovery as well as a family member.
- Gail Bataille and Louise Rogers were responsible for bringing in Linford Gayle who became the first coordinator of the Office of Consumer and Family Affairs (called the Office of Consumer Affairs at the time). While Linford is no longer with us, his work has left a lasting impression.
- Peer Support is an evidence-based practice. Peers have long provided support in prevention, early intervention, treatment, recovery and crisis services.
- In September 2020, Governor Newsom recognized the true power of Peer Support Specialists by signing the SB 803 into law.
- BHRS has 13 Peer Support positions and 11 Family Peer Support positions.
- One position supports family peer support of adults, and this is a position I would like to see more of.
- One of our programs, Lived Experience Academy, coaches people in how to share their stories. Those who are certified become part of our speaker's bureau.
- Just this year, on October 17, 2024, we were able to present a resolution to the Board of Supervisors on Peer Support Workers and have the resolution passed.
- OCFA demonstrates that people in recovery can tell their stories, but they can also manage contracts. They can also coordinate grievances. They can also respond to people's calls for assistance in navigating through the system. They can show up to work every day and be reliable.
- In the next years we look forward to:
  - Clarifying, strengthening and growing the recovery model and peer support role
  - Leveraging the BHRS grievance process to inform improvements in service to our clients
  - Playing a leadership role in existing and emerging efforts to integrate substance use disorder and mental health support
  - Strengthening and improving effectiveness of OCFA and BHRS' relationships with community organizations as they service consumer and families to pursue their goals and dreams.

### **Public Comment on Presentation:**

#### Comments, Questions & Responses

- I would love to continue working with Jairo and Michelle to continue utilizing the lived experience academy.
  - We have 2 coming up in the new year. One in English and another in Spanish.
- Is there an LEA targeted to youth?
  - We don't. We have partners who do small groups and 1:1 but that is a great suggestion.
- Where are most clients introduced to your work?

- OCFA does not provide direct services. We support behind the scenes work. E.g. Filing of grievances. Our office handles all filed grievances. We are often helping broker new relationships with clients within BHRS.
- I wanted to congratulate you all. This has been paramount work and truly centered around lived experience.
- As I understand your mandate, there are two big silos, grievances and trainings, is this correct?
  - Yes, both with the two big goals of how to advocate for yourself and other. Another part is supporting the establishment of growth in peer support as a profession.
- How do you measure success, what can do the commission do to support?
  - One of the things that came out of our strategic meeting today was the elimination of stigma. Someone said we will know we will have advanced the cause of combatting stigma when other professionals within BHRS can start disclosing their own mental health struggles.
- How do you advertise the peer support positions?
  - Usually by word of mouth; they're all available on state websites
- One of the toughest jobs of OCFA has been trying to change culture of self-stigma and ability to ask for help. I hope as it grows, Jana can come back and give a presentation on peer support specialists. I would love to see in addition to medication and therapy, an addition of peer support services.
- One of the successes of OCFA has been including Spanish and keeping it a bilingual program.
  - Yes, this aspect has been very important to me as well. We actually have a new peer support specialist who speaks Mandarin and Cantonese.
- I think we need another presentation on peer support in general.
- Regarding the conversation around awareness, I recall Dr. Africa talking about a back log of getting peer supports certified.

## **Standing Committee Reports**

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

Reported by Frieda Edgette

- We have postponed our youth uplifting summit in the spirit of getting through the holiday season. It will be centered on lived experience
- We are also beta testing our pathways tool which is website based. We are in the recruitment process of gathering people for the beta test.
- Pathways Interest Form: <https://forms.gle/xm74X4URcV7GSEeb7>  
Next meeting is Wednesday, December 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

- We would like to invite the Adult Recovery Committee and BHC to tour Heart & Soul in the near future to learn more about their program that also highlights peer support and other family support services.
- January 15<sup>th</sup> at 2000 Alameda de las Pulgas we will host a potluck.

Next meeting is Wednesday, December 18, 2024, at 10:30 a.m.

