

**MENTAL HEALTH COMMISSION
MONTHLY MEETING MINUTES
December 2, 2020 – Draft**

| Agenda Item / Discussion | Action /Follow-Up |
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| <p>I. Call to Order / Introductions Cmsr. B. Serwin, MHC Chair, called the meeting to order @ 4:30 pm</p> <p><u>Members Present:</u> Chair- Cmsr. Barbara Serwin, District II Cmsr. Diane Burgis Cmsr, Douglas Dunn, District III Cmsr. Laura Griffin, District V Cmsr, John Kincaid, District II Cmsr. Kate Lewis, District I Cmsr. Leslie May, Vice-Chair, District V Cmsr. Joe Metro, District V Cmsr. Alana Russaw, District IV Cmsr. Geri Stern, District I (arrived after start of meeting) Cmsr. Gina Swirsding, District I Cmsr. Graham Wiseman, District II</p> <p><u>Members Absent:</u> Cmsr. Kira Monterrey</p> <p><u>Other Attendees:</u> Anna Roth (Director, Health Services) Dr. Suzanne Tavano, (Director, Behavioral Health) Erika Jansen (Deputy Director, Health Services) Gita Bahramipour Jaspreet Benepal Guita Bahramipour Jennifer Bruggeman (MHSA Program Manager) Y'Anad Burrell Kanwarpal Dhaliwal Amanda Dold Lisa Finch Carolyn Goldstein-Hidalgo Fred Goetz Mark Goodwin, Chief of Staff, Supervisor Diane Burgis Office Laura Halpin Jessica Hunt Kennisha Johnson Lynda Kaufman Jeff Landau Karen Lai Anna Lubarov Audrey Montana (Mental Health Services Act- Administrative Support) Dawn Morrow Margaret Netherby Carolyn Obringer Theresa Pasquini Christy Pierce Dom Pruett (Representative of Supervisor Candace Andersen) Jill Ray Haji Razmin Jill Ray (Representative of Supervisor Candace Andersen) Stephanie Regular</p> | <p>Meeting was held via Zoom platform</p> |

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| <p>Lauren Rettagliata Shane Ryan Kristine Suchan Windy Taylor Stacey Tupper Jimi Vicencio Kanetha Washington Tiffany Washington Genoveva Zesati</p> | |
| <p>II. PUBLIC COMMENT: None</p> | |
| <p>III. COMMISSIONER COMMENT:</p> <ul style="list-style-type: none"> • (D. Dunn) Had a medical emergency. Will be back fully at the beginning of the new year. So glad to be here. • (B. Serwin) Bravo from all of us. • (A. Russaw) I reached out to Supervisor Mitchoff in District IV as I learned the County is starting an Office of Racial Equity and Social Justice. The Mental Health Commission should play a big role. As a Behavioral Health Therapist, I think we should be involved in the forming and foundation of this office. • (B. Serwin) I am in full agreement. Thank you for bringing that up. | |
| <p>IV. CHAIR COMMENTS/ANNOUNCEMENTS:</p> <ul style="list-style-type: none"> • (B. Serwin) <ul style="list-style-type: none"> ○ We will hold our annual elections at the end of the meeting at approximately the last half hour of the meeting. All welcome to remain in the meeting during the elections. Others may wish to sign off. ○ Regarding the Agenda Item concerning cessation of smoking in congregate living situations, I spoke with Dr. Tavano earlier today. There is more information. We would like to hear from Fatima Mata Sol from the Alcohol and Other Drugs office (AOD). ○ Committee meetings this month: The MHSA Finance Committee, Quality of Care Committee and Executive Committee will meet as regularly scheduled. There will not be a Justice Systems Committee meeting this month. ○ This is my 36th and Final Mental Health Commission meeting as Chair of the Mental Health Commission. Would like to thank the Mental Health Commissioners, Behavioral Health Services and other health services staff, County health and community-based professionals, family members and other dedicated members of the public for providing me this opportunity to lead this important work with the Commission. This honor has sustained me and bettered me. I'm very grateful for this opportunity. | |
| <p>V. APROVE November 4, 2020 Meeting Minutes</p> <ul style="list-style-type: none"> • November 4, 2020 Minutes reviewed. Motion: L. May moved to approve the minutes as written. Seconded by A. Russaw. Vote: 11-0-0 Ayes: B. Serwin (Chair), D. Burgis, D. Dunn, L. Griffin, J. Kincaid, K. Lewis, L. May, J. Metro, A. Russaw, G. Swirsding, G. Wiseman Abstain: 0 | <p>Agendas and minutes can be found at: https://cchealth.org/mentalhealth/mhc/agendas-minutes.php</p> |
| <p>VI. UPDATE on the Community Crisis Response Value Stream Mapping project. Erika Jossen (Deputy Director, Health Services):</p> <ul style="list-style-type: none"> • Thank you for inviting us. And also thank you for your years of service in your partnership with these various improvement efforts that we have been doing • Amada Dold (Behavioral Health, Program Manager) and Kennisha Johnson (Program Manager, Central County Adult Clinic) were the Team leads during this project and will be presenting today | |

