



## AGENDA - PUBLISHED

### CONTRA COSTA COUNTY Mental Health Commission

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Wednesday, May 1, 2024

4:30 PM

1025 Escobar Street, Martinez

<https://zoom.us/j/5437776481>

Meeting number: 543 777 6481 | Call in:

1 669 900 6833 | Access code: 543 777

6481

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The Committee will provide reasonable accommodations for persons with disabilities planning to attend the Committee meetings. Contact the staff person listed below at least 72 hours before the meeting. Any disclosable public records related to an open session item on a regular meeting agenda and distributed by the County to a majority of members of the Committee less than 96 hours prior to that meeting are available for public inspection at 1025 Escobar Street, Martinez, during normal business hours. Staff reports related to items on the agenda are also accessible on line at [www.contracosta.ca.gov](http://www.contracosta.ca.gov). Public comment may be submitted via electronic mail on agenda items at least one full work day prior to the published meeting time.

For Additional Information Contact: Angela Beck, MHC Executive Asst. @ 925/313-9553

- I. Call to order, Roll Call and Introductions
- II. Public comments on any item under the jurisdiction of the Committee and not on this agenda (speakers may be limited to two minutes).

In accordance with the Brown Act, if a member of the public addresses an item not on the agenda, no response, discussion, or action on the item will occur, except for the purpose of clarification.

- III. Commissioner comments on any item under the jurisdiction of the Committee and not on this agenda (speakers may be limited to two minutes).
- IV. Chair Comments and Announcements  
\* Mental Health Commission Training & Orientation scheduled for June 5th (3:00pm)
- V. APPROVE the April 3, 2024 Mental Health Commission (MHC) Meeting Minutes

- VI. RECEIVE Presentation from Athenian School Student, Eme Williams, author of "The Art of Mindfulness" [24-1245](#)

**Attachments:** [AttA\\_Art of Mindfulness - CCMHC May presentation.pptx](#)

- 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 [24-1246](#)

**Attachments:** [AttB\\_ Questions for Dr. Becker](#)

- VIII. UPDATE on Proposition 1 and the MHC changes effective January 1, 2025
- IX. UPDATE on the presentation to the Board of Supervisors (BoS) in May on Mental Health Awareness Month
- X. RECEIVE 2024 MHC Committee Goals/Action Items
- \* Justice Systems Committee – Cmsr. Tavane Payne (Interim Chair)
  - \* MHC Finance Committee – Cmsr. Tavane Payne
  - \* Quality of Care Committee – Cmsr. Barbara Serwin

- XI. VOTE on 2024 MHC revised By-Laws edited by County Counsel [24-1247](#)

**Attachments:** [AttC\\_Proposed MHC Bylaw Changes\\_County Counsel edits](#)

- XII. VOTE for Vice Chair ~ Nominees: [24-1248](#)
- \* Commissioner Tavane Payne
  - \* Commissioner Rhiannon Shires

**Attachments:** [AttD\\_Election Slate for MHC Vice-Chair\\_May 2024](#)

The next meeting is currently scheduled for Wednesday, June 5th @ 4:30pm.

- XIII. ADJOURN



# CONTRA COSTA COUNTY

1025 ESCOBAR STREET  
MARTINEZ, CA 94553

## Staff Report

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**File #:** 24-1245

**Agenda Date:** 5/1/2024

**Agenda #:** VI.

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Advisory Board: Mental Health Commission

Subject: Presentation "The Art of Mindfulness"

