



SAN MATEO COUNTY HEALTH
**BEHAVIORAL HEALTH
& RECOVERY SERVICES**

Behavioral Health Commission 2021-22 Annual Report

DRAFT

Introduction

The Behavioral Health Commission (BHC) is committed to the involvement of diverse communities, key stakeholder organizations and individuals and family members with lived experience-especially those who rely on the public mental health system and alcohol and other drug (AOD) services – in the design and evaluation of San Mateo County’s Behavioral Health and Recovery Services (BHRS). The BHC will continue to support San Mateo County’s local BHRS efforts to balance program accountability and compliance with Federal, State, and local laws and regulations with a continuing focus on quality and innovation. Finally, the BHC will support our behavioral health system’s core values of recovery/resilience/wellness and cultural competence through all of its activities.

BHC Membership

The San Mateo County Behavioral Health Commission consists of positions of 19 regularly appointment members, with one position designed for Law Enforcement, two Youth Commissioners and member of the Board of Supervisors (BOS). The Behavioral Health Commission appreciates Supervisor Dave Pine’s support on the Commission as well as the active participation of his staff, Randy Torrijos. All appointed members have full voting rights.

Changes in Commission Representation

This year the commission had the following changes to its membership:

The following members resigned and/or retired from the commission:

- Patricia Way – retired 09/30/21
- Jan Wongchuking – resigned 01/27/21

We welcomed the following new members to the commission:

Chelsea Bonini – appointed 09/15/21
Frieda Edgette – appointed 10/22/21
Paul Nichols – appointed 10/20/21
Candice Hawley – appointed 09/15/21
Michael Lim – appointed 06/08/21

Roles and Responsibilities of the BHC

1. Review and evaluate the community’s mental health needs, services, facilities, and special problems
2. Review any County agreements entered into pursuant to Welfare & Inst. Code 5650
3. Advise the Board of Supervisors and the San Mateo County BHRS Director as to any aspect of the local behavioral health program
4. Review and approve the procedure used to ensure citizen and professional involvement at all stages of the planning process
5. Submit an annual report to the governing body on the needs and performance of the County behavioral health system
6. Review and make recommendations on the application for the appointment of the Director of BHRS
7. Review and comment on the County’s performance outcome data and communicate its findings to the California Association of Behavioral health Boards and Commissions (CABHB/C)

BHC General Meetings

The Behavioral Health Commission holds its regular meetings on the first Wednesday of each month at 3:30 p.m. except in August. Since May of 2020 the meetings have been held virtually via Zoom.

BHC Standing Committee Meetings

All Standing Committee meetings have been meeting virtually since May of 2020.

- The BHC Executive Committee meets the third Wednesday of each month at 3:00 p.m. via Teams
- The Children and Youth Services Committee meets the third Wednesday of the month at 4:00 p.m via Zoom
- The Committee for Adult Services meets the third Wednesday of each month at 10:30 a.m. via Teams
- The Committee for Older Adult Services meets the first Wednesday of each month at 11:00 a.m. via Teams
- The Committee for Alcohol and Other Drug Services meets the third Tuesday of each month at 1:00 p.m. via Teams

Previous Years' Goals

1. Maintain a full and active membership
2. Continue to explore ways to engage new members
3. Aim to have annual retreats
4. Advocate for community needs
5. Expand crisis services
6. Fulfilling BHC'S Mission
7. Commission and Community Education

BHC Accomplishments for 21-22

1. Welcomed 5 new members
2. Update the commission bylaws
 - a. Changed the language in the bylaws to more inclusive
 - b. Added the Mental Health Services Act Steering Committee as a Standing Committee of the commission
3. Changed the name of the commission from Mental Health Services & Recovery Commission to Behavioral Health Commission
4. Established a Mental Health/Law Enforcement Ad/Hoc Committee
 - a. To provide recommendation to the BHRS Director and the BOS on programs to improve mental health and law enforcement response to individuals experiencing mental health issues in the community
5. Established a Legislative Ad/Hoc Committee
 - a. To speak with the BO, elected officials, and other community members to let them know about the commission and to build relationships
6. Provide leadership and participate in the planning, development, and implementation of the MHSA programs and services
 - a. The MHSA Steering Committee meets quarterly
7. The commission recognized members of the community for their contributions to the mental health and substance use community
 - a. George Culores Hall of Fame Award recognizes consumer/clients who made contributions to better the lives of others in the mental health community. The 2022 award was given to Michael Krechevesky
 - b. Tony Hoffman Community Mental Health Service Award recognizes individuals, professionals, businesses, and the media who have made a difference in the lives of

people living with mental health challenges in San Mateo County. The 2022 Honorees:

- i. Karen Chavez – Service Provider
 - ii. Valerie Bor – Service Provider
 - iii. Seton Medical Center, Geriatric Behavioral Health – Service Provider
 - iv. Health Ambassador Program – Service Provider
- c. David Lewis Award recognizes an individual or organization who has made outstanding contributions towards recovery. The 2021 award was given to William Alexander.

Issues to be addressed and/or recommendations to the BOS

Ongoing Activities

1. The BHC is aware of the need and strength derived from ethnic inclusion, especially of consumers and family members on our Commission. We will continue to advocate and promote involvement of diverse members
2. The BHC continues to follow up with the BOS on the housing report the BHC submitted to the BOS in 2016 to stay abreast of the work and progress around finding affordable, stable housing for our clients/consumers within San Mateo County
3. Ongoing review of data regarding performance of the system, including client outcomes and BHRS
4. Community education and awareness
5. Improve access to services
 - a. “No Wrong Door”
6. Advocate to expand detox programs
7. Continue working on expanding the continuum of housing supportive services

Goals for Fiscal year 2021-2022

1. Interface with Law Enforcement
 - a. Coordination of all relevant resources at the cities and county level
 - b. Cultivation of the relationship and coordination with Fire and EMS
 - c. Advocate to expand PERT
 - d. Learn from the Stanford study and other data
 - e. Focus on youth
2. TELEHEALTH
 - a. Review of related program(s) currently in existence
 - b. Focus on older adults and immigrant population, who struggle more with telehealth
 - c. Learn about success rate of telehealth and develop a deeper understanding of how it works with mental health and substance use disorder population

Commission Roster

Name	Position	Appointed
Sheila Brar	Chair	12/12/17
Chris Rasmussen	Vice Chair	12/05/17
Candice Hawley		09/15/21
Chelsea Bonini		09/15/21

Cherry Leung	CABHB/C	12/05/16
Frieda Edgette		10/22/21
Jean Perry		03/10/20
Kristina Bell	Law Enforcement	12/01/20
Leticia Bido		12/12/17
Michael Lim	Member at Large	06/08/21
Paul Nichols		10/20/21
Yoko Ng		12/05/17

Behavioral Health Commission
Children & Youth Committee

Committee Members	Youth Action Board Members
Frieda Edgette, Chair Katelyn Chang, Youth Action Board Co-chair Hudson Fox, Youth Action Board Co-chair Ziomara Ochoa-Rodriguez, Staff Chair Nicola Freeman, Staff Liaison Mysty Seago Paul Nichols Sonia Sanchez William Elting Yanira Ortega Yolanda Ramirez Zean Andreani	Hudson Fox, Co-chair Katelyn Chang, Co-chair Abraham Alfakhoui Alex Briggs Grace Zheng Kruthi Kumar Mar Hudson Tina Sum

Priorities and Goals

1. Enhance youth voice, advocacy, and leadership in San Mateo County Youth Behavioral Health Services
2. Empower parents and caregivers with knowledge, resources, and support
3. Address increase in youth with substance use conditions via networks and outreach

Activities/Outcomes

1. The Youth committee expanded to include 9 new members and 8 youth action board members, and 4 county staff members and 4 active BHC commissioners
 - a. The Youth Voice workgroup transitioned into the Youth Action Board
 - b. Active distribution list of more than 80 contacts
2. Established a workgroup to create a roadmap that includes:
 - a. Youth personas based on observed behavioral signs and symptoms
 - b. Parental rights
 - c. Key questions to ask
 - d. What to expect in timing, access, barriers, and needs
 - e. Where to go
 - f. List of organizations for support

3. Partnered with Alcohol and Other Drug (AOD) Services to understand the landscape and to collaborate
4. Distribute new Youth SOS-relevant information to growing partner list with update information on mobile crisis response

