

**MONTHLY MEETING MINUTES
MENTAL HEALTH COMMISSION (MHC)
November 6th, 2024 – FINAL**

Agenda Item / Discussion	Action /Follow-Up
<p>I. Call to Order / Introductions Cmsr. L. Griffin, MHC Chair, called the meeting to order @ 4:36 pm. <u>Members Present (In-Person):</u> Chair, Cmsr. Laura Griffin, District V Vice-Chair, Cmsr. Tavane Payne, District IV Cmsr. Y’Anad Burrell, District I (JC online) Cmsr. Ken Carlson, District IV Cmsr. Gerthy Loveday Cohen, District III *JC Cmsr. Barbara Serwin, District II *EC Cmsr. Gina Swirsding, District I Cmsr. Jenelle Towle, District IV <u>Speakers</u> Dr. Suzanne Tavano, Director Behavioral Health Services (online) <u>Other Attendees (*in Person):</u> Guita Bahramipour Angela Beck* Jennifer Bruggeman Elaine Cortez-Schroth, Contra Costa Crisis Center* Alejandra Escobedo-Sochet Carmella Kowall, Executive Director, Winter Nights Family Shelter Fatima Matal Sol, Alcohol and Other Drugs Program Chief* Jennifer Quallick (Supv. Andersen’s ofc) Kristin Smith Joni Spears</p>	<p>Meeting was held at: 1025 Escobar Street, Martinez, CA 94553 and via Zoom platform</p>
<p>II. PUBLIC COMMENT:</p> <ul style="list-style-type: none"> (Carmella Kowall) Discussed the operations and services of Winter Nights Family Shelter and parking programs in the East County. The shelter, which has been running for 21 seasons, provides temporary housing for families with minor children, and also offers services like case management, counseling, and job assistance. The parking programs allow people to sleep in their cars safely, with access to bathrooms and snacks. The shelter also has a continued success program for alumni, providing ongoing support. The discussion also touched on the challenges faced by the shelter, such as the high cost of housing and the need for volunteers. The shelter's success was highlighted, with examples of families who have successfully transitioned from the shelter to independent living. The conversation ended with plans for a Thanksgiving event and the distribution of Thanksgiving boxes for families. 	
<p>III. COMMISSIONER COMMENTS:</p> <ul style="list-style-type: none"> (Cmsr. Swirsding) Happy for the merge of the MHC and the AODS Advisory Board. Expressed her concerns regarding youth living with substance use in their homes within their family and wants to emphasize 	