Presenter: Eme Williams, Athenian School

### **RECEIVE Presentation**

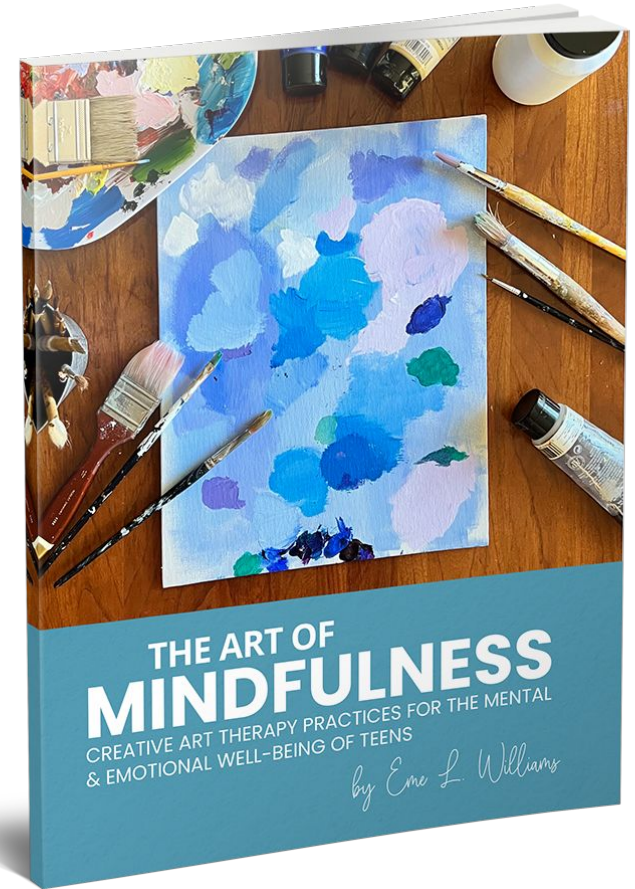
#### **Attachment A**

**"The Art of Mindfulness" Eme Williams, Student, Athenian School, Lafayette, CA**

# The Art of Mindfulness

creative art therapy for teens

Contra Costa Mental Health Commission Meeting  
Presented by Eme L. Williams  
May 1, 2024



9 year-old Eme,  
trying to manage  
anxiety at the  
start of her race



# Introduction

Hi, I'm Eme and like many others, I suffer from performance anxiety in sports and academics.

I am fortunate to have the support and resources I need to help manage my anxiety, but many teens don't.

This book has been created as a **free resource** for teens and others to help them manage their anxiety.

This project was created with input from clinicians at the *Discovery Counseling Center of the San Ramon Valley*. Printed copies of this book will be donated for their use with clients.



# An Anxiety Management Resource

Produced in collaboration with professional mental health clinicians at the Discovery Counseling Center of the San Ramon Valley, this book combines art therapy and mindfulness to help teens express themselves, navigate their emotions, and find stress relief. It's a supportive resource for self-discovery and emotional growth, making it an ideal tool for teens and organizations focused on youth mental health.

Art Example



Art Example



Art Example





# What is Art Therapy?

## 01.

### Creative Therapy Alternative

It's a great alternative for patients who are not ready for the talk therapy stage or are uncomfortable talking about their anxiety.

## 02.

### Healthy Coping Method

Art therapy teaches people to manage anxiety through mindfulness, which is the ability to be fully present of yourself (feelings) and surroundings.

## 03.

### Easy and Affordable

No art experience or talent is needed for self-expression! And it can be self-guided without the aid of professional clinicians.



# 01.

## You're Invited

As individual community members, come support Discovery Counseling Center and this **\*free\*** resource at the Book Launch Event on **Sunday, May 19, 2024**. If you'd like, help host an art activity!

Event will be held during the **Devil Mountain Run**, a fundraiser that benefits the Discovery Counseling Center.

# 02.

## Promotion

Please connect with me to help amplify my posts about the book launch and the availability of this free (electronic) resource.

[www.linkedin.com/in/emewilliams](http://www.linkedin.com/in/emewilliams)

# 03.

## Questions

Don't hesitate to contact me if you're interested in participating or have any questions.

[emewilliams.2026@gmail.com](mailto:emewilliams.2026@gmail.com)





# Thank you

## Contact Me

Email: [emewilliams.2026@gmail.com](mailto:emewilliams.2026@gmail.com)

LinkedIn: [www.linkedin.com/in/emewilliams](https://www.linkedin.com/in/emewilliams)



# CONTRA COSTA COUNTY

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MARTINEZ, CA 94553

## Staff Report

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**File #:** 24-1246

**Agenda Date:** 5/1/2024

**Agenda #:** VII.

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Advisory Board: Mental Health Commission