- PowerPoint Team Presentation (Amanda Dold, Kennisha Johnson) (Community Crisis Response Value Stream Mapping Event)
 - Event took place from November 9th through November 20th
 - Today will present on what we did, what we discovered and next steps
 - This is a summarized version of the longer presentation (Public Readout) given on November 20th. The full presentation can be found at <https://cchealth.org/bhs/crisis-response/>
 - This event was dedicated to Miles Hall and all individuals and families living with behavioral health needs in our community
 - Was a large multi-disciplinary Team
 - Included more than 45 people across the County
 - People from the community with lived experience, family members, County Behavioral Health Services staff, Office for Consumer Empowerment, mobile crisis teams, law enforcement, Mental Health Evaluation Team, County Emergency Medical Services, American Medical Response, CORE Homeless Outreach, Friends of Scott, Alexis and Tom Hall, John Muir, Contra Costa Fire Department, schools, community based organizations (211, NAMI, HUME Center, Health Solutions)
 - Broken down into three smaller teams each to focus on a specific area
 - Each team had two team leaders and team members
 - Pre-crisis Team, Calling for Help Team, Crisis Response and Post Crisis Team (includes the response and follow up care)
 - Aim Statement – Anyone in Contra Costa County can access appropriate behavioral health crisis services anywhere, anytime
 - Value Stream Mapping Event
 - Value Stream Map – visual representation of any process from beginning to end
 - Pre-crisis, crisis, response and follow up
 - Involved interviews and observations – Teams received training
 - Pre-crisis – observed John Muir, 211, Access line and County Clinics
 - Call for Help (during crisis) – worked with law enforcement (watch body cam footage and listened to dispatch calls)
 - Crisis Response Post Crisis Team – Worked with response teams and AOD (Alcohol and Other Drugs)
 - End of Project developed a Current State Map
 - From client perspective, indicates problem areas, hard to navigate the system
 - Identified waste and areas to improve
 - Future State Map
 - Envisioned future crisis response
 - Call for help at a single universal number, triaged, multidisciplinary team response. If needed, warm handoff to appropriate location. Ending in person being stable or in recovery.
 - Goal – decrease the number of interventions a person experiences throughout the process
 - Improvements Identified (Teams voted)
 - One number to call for a behavioral health crisis
 - 24/7 365 mobile crisis response
 - Mobile Crisis Response Team include non-police members (i.e. more peer and family supports)
 - Identify alternate destinations to take people in crisis

Comments and Questions:

- (Cmsr. D. Burgis) This was a really great exercise. We are looking at creating legislation and are looking for funding to create this easy Call In. Want to thank

everybody for participating. Think we will see some really great things come out of this and the advocacy that is happening right now.

