

**MONTHLY MEETING MINUTES
MENTAL HEALTH COMMISSION (MHC)
May 1st, 2024 – FINAL**

Agenda Item / Discussion	Action /Follow-Up
<p>I. Call to Order / Introductions Cmsr. L. Griffin, MHC Chair, called the meeting to order @ 4:31 pm. <u>Members Present (In-Person):</u> Chair, Cmsr. Laura Griffin, District V Cmsr. Ken Carlson, District IV Cmsr. Gerthy Loveday Cohen, District III Cmsr. Tavane Payne, District IV Cmsr. Vanessa Rodgers, District IV Cmsr. Barbara Serwin, District II Cmsr. Geri Stern, District I *(via Zoom) Cmsr. Gina Swirsding, District I Cmsr. Contesa Tate, District V</p> <p><u>Speakers</u> Dr. Daniel Becker, MD, Vice Chair of Adult Services, UCSF Eme Williams, author and student at Athenian School, Lafayette, CA</p> <p><u>Other Attendees (*in Person):</u> Colleen Awad (Supv. Carlson’s ofc)* Angela Beck* Jennifer Bruggeman, Program Manager, Mental Health Services Act (MHSA)* Y’Anad Burrell Logan Campbell Elaine Cortez-Schroth, Contra Costa Crisis Center Douglas Dunn Dr. Stephen Field John Gallagher Liliana Gonzalez Gursimran (Simma) Khahera Jennifer Quallick (Supv. Andersen’s ofc) Jennifer Tuipulotu Tai Williams</p>	<p>Meeting was held at: 1025 Escobar Street, Martinez, CA 94553 and via Zoom platform</p>
<p>II. PUBLIC COMMENT: None.</p>	
<p>III. COMMISSIONER COMMENTS: None.</p>	
<p>IV. CHAIR COMMENTS/ANNOUNCEMENTS:</p> <ul style="list-style-type: none"> ➤ “May is Mental Health Awareness Month” Presentation to the Board of Supervisors (BOS) May 14th Meeting 10:00am, including Ms. Williams and the SPIRIT graduates and members of the Office for Consumer Empowerment (OCE). ➤ Resignation of Dr. Rhiannon Shires, PsyD from the commission, effective 4/29/24 ➤ New Commissioner: Y’anad Burrell, District I, to be appointed on May 14, 2024 ➤ Children’s Crisis Stabilization Unit (CCSU) Open House (last Friday, April 26) ➤ Reminder: Commissioner Orientation/Training (Module 1) on June 5th at 3:00pm. Mandatory In-Person for all new commissioners and strongly encouraged for all. There will be an agenda posted as it falls under the Brown Act rules but this will not be on Zoom (hybrid meeting), it is in person only. ➤ Reminder for all commissioners regarding Conduct and Attendance. 	