Subject: Presentation on the Continuum of Care in the Community

Presenter: Dr. Daniel Becker, MD, UCSF

**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**

**Attachment B - Questions for Dr. Becker prepared by Cmsr. Geri Stern**

## Questions for Dr. Becker

Prepared by Cmsr. Geri Stern

1. Please explain your treatment model for the Langley Porter in patient psych unit
2. How do you think this model could be integrated into the new in-patient treatment centers that are going to be funded by Prop 1, to provide updated care for patients admitted to these new units.
3. Considering that a growing population of IST (Incompetent to Stand Trial) Misdemeanor and IST Felony patients might be the majority of ones who are utilizing these new care facilities, how could your model (Langley-Porter) be helpful to those therapists and Psychiatrists staffing these units.
4. Do you see residents and interns working more in the Detention health services to assist in what is now the largest provider of mental health in counties?
5. Is there any way you know that a portion of the Prop 1 funds could be identified to train and fund more Psychologist and MFT programs to increase the number of therapists who graduate yearly.





# CONTRA COSTA COUNTY

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## Staff Report

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**File #:** 24-1247

**Agenda Date:** 5/1/2024

**Agenda #:** XI.

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Advisory Board: Mental Health Commission

Subject: Revised MHC By-Laws edited by County Counsel

Presenter: Cmsr. Laura Griffin

### **Proposed revisions to the Mental Health Commission (MHC) By-law changes edited by County Counsel**

**Proposed Changes to Contra Costa County Mental Health Commission Bylaws  
For Contra Costa County Board of Supervisors Approval**

**Section 2. Attendance**

**2.1 Attendance requirements:**

a) Regular attendance of Commission meetings is mandatory for all ~~Commission members~~Commissioners.

1. Unexcused Absences:

A ~~Commission member~~Commissioner is required to contact the Commission Chairperson and the administrative assistant at least 24 hours before a regularly scheduled meeting if they are unable to attend. Failure to do so will result in an unexcused absence unless the absence is excused. A ~~Commission member~~Commissioner who has four (4) unexcused absences from a regularly scheduled full commission meeting in any consecutive twelve-month period, as opposed to calendar year, will be deemed to have automatically resigned from the Commission. In such event, the ~~Commission member~~Commissioner's status will be noted at the next Commission meeting and recorded in the meeting minutes. The Commission Chairperson shall, without further direction from the Commission, apprise the appointing Supervisor and request the Board of Supervisors to remove the appointee and request the appointment of a replacement.

2. Excused Absences:

A ~~Commission member~~Commissioner's absence from a regularly scheduled Commission meeting may be excused due to various circumstances including to include but not limited to absences due to major illness, ~~and~~ unexpected family emergencies, surgical procedures, jury duty, funerals, and other similar events. They may also include some ~~unscheduled~~ absences, such as ~~surgical procedures, jury duty, funerals, and scheduled~~pre-planned vacations and appointments. ~~Commission member~~Commissioners shall obtain consent from the Commission Chairperson at least ~~one day~~24 hours prior to the meeting for any planned absences. Excused absences will be recorded in the meeting minutes as an "excused absence."

3. Leave of Absence:

A ~~Commission member~~Commissioner who does not wish to resign and needs a leave from the Commission commitments may request a leave of absence for illness or personal reasons for a period of up to three (3) months. The request must be submitted in writing to the Commission Chairperson, who will inform the appointing Supervisor. A ~~Commission member~~Commissioner may request an extension to their leave by submitting a request in writing to the Commission Chairperson, who will forward the request to the appointing Supervisor for approval.



# CONTRA COSTA COUNTY

1025 ESCOBAR STREET  
MARTINEZ, CA 94553

## Staff Report

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**File #:** 24-1248

**Agenda Date:** 5/1/2024

**Agenda #:** XII.

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Advisory Board: Mental Health Commission

Subject: Vice-Chair 2024 Election Slate

Presenter: Cmsr. Laura Griffin

### **Attachment D - Election Slate for MHC Vice-Chair-May 2024**

**Slate for Mental Health Commission  
Special Election (May 1): Vice-Chair**  
*(Names listed in alphabetical order)*

**Vice Chair:**

- **Tavane Payne**
- **Rhiannon Shires**

*Note: There were no Executive Committee nominees.  
Results of this vote will determine if the executive committee is  
comprised of four or five members.*