List of Ongoing Activities

1. Ongoing development and expansion of the Youth Action Board to reflect the diversity and makeup of San Mateo County
2. Ongoing development and prototyping of the Parental Roadmap Resource
3. Ongoing support, promotion, and continuous improvement/expansion of youth crisis mobile services

Issues to Be Addressed/Recommendations for the BOS

- Stipends for Youth Action Board (YAB) members

Priorities/Goals for FY 2022-2023

1. Create San Mateo Countywide network of youth peer support in the schools (YAB-Led)
2. Develop and facilitate public awareness campaign via social media to showcase peer stories of resilience and recovery, as well as SMC resources and peer support circles (YAB-Led)
3. Create prototype of Parental Roadmap that: (1) demystifies the process for gaining support for a young person in need, (2) empowers with rights, (3) outlines what to expect, and (4) links to networks of support
4. Continue to support the growth of youth mobile crisis response in SMC

Behavioral Health Commission
Adult Recovery Commission

Committee Member	Committee Members continued
Yoko Ng, Chair Karen Krahn, Co-Chair Nicola Freeman, Staff Liaison A small Greenwood-Goodwin, Heart & Soul Erica Horn, California Clubhouse Joseph Kilmas, Telecare-Cordilleras Sharene Rodamaker, Telecare-Cordilleras Jean Perry, BHC Commission	Crystal Hutchinson, Telecare- Cordilleras Chang Chun (Alice) Chiang, Cordilleras MHRC Chris Robinson, Caminar Jairo Wilches, OCFA Alexandra Amaya Christina Innes Emie Ybarra Patricia Neme

Previous Years' Goals/Objectives

1. The group will seek out guest speakers regarding disaster planning for clients and their families, including disaster preparation, specifically related to fire and flood
2. The Adult Committee will continue to explore total wellness and smoking cessation services programs for individuals with mental illness
3. The group is interested in having a speaker from Aging and Adult Services (AAS) to speak regarding probate conservatorship
4. The committee would like to stay up to date on Alcohol and Other Drug (AOD) programs and services. We will actively recruit and secure representation from our AOD partner to participate in the committee
5. The committee is dedicated to continued support of peer and family run virtual services and programs
6. The committee is committed to supporting racial equity and fighting racial injustice in our healthcare system

Activities/Accomplishments

- California Clubhouse
- Total Wellness presentation
- LPS Conservatorship presentation
- IMAT presentation
- MHSA Funding brainstorming
- Lived Experience Academy Life Stories
- Phoenix Garden

Ongoing Activities

- Budget updates
- BHRS system structure
- Explore resources and services from presentations and tours
- Increase member numbers and participation in the committee

Needs to be Addressed/Recommendations for the BOS

1. What is being done to address funding issues?
2. How are gaps in services and needs among consumer-based organizations being filled?
3. Status on filling open positions, and retention plan

Goals/Objections for Fiscal Year 2022-2023

1. Legislation advocacy, bills, and actions regarding behavioral health
2. Invite various groups to provide regular input regarding gaps in service and barriers for our clients
3. CalAIM process updates
4. Increase awareness of Peer Certification
5. The group will see out guest speakers regarding disaster planning for clients and their families, including disaster preparation specifically related to fire and flood
6. The committee is dedicated to continued support of peer and family run hybrid services and pandemic recovery
7. The committee is committed to supporting racial equity and fighting racial injustice in our healthcare system

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Behavioral Health Commission
Older Adult Committee

Committee Member	Committee Member Continued
Jean Perry, Chair Mariana Rocha, Co-chair Nicola Freeman, Staff Liaison Cristina Ugaitafa Susan Houston Ophelie Vito Deborah Bellinger-Wright John Butler Candice Hawley Claudia Saggese	Craig Pokcywka Rochelle Mullen Stella Zang Arlene Aquino Maria Gongora Dyshun Beshears Jen LaPlanete Calvin Sheldon Paul Nichols

Previous Years' Goals/Objectives

1. Continue to support implementation of MHSA, especially in regards to programs and services for the older adults
2. Continue to monitor primary care interface with behavioral health
3. Collaborate with AAS in promoting integrated care that includes physical, mental, and social health
4. When covid restrictions allow, re-instate site visits to programs (MHSA and other) serving the older adult population
5. Revisit outreach to the Commission on Disabilities to improve recognition that mental illness is a disability
6. Recruit new members to the Older Adult Committee
 - a. Maintain attendance at 8-10 regular participants
7. Continue to monitor older adult access to digital health with special attention to Help@Hand and WYSA app
8. Be willing to recommend support for older adults and their changing needs post covid. Follow the impact of any proposed budget cuts in health and behavioral health.