- (Cmsr. D. Dunn) In this event, did loved ones involved in criminal justice situations participate? As a NAMI volunteer, I get quite a few calls from families whose loved one in crisis committed criminal activity, the police became involved and the loved one is now in jail. This should be integrated in the Value Stream Mapping.
- (Anna Roth) Commissioner Dunn it is great to see you. Yes. That is definitely envisioned as part of the scope. Yes. You can expect to see that going forward. Will be happy to come back and talk about this as this work progresses. We want to ensure the Mental Health Commission remains a key collaborator and leader going forward with this project. Open invitation for the Mental Health Commission to be involved.
- (Cmsr. G. Wiseman) Know this was a tremendous amount of effort and dedication for those who participated in this program. I was expecting a better report as to what came out of this. For example, what would be the cost of having a single phone number? Would like for you to come back with a more detailed summary as to recommendations and related budgetary requirements need to accomplish goal. Would like to see recommendations and how the Mental Health Commission can help. **Response:** (Erika Jossen) There are a lot more detailed documents on the website that provide additional information.
- (Christy Pierce) With the one phone number, what would be the interplay with the Assisted Outpatient Treatment (AOT) program? **Response:** (Amanda Dold) That will be part of our discovery moving forward.
- (Cmsr. G. Swirsding) For the one phone number, isn't that the purpose of 211- the Crisis Line? **Response:** (Kennisha Johnson) Tom Tamura from 211 was on this project which was very helpful. We learned many people don't know about 211. There are at least five different numbers to call for people who need help. Teams can dive into all these numbers. Will look into what number to use and why people would be calling. Look at the goal of having this one number. (Cmsr. G. Swirsding) Maybe put up posters for the 211 number. Can we use this simpler three digit number? Hard for people in crisis to find or locate a seven digit number. **Response:** (Kennesha Johnson) Yes. Better to have three numbers than seven digits. One recommendation was more marketing. (Cmsr. D. Burgis) 211 does a great job. But there are other resources. 211 will not go away. Want to create a better centralized number just for people in crisis and better help them navigate the system and services faster.
- (Teresa Pasquini) I am a cheerleader of this project. I watched the Report out video. Was so inspired and excited. Was the greatest and most diverse Team I have seen. I am really excited for our County. Was a hopeful event. Want to thank everybody that participated. Thank you for the report today. I look forward to what's coming.
- (Gita Bahramipour) I am a member of the Alcohol and Other Drugs (AOD) Advisory Board. I am also on the 211 Crisis Center Advisory Board. This is the greatest Team to work with. Tom Tamura is a wonderful CEO. They have done a wonderful job. Makes more sense to use 211 than to create and market another number. Use 211 as this unified number. Let's keep 211.
- (Dr. Suzanne Tavano) So appreciate all the work, it is exciting and look forward to what we can accomplish together. It is important to keep two lines going. One should be for accessing ongoing services. For that line alone, we receive at least four hundred calls a week (planned outpatient services). Need one line for intervening with crisis in the community. Agree 211 is a great service, responds and provides really great resources. A goal would be for calls to go into one line that can directly dispatch the responders to the community rather than go to one line and then be referred to another line.

VII. CONSIDER a motion to support the cessation of smoking in congregant living situations for Contra Costa Behavioral Health Services Community Based Organization contracted sites/programs:

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| <ul style="list-style-type: none"> • Not addressed at this meeting. | |
| <p>VIII: UPDATE on Commission goals for 2020 and planning for 2021 goals: (Commissioner Barbara Serwin)</p> <ul style="list-style-type: none"> • Three Commission Goals for 2020 <ul style="list-style-type: none"> ○ Develop a Site Visit Program <ul style="list-style-type: none"> ▪ Developed about 70% of the Program to date ▪ Nearly all of the documentation is done ▪ Starting on a testing plan using Zoom ▪ Conducting a test with HUME with Chris Celio likely in March ▪ Want to thank the Quality of Care Committee for all their work ▪ Want to acknowledge members of the SPIRIT Team and Anna Lubarov for their wonderful contributions as well ○ Integrate the Commission into the Behavioral Health Services’ budgeting process <ul style="list-style-type: none"> ▪ Achieved about 25% of the budget integration goal ▪ Mainly comprised of working with Finance CEO, Pat Godley and Behavioral Health and Administration ▪ Will also involve the education of Commissioners on the budget process ▪ Due to current circumstances, Pat Godley is not sure yet what the budget process will look like for the 2021-2022 Fiscal Year. He agreed to meet up in early December to see what the process looks like. Once budget process is determined and how Commission fits into the process, will have full presentation before the Commission. ○ Develop an Orientation Training Program <ul style="list-style-type: none"> ▪ Developed about 70% of the Orientation and Training Program ▪ The Executive Assistant put together a binder with training material with six Modules ▪ Just need the Curriculum talking points ▪ She will provide a list of talking points for each Module and have Commissioners with specific expertise refine the talking points ▪ We will then determine who will deliver the Modules in the short term ▪ Goal is to start Training via Zoom in March • COVID was a drain on progress and the Commission lost our Executive Assistant • Appreciate everyone supporting these goals and having patience • Look forward to establishing the 2021 goals <p>Comments and Questions:</p> <ul style="list-style-type: none"> • (Dr. Tavano) The County Chief Accounting Officer (CAO), David Twa, is retiring at the end of this year. A new CAO has been selected and will be starting in the new year. There will be someone new that we will be interacting with regarding budget issues. • (Cmsr. A. Russaw) I am in the process of studying for the Professional Practice in Psychology (EPPP) license and exam. Just want to apologize if I have not been stepping up as you would expect me to. I appreciate you all supporting me and sticking with me as I get through this. I appreciate you all bearing with me through this process. Response: (Cmsr. B. Serwin) You have looked good from our perspective so no worries. Best of luck with the test. (Cmsr. J. Kincaid) Absolutely. | |
| <p>IX: RECEIVE Behavioral Health Services Director’s Report, Dr. Susanne Tavano:</p> <ul style="list-style-type: none"> • Would like to acknowledge the Mental Health Commission Chair, Commissioner Barbara Serwin. We are aware of the amount of effort and work she puts into this role. Want to emphasize she is on the job seven days a week thinking about the Commission and how to promote mental health in the County. Madam Chair, thank you so much. You have been doing such a | |

fantastic job and put in an incredible amount of heart and work into everything you do. Thank you very much.

- Could not control my glee about Commissioner Douglas Dunn being back. We are so grateful Happy about that.
- Mental Health Services Act (MHSA) Three Year Plan
 - Last Monday we went before the Family and Human Services Committee
 - Made the PowerPoint presentation that we had previously made before this Commission and the Consolidated Planning and Advisory Workgroup (CPAW) Committee
 - Supervisors Gioia and Andersen felt the full Board of Supervisors would be interested in hearing the presentation and getting a current update on Behavioral Health Services in the County
 - Originally had December 8th as when the Mental Health Services Act (MHSA) Three Year Plan would go before the Board of Supervisors on the Consent Calendar for approval. Asked to make the formal presentation before the Board. Is now being postponed. May go before the Board of Supervisors in February. We do not have date yet as the Board's February calendar is not prepared as yet. May be early February. When we have a confirmed date will provide the information.
- COVID-19 Update
 - For latest and updated news, data and information, please refer to the County website at cchealth.org
 - Have entered the Purple Tier in the Bay Area
 - More widespread transmission
 - To get out of the Purple Tier in the Bay Area, need no more than seven new cases per 100,000 people and less than eight percent positivity rate. The positivity rate is not an issue. Just need to get the number of new cases down for two weeks to get out of the purple tier. This is the area of focus.
 - Santa Clara County has imposed additional restrictions
 - Bay Area Health Officers wrote a letter to support the restrictions in Santa Clara County
 - Hospitalizations have increased in the Bay Area
 - Last month had 262. Last week for the Bay Area was 759.
 - Continue with precautions
 - Avoid social gatherings, wear masks, social distance, wash hands
 - Getting information from facilities, clients or staff testing positive. Admissions and discharges need to stop. See a shortage of availability of step down facilities. Some have bed availability. Still managing placements at this time.
 - The Psychiatric Inpatient Unit 4D Opened
 - Slowly increasing capacity. Will open more broadly in next couple of weeks. Early January can fully staff and get to full capacity. Opening up these beds has helped the system overall.
 - Rate of Suicide in the County
 - Based on review of data, currently there is no significant increase in suicides in this County
 - Collecting data currently to review a full year pre-COVID time period to compare to the post COVID period. Will then do a month by month comparison.
 - Appears the rate has not increased. We are still paying special attention.
 - Are aware that people with substance use issues (particularly alcohol) are at higher risk of suicide. We are talking with Fatima Mata Sol from AOD and paying attention to this very closely.
- Vaccine - COVID