<p>V. APPROVE April 3, 2024 Meeting Minutes</p> <ul style="list-style-type: none"> April 3, 2024 Minutes reviewed. Motion: G. Stern, moved to approve the minutes as is. Seconded by T. Payne <p>Vote: 11-0-0</p> <p>Ayes: L. Griffin (Chair), K. Carlson, G. Loveday Cohen, S. Momoh, T. Payne, V. Rogers, B. Serwin, G. Stern, G. Swirsding, C. Tate, J. Towle</p> <p>Abstain: N/A</p>	<p>Agenda and minutes can be found:</p> <p>https://cchealth.org/mentalhealth/mhc/agendas-minutes.php</p>
<p>VI. RECEIVE Presentation from Athenian School Student, Eme Williams, author of "The Art of Mindfulness"</p> <p>Ms. Eme Williams, high school sophomore at Athenian School in Danville, working on her Girl Scout Gold Award Project, leading her to create the book “The Art of Mindfulness” and was inspired to write the book because of her own battles with anxiety starting at age 9. Struggling with her own mental health wellness journey and wanting to help others, her collaboration with clinicians from the Discovery Housing Center to create a free mental health art therapy book. The book is a creative way to explore self-discovery and emotional growth. Now the book is published and Ms. Williams is working on donating copies to the Discovery Housing Center to thank them and support their teen clients. She is working through many avenues to get the book out to as many schools and other organizations to distribute to all those that would benefit in their struggles with mental health wellness.</p> <p>Ms. Williams announced her book has been released and will be hosting an official book launch event on Sunday May 19th (8:00am-11:00am) at the Devil Mountain Run, a local fundraising event in the area for the Discovery Housing Center.</p> <p>Questions and Comments</p> <ul style="list-style-type: none"> (Cmsr. Cohen) Inquired about bringing guests, in particular students. RESPONSE: Yes, all are welcome. (Cmsr. Tate) Expressed that she is very proud and excited for Ms. Williams and inquired on how to donate. (Cmsr. Payne) Congratulating Ms. Williams on her accomplishment, and how impressed she is on her public speaking, and how composed and gracious she is. (Cmsr. Serwin) Spoke to lived experience with her own son’s and their struggles and therapy through art. (Cmsr. Towle) Asked if there were books available today and given information on how to obtain electronic version and when hardcopies will be available. (Cmsr. Swirsding) Invited her to the Juneteenth event to promote her book. (Cmsr. Griffin) Expressed her gratitude and appreciation for coming to speak about her book and experiences. 	<p>PowerPoint slide show presentation for this agenda item were shared to the Mental Health Commission via screen share.</p> <p>Documentation on this agenda item can be found:</p> <p>https://cchealth.org/mentalhealth/mhc/agendas-minutes.php</p>
<p>VII. RECEIVE Presentation on the Continuum of Care in the Community and the model of care at Langley Porter Psychiatric Hospital, SF by Dr. Daniel Becker, MD, Vice Chair of Adults Services, UCSF</p> <p>Dr. Becker spoke to the commission on the Continuum of Care in the community as well as addressed a list of questions from the commission and sent to Dr. Becker to answer prior to the meeting. Dr. Becker completed medical school 42 years ago and has been practicing in the psychiatric field following residency. Working in the Bay Area for the last decade. The past four years he has worked at UCSF and is the Vice-Chair for Strategy in the Psychiatry Department. He oversees Adult Services.</p> <p>One of his responsibilities is that he oversees Langley Porter Psychiatric Hospital – it is its own hospital at the Mt Zion campus in San Francisco, which is a small 38-bed (inpatient) hospital with an intensive outpatient (IOP) program, with stepdown levels of care. Average length of stay for patients is under two weeks. Approx. half of the inpatients leave the locked (24/7) unit to go to the partial hospital program</p>	<p>List of questions for this agenda item were shared to the Mental Health Commission in the agenda packet</p> <p>Documentation on this agenda item can be found:</p> <p>https://cchealth.org/mentalhealth/mhc/agendas-minutes.php</p>

where they come in five days a week for 4-5 hours a day. The purpose is to ensure they are stable and there is aftercare, etc. After another two weeks, some go on to clinic appointments or actual doctor visits. Some will go to a 6-8 week intensive outpatient treatment (3 days/wk, 3 hrs/day). IOP is to 'front load' therapy, they learn tools and practice, and check in during the week. The process takes time, some are good at learning in this mode, some people it takes longer. There is a lot of follow up to be successful.

The model of care is not much different than other models. Safety is first and foremost. Care plan is developed and monitored.

Dr. Becker went on to answer the questions provided prior to the meeting which were included in the agenda packet (Attachment B). The full discussion available to review through the ZOOM link listed.

Questions and Comments

- (Cmsr. Dunn via chat asked about sub-acute care bed needs in this county)
- (Cmsr. Burrell) San Francisco native, familiar with Laguna Honda. Can you share with what is happening with Laguna Honda? Also, the facility you are speaking to, can you share some demographics around age, ethnicity and sexual orientation? (RESPONSE: Dr Becker) I cannot speak to Laguna Honda as I am not familiar or responsible for their system of care. The demographics I do not have and would have brought some numbers. I can say it is very representative of those coming to emergency rooms in SF and San Mateo County. We do get referrals from neighboring counties. All walks of life and a broad socioeconomic range.
- (Cmsr. Towle) RE: Working in a Richmond locked facility – one of the biggest struggles with those with severe mental illness (SMI) was getting payment after treatment and MediCAL denial having to shut the hospital down. Do you find this is being 'cleaned up' or still a problem? (RESPONSE: Dr. Becker) Working on the provider side for so many years, feels the health insurance system is generally broken. We do better in California than most states but within any given health plan (broadly), it seems it is harder to access benefits for psychiatric disorders, esp. substance use disorders. Not known how it will be 'fixed' including those with jobs that have insurance and can't afford to go beyond their health coverage.
- (Cmsr. Serwin) Questioning Dr. Becker's statement regarding needing fewer beds than we actually think. What was the thinking behind that? (RESPONSE: Dr. Becker) Not regarding Contra Costa County (CCC). Often have people state they need more beds. It needs to be looked at from the perspective that the beds are being occupied by those waiting for other long-term care or lower level care. It is more expensive to build and staff the acute beds and because there are not enough after care beds, the acute beds are being used to fill that need. Those trying to get into an acute bed cannot access as they are being occupied by those waiting for another type of bed.