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

Reported by Jean Perry

- No report given.

Next meeting is Wednesday, December 11, 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

- No report given.

Next meeting is Wednesday, December 11, 2024, at 4 p.m.

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

Reported by Leti Bido

- We are meeting tomorrow, 12/5 at San Mateo Public Library.
- MHSA Steering Committee Meeting  
Thursday, December 5, 2024 (hybrid meeting)  
3:00 pm – 4:30 pm
- Agenda, slides, zoom link and other meeting details can be found on the MHSA website, <https://www.smchealth.org/MHSA>, under the "Announcements" tab.
- Bulk of meeting will focus on Prop 1 transitions.
- There will also be a presentation on the SMC health improvement plan.

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.

- We've restarted the BHRS Welcome of New Hires to enhance a sense of belong with new employees and highlight resources and priorities. The responsibility will eventually shift back to Dr. Tardiff (Workforce Education and Training Director)
- Director's Newsletter's is a Year in Review, and we are also including more data per feedback including sexual orientation / gender identity data.
- We really want the staff we are hiring to reflect the clients we are serving.
- We are thinking about how we can, as a system, be prepared to really be culturally responsive, gender responsive to the folks that we are seeing.
- Canyon Vista center is open, and we have begun moving clients over. There is housing for up to 57 clients. 28 beds for permanent housing and 29 beds for up to 24 months stay.
- Follow-up information suicide data in jails from Sylvia Tang's presentation
  - Information from Correctional health Services (Darryl Liu)
    - "Among the 13,458 people that were booked and released in 2019, there were 247 deaths that occurred among former inmates. Of the 247 deaths, 9 of the deaths were suicides. The median number of weeks between release and a suicide death was 45 weeks, including 1 suicide death that happened within a week of release."
- Follow-up information on Z-codes

- We asked how many staff who diagnose clients include Z-codes in their treatment plan or assessment.
  - There were about 400 providers who entered a diagnosis in FY 23-2. Of those 400, about 100 entered at least one SDOH Z-code and about 8% of those Z-codes focused on housing and economic supports.
  - There is definitely some work to do.
- BHRS HEAL Staff Melissa Gonzalez won first place for County's Innovation Challenge. Their idea was for individuals who were unhoused who live in RVs can sell back their RVs to the county for up to \$6000 once they are housed.

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**Public Comment/ Questions on the Director's Report**

- Re: Z-codes, what are the realistic next steps?
  - Laura Shih, who is manager of Office of Improvement and Innovations to figure out who is using z-codes and if not, what are the barriers?
- Was the Mobile Crisis Response Team through 988?
  - One way is through 988, and another is through the 10-digit county number through StarVista. We are working to eventually also include better coordination with 911. I believe there is work at the state on this issue.
- Re: workforce retention, what are the percentage changes?
  - When I first came on it was 19%. Now it is at 11%.

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

Suicide Prevention Committee

Reported by Yoko Ng

- No report given.

Next meeting is January 7 at 1:30PM via [Zoom](#).

Legislative Committee

- No report given.

New Member Committee

- No report given.

QIC Committee

Reported by Jean Perry

- No report given.

Site Visits Committee

- No report given.

Cal BHB/C

- No report given.

**Old Business**

- Retreat is set for January 11<sup>th</sup> from 10 a.m. to 3 p.m. Committee is looking for feedback on the team bonding activity. A survey will be sent out.

**NEW BUSINESS**

- Nominations for George Culores Hall of Fame now open. Award will be given during February meeting.
- Nomination form: <https://www.smchealth.org/general-information/bhc-awards>

**Meeting Adjourned:**

The meeting adjourned at 5:32 p.m.  
by Commissioner, Jean Perry

**Next BHC Meeting:**

Wed, February 5, 2025, 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:**

Wed, February 5, 2025, at 5:30p.m.  
College of San Mateo  
College Center, Building 10, Room 468, and  
Millbrae Library

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.