- Hopeful the Federal Drug Administration will approve a vaccine. The State has a current review process.
- Once Federal approval, will need County approval. Then will start the immunization process.
 - The CDC is establishing the priorities as who would receive the vaccine first. Acute care centers (hospitals), older adults (especially those in long term care facilities). State will have guidance and the County also.
- Goal to have everyone in the County immunized
- Hunger
 - Now there is an increasing number of people in our County that do not have enough food. Encourage people to support the Contra Costa Solano food banks. These are worthy causes and help so many families that are now food impoverished and may be more so in the next month or two.
- Putnam Clubhouse
 - Putnam Clubhouse will have a virtual holiday party. Working to provide food to clients, residents of the community. Please go to their website and take a look.

Comments and Questions:

- (Erika Jenssen) May not have the vaccine available until the Spring. May be a dark winter. They are coming but not for a little while. Hang in there please.
- (Teresa Pasquini) Thank you for being transparent. Need to look at protocols used for transferring patients from one facility to the next. There is a human log jam. People are living in the community and they cannot go anywhere. People in jail, in solitary, hospitals or in congregate settings are unable to go out. Don't see this population focused on enough. There is a lot of suffering. The Commission needs to continue to focus on this. **Response:** (Dr. Tavano) Currently, about 130 people are in MHRC's. About 450 people are in Board and Cares. Another 150 people are living in sober living environments. We work with all these facilities. Met last week with representatives from the sober living environment. We keeping up our best efforts with this and move forward together.
- (Gita Bahramipur) Food and beverage delivery services are delivering alcohol to minors. No ID verification or signature is required. Minors are ordering alcohol. That is a very serious issue. This can cause suicide. Please look at this closely. **Response:** (Dr. Tavano) We have the Mental Health Commission and the Alcohol and Other Drugs Board. We need to talk about issues together. We appreciate you are our cross over person for both of these Committees.
- (Cmsr. G. Swirsding) Will there be a place for people to go to obtain the vaccine? **Response:** (Dr. Tavano) Health Services is working on how to provide the vaccine as soon and broadly as possible. CVS and Rite Aid are the two pharmacies that will be distributing. Hospitals will be immunizing their staff. Including Kaiser. There will be multiple delivery systems. Right now, we are living in a big wave that will continue the next few weeks. Will take months and we still need to keep on top of this.
- (Lauren Rettagliata) Do you have an update on the hiring of the Housing Chief who will direct housing? **Response:** (Dr. Tavano) We had a good number of applicants and a good candidate pool. County rules indicate we start with the first ten people. I did an interview with the top ten applicants. The Job description is very generic. So, will have an orientation meeting with each applicant so they understand what they are applying for. The Chiefs and the Deputy Director for Behavioral Health interviewed the top ten candidates. The top three candidates and recommendations have been forwarded to Dr. Tavano. Will be scheduling those interviews in the next week.
- (Cmsr. G. Swirsding) Dr. Fauchi said only 120 children have died across the United States. But the suicide rate for kids under 18 is very high. Children and adults with impaired immune systems are at higher risk. Being isolated in the home and not being able to go out is very depressing. This happens to kids too. This is why the use of alcohol has gone up. Youth are now drinking a lot. But, over 500 youth have

committed suicide. This is my concern. The isolation. **Response:** (Dr. Tavano) I feel our Public Health Officer and the other district public health officers are being thoughtful about this. I have confidence in their guidance and directions in the Public Health Orders. We had this discussion in Behavioral Health this morning. Once schools are back in session, we and our contractors who provide school based services have to be there for the kids. We know the impact on them is difficult and challenging. We intend to work full force working with the youth and soon as the in person services become available. Our Children’s Services Chief, Gerold Loeniker, is paying close attention to this as well. The suicide rate for youth in our County has not gone up.