Activities/Accomplishments

Ongoing Activities

1. Continue to support implementation of the MHSA
2. Continue to monitor Primary Care Interface with Behavioral Health

Need to be Addressed/Recommendations to the BOS

- Need data to close the gaps to allow for recommendations to QIC and PIP

Goals/Objectives Fiscal Year 2022-2023

The Older Adult Committee will discuss their goals at the 12/7 meeting.

Mental Health Services Act Steering Committee

Committee Members`	Committee Members continued
Leticia Bido, Co-chair Jean Perry, Co-chair Doris Estremera, Staff Liaison Adriana Furuzawa, Family Services Agency Chris Rasmussen, BHC Jairo Wilches, OCFA Juliana Fuerbringer, California Clubhouse Kava Tulua, One East Palo Alto Maria Lorente-Foresti, ODE	Mary Brier, North County Outreach Collab Mason Henricks, SMC Office Education Melissa Platte, Mental Health Association Michael Lim, BHC Michael S. Horgan, Heart & Soul Paul Nichols, BHC Sheila Brar, BHC ShaRon Heath, Voices of Recovery

Previous Years' Goals/Objectives

1. Host four MHSA Steering Committee meetings
2. Facilitate two MHSA Workgroup processes
3. Inform stakeholders on Housing Initiative Taskforce Recommendations implementation progress
4. Provide input and recommendations on the MHSA Annual Update

Activities/Accomplishments

1. The Steering Committee Hosted four meetings
 - a. September 21, 2021; December 2, 2021, February 3, 2022, and May 5, 2022
2. Facilitated two workgroups
 - a. Full-Service Partnership Workgroup, September – November 2021
 - b. Innovation (INN) Planning Workgroup, February – April 2022
3. Stakeholders were informed/engaged on the progress of housing and recommendations
4. The MHSA Annual Update

Ongoing Activities

- MHSA Steering Committee meetings continue to be hosted quarterly and MHSA workgroups continue to be facilitated
- INN planning continues with 4 INN ideas being selected, developed into full proposals
- Implementation of the MHSA Housing Taskforce Recommendations and the FSP Workgroup Recommendations continue
- The program outcomes and data are being collected for the FY 2022-23 MHSA Annual Update

Needs to be Addressed/Recommendations to the BOS

1. MHSA revenue has more than doubled in the past 5 years between FY 2015 (\$22.1M) and FY 2021-22 (\$48.5 M). Aside from program improvements and expansions, new program planning is unavoidable given these significant revenue increases and necessary to meet the evolving behavioral health needs. The needs to support this level of increased programming and continuous improvements is twofold:
 - a. BHRS permanent staffing to support new program development (planning, procurement, fiscal, admin, IT, QI) and to support the ongoing needs of existing and new programs (clinical, program analyst, support staff) to monitor, ensure continuous improvement and collaborate with clients, stakeholders, and contracted providers both clinically and administratively

- b. Increasing the pool of non-profit agencies and adequately funding agencies to provide quality services with appropriate salaries for staff
2. Increased opportunities and supports in the workforce for those with lived experience
3. Improved access to and collection of data to support outcomes-based planning and programming

Goals/Objectives Fiscal Year 2022-23

1. Host 4 MHSA Steering Committee Meeting
2. Facilitate MHSA Workgroup processes
3. Inform stakeholders on the progress and impact of all workgroup recommendations
4. Provide input and recommendations on the MHSA Annual Update
5. Assess MHSA Steering committee feedback, membership, and participation demographics. When comparing race/ethnicity demographics to San Mateo County census data, Asians are underrepresented by 15% and Latinx are underrepresented by 8%