

**MENTAL HEALTH COMMISSION
EXECUTIVE COMMITTEE MEETING MINUTES
October 26, 2021 - FINAL**

Agenda Item / Discussion	Action /Follow-Up
<p>I. Call to Order / Introductions Chair, Cmsr. G. Wiseman, called the meeting to order @ 3:34 pm</p> <p><u>Members Present:</u> Chair, Graham Wiseman, District II Vice-Chair, Cmsr. B. Serwin, District II Cmsr. Laura Griffin, District V Cmsr. Leslie May, District V</p> <p><u>Other Attendees:</u> Angela Beck Cathy Bothello, Executive Director Jennifer Bruggeman Carolyn Goldstein-Hidalgo Jen Quallick (Supv. Andersen’s Office)</p>	<p>Meeting was held via Zoom platform</p>
<p>II. PUBLIC COMMENTS:</p> <ul style="list-style-type: none"> (Jen Quallick) Regarding Agenda Item #VIII, Appointments, Supervisor Andersen was a little disheartened at one of the former meetings, I think it was the Mental Health Commission that she had not been a part of or one of the Executive Committee meetings and it had been mentioned by a commissioner from another district that she specifically had mentioned not appointing people of a certain race or color or particular sexual orientation and so, that really struck a chord with me and it really struck and disheartened her. So, I did go back and watch the meeting and I did go back and read the minutes and (Angela you take copious notes, so both of us thank you for that) her quote actually was “typically we try to fill those seats as soon as possible there is no mandatory date to receive or review candidates. We will fill them as soon as possible with the most qualified candidate. Each supervisor does so a bit differently. Bottom line, there