X: Hold 2021 elections, Nominating Committee:

(Commissioner John Kincaid, Chair of the Nominating Committee)

- Commissioner Barbara Serwin Comments
 - Thank you to the Nominating Committee – Commissioners John Kincaid (Chair of Nominating Committee), Alana Russaw and Kira Monterrey for organizing this year’s election and developing such a great slate of candidates
- Zoom voting procedure
 - Tested this Zoom voting/polling system – thank you to Commissioner Alana Griffin and Jennifer Bruggeman for helping to test this polling system
 - Bylaws require a signed ballot which requires an in-person public voting procedure
 - Zoom has a polling function that we will be using today
 - Commissioners will vote but the public cannot see the votes
 - Present at this time are eleven Commissioners to vote (Commissioner May had to leave prior to the voting)
- Positions to be voted on today
 - Mental Health Commission – Chair
 - Mental Health Commission – Vice Chair
 - Mental Health Commission - Executive Committee (3- 5 members)
- Mental Health Commission - Chair
 - Candidates – Commissioners Laura Griffin and Graham Wiseman
 - Ballot/Poll Presented
 - Votes Cast by Commissioners (Confidential Votes)
 - Commissioner Geri Stern attended meeting via phone – voted by text to Chair, Commissioner Barbara Serwin
 - Eleven Votes Cast
 - Result of Votes Cast
 - Commissioner John Kincaid announced Commissioner Graham Wiseman is elected as Chair
- Mental Health Commission – Vice Chair
 - Candidates – Commissioners Laura Griffin, Leslie May, Barbara Serwin
 - Ballot/Poll Presented
 - Votes Cast by Commissioners (Confidential Votes)
 - Commissioner Geri Stern voted by phone via text to Chair, Commissioner Barbara Serwin
 - Eleven Votes Cast
 - Result of Votes Cast
 - Commissioner John Kincaid announced Commissioner Barbara Serwin is elected as Vice-Chair
- Mental Health Commission – Executive Committee
 - The elected Chair and Vice-Chair automatically become members of the Executive Committee
 - The Executive Committee must have a minimum of three members

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| <ul style="list-style-type: none"> ○ The Executive Committee has up to three open positions. There are three candidates for the three positions. Each candidate must receive at least half of the votes. Can vote for one, two or three of the candidates. ○ The Candidates are Commissioners Laura Griffin, John Kincaid and Leslie May ○ Ballot/Poll Presented ○ Votes Cast by Commissioners (Confidential Votes) <ul style="list-style-type: none"> ▪ Commissioner Geri Stern voted by phone via text to Commissioner Barbara Serwin ○ Result of Votes Cast <ul style="list-style-type: none"> ▪ Commissioners Laura Griffin, John Kincaid and Leslie May have each received more than fifty percent of the votes and are elected as members of the Executive Committee ○ Will now have a five members Executive Committee (Chair, Vice-Chair, three Committee Members) which is the maximum number of members <p>Comments and Questions:</p> <ul style="list-style-type: none"> ● (Cmsr. G. Swersding) In the past, a Commissioner who was not on the Executive Committee could attend. Can we still attend? Thank you Commissioner Kincaid for your hard work. Response: Yes. The Executive Committee meetings are public meetings. Another Commissioner and members of the public are welcome. ● (Cmsr. B. Serwin) Thank you everyone who ran and everyone who voted. ● (Cmsr. J. Kincaid) I was very gratified that so many people stepped up and volunteered for positions on the Executive Committee. There has more participation than there has been in quite a while. Thank you all. ● (Cmsr. B. Serwin) I am really excited about the fresh faces and more people being able to develop themselves as Commissioners. That means more action on our Committees as well. | |
| <p>XI: Adjourned Meeting at 6:33 pm</p> | |