VIII. UPDATE on Proposition 1 and the MHC changes effective January 1, 2025

Joined by Logan Campbell, Chair of AOD (Alcohol and Other Drugs). The MHC and AOD will be integrating as of January 1, 2025. Both chairs had a meeting with Supv. Carlson and staff to discuss the changes and how to facilitate a smooth transition. No updates as of yet, waiting to hear from Ms. Awad and County Counsel on what this merged commission will look like. We will likely create an ad hoc committee to facilitate the merge. Positive changes ahead. This is an amazing opportunity moving forward.

<p>IX. UPDATE on the presentation to the Board of Supervisors (BoS) in May on Mental Health Awareness Month</p> <p>This year’s theme is Stigma and Recovery. Cmsr Serwin and Cmsr. Tate will be presenting, along with Dr. Tavano (waiting on confirmation) and this year we will also be including Eme Williams with an abbreviated version of her presentation we received today. We will also joined by Jennifer Tuipulotu along with members of SPIRIT and Social Inclusion. She has brought t-shirts to hand out to all that are attending the meeting to wear on May 14th at the BOS meeting.</p>	
<p>X. DISCUSS 2024 MHC Committee Goals/Action Items</p> <ul style="list-style-type: none"> ➤ Justice Systems Committee – Cmsr. Tavane Payne (Interim Chair): Last meeting cancelled due to some information not provided on time from the chair resigning. Ellen McDonnell (Public Defender) will be presenting at the May 21st meeting. It is time to set up facility visits. ➤ MHC Finance Committee – Cmsr. Tavane Payne: Following Round 5/6 BHCIP funding, any funding related to Care Court. Working with MHSA to set up site visits to review contracts and working as a partnership with MHSA. ➤ Quality of Care Committee – Cmsr. Barbara Serwin: Following up with the Mental Healthcare for K-12 schools in CCC by following the activities and development of the Student Behavioral Health Incentive Program (SBHIP) in our county. We will be reviewing the last set of bi-annual reports from the five schools districts in this program. We will look at what kind of advocacy would be useful to them to continue offering the services they are receiving after the grant ends in 2025. After which, we will be looking into the mental health needs of our county in general, the school districts that were not selected in the initial program. Lastly, we will be continuing the with the Site Visit Program (SVP) and collaborating with MHSA on the quality of care side of advocacy. <p><i><reminder to those who have not chosen a committee to serve on, please contact the chair of the committee and/or Cmsr. Griffin to be added as membership is low and the committees are in need of members></i></p>	
<p>XI. VOTE on 2024 MHC revised By-Laws edited by County Counsel</p> <ul style="list-style-type: none"> • MHC Revised bylaws were reviewed by county counsel. The changes were grammatic in nature for clarification. The agenda packet contained the redlined (track changes) and clean copy of these changes to vote to approve. Motion: T. Payne, moved to approve the changes by the county counsel. Seconded by C. Tate <p>Vote: 11-0-0 Ayes: L. Griffin (Chair), K. Carlson, G. Loveday Cohen, S. Momoh, T. Payne, V. Rogers, B. Serwin, G. Stern, G. Swirsding, C. Tate, J. Towle Abstain: N/A</p>	

<p>XII. VOTE for Vice Chair ~ Nominees:</p> <ul style="list-style-type: none"> ➤ Commissioner Tavane Payne ➤ Commissioner Rhiannon Shires <resigned> <p>Due to the unfortunate resignation of Cmsr. Shires, it was offered by Cmsr. Carlson that Cmsr. Payne be elected as vice chair by acclamation.</p> <p>All in attendance approved by show of hands (11-0)</p>	
<p>XIII.Adjourned: 6:06 pm</p>	<p>ZOOM recording available at: https://zoom.us/rec/share/_OPEXtf7QciHtQ3fPS5MZ7aB7y9BpgeEjPqrzkMHsPQNIepzOnCTpZkw8B-J_Yd8.VMxwL16Glq3G5Sjv [zoom.us] Passcode: ^5zZ9Arh</p>