<p>the new board focuses on that issue moving into the new year on the new board along with the other priorities.</p>	
<p>IV. CHAIR COMMENTS/ANNOUNCEMENTS:</p> <ul style="list-style-type: none"> ➤ Resignation of Vanessa Rogers, District V due to her new position and lack of time to commit. We now have eight (8) active commissioners. 	
<p>V. APPROVE September 4, 2024 Mental Health Commission (MHC) Meeting Minutes</p> <p>The Mental Health Commission (MHC) August 7, 2024 Minutes were reviewed.</p> <p>Motion: T. Payne, moved to approve the minutes. Seconded by G. Swirsding</p> <p>Vote: 7-0-1</p> <p>Ayes: L. Griffin (Chair), T. Payne(VC), K. Carlson, G. Loveday Cohen, B. Serwin, G. Swirsding, C. Tate, J. Towle</p> <p>Abstain: Y. Burrell</p>	<p>Agenda and minutes can be found:</p> <p>https://contra-costa.legistar.com/Calendar.aspx</p>
<p>VI. UPDATE on Care Court and the Children’s Crisis Stabilization Unit (CCSU) – Dr. Suzanne Tavano, Director, Behavioral Health Services</p> <p>Dr. Tavano provided an update on the youth crisis stabilization unit, which resumed admissions on September 30th and has already seen 34 users. The unit is located at the Miller Wellness Center and is designed for crisis stabilization, not routine outpatient services. Dr. Tavano also discussed the Care Court, set to go live on December 1st, which is a joint effort between different county departments and will be presided over by Judge O’Connell. The court is a civil court, not a criminal one.</p> <p>Dr. Tavano addressed a question about the possibility of detaining a child in California, explaining that while there are locked sub-acute treatment facilities for youth, they are not directly placed by behavioral health.</p> <p>Lastly, there was mention of the A3 mobile crisis initiative, which responds to calls about youth in crisis, and the capacity of the youth crisis stabilization unit is 8.</p>	<p>PowerPoint slide show presentation for this agenda item was shared to the Mental Health Commission via screen share. This will be added to the minutes as the file was not ready at time of posting.</p> <p>Documentation on this agenda item can also be found:</p> <p>https://contra-costa.legistar.com/Calendar.aspx</p>
<p>VII. DISCUSSION continued from the October 23, 2024, joint meeting of the Mental Health Commission and Alcohol and Other Drugs Advisory Board (MHC/AOD AB) on Proposition 1/Senate Bill 326 Change</p> <p>The transition of the Alcohol, Other Drugs (AOD) Advisory Board and the Mental Health Commission was discussed. The participants discussed the potential restructuring of the AOD Advisory Board, considering the addition of new members and the distribution of responsibilities. They also discussed the challenges of finding suitable candidates, particularly veterans, and the importance of outreach and communication to ensure a diverse representation. The conversation ended with a discussion on the need for a standard application process and timely responses to applicants.</p> <p>The team discussed the transition of the Mental Health Commission into a new combined body. They discussed the need for a recruitment process to fill the new positions, with the possibility of using the county’s newsletter and website to advertise the vacancies. The team also discussed the timeline for the creation of the new body, with the aim to have it staffed by February.</p>	<p>Documentation on this agenda item can be found:</p> <p>https://contra-costa.legistar.com/Calendar.aspx</p>

The team also acknowledged the departure of Jennifer, who has been a valuable member of the commission and will be moving to a new role at the Office of Reentry and Justice. The team expressed their appreciation for Jennifer's work and wished her well in her new role.

Next steps:

- Supervisor Carlson to coordinate with Dr. Tavano on preparing a joint presentation for the Family and Human Services Committee meeting on November 25th.
- Supervisor Carlson to bring forward a recommendation for a 15-member combined Mental Health and Alcohol and Other Drugs Advisory Board to the Family and Human Services Committee.
- Commissioners to reapply for positions on the new combined board when applications open.
- Supervisor offices to develop a consistent and timely process for reviewing applications and interviewing candidates for the new board.
- County staff to create outreach materials and strategies to recruit diverse candidates for the new board, including using supervisor e-newsletters and local newspaper ads.
- Dr. Tavano to prepare updates on other behavioral health issues for the November 25th Family and Human Services Committee meeting.
- Supervisor Carlson to work on creating the new combined board through a Board of Supervisors meeting in December.
- Supervisor offices to aim to have new board seats filled by February.
- Newly appointed supervisor to the combined board to lead initial meetings on establishing mission, bylaws, and electing executive officers.
- County staff to determine safe meeting location options for the new combined board.
- Commissioners to attend the November 25th Family and Human Services Committee meeting via Zoom if possible.

VIII. Adjourned: 6:04 pm

ZOOM recording available at:
[https://zoom.us/rec/share/oI9u0fAKApzhI3UFgg98HgnTlpWTqgD9vRNBGumi40YoMUNv evJnu7SH5iLvts72.CJdJ2qUFPVrZPE64 \[zoom.us\]](https://zoom.us/rec/share/oI9u0fAKApzhI3UFgg98HgnTlpWTqgD9vRNBGumi40YoMUNv evJnu7SH5iLvts72.CJdJ2qUFPVrZPE64[zoom.us])
Passcode: jtR9S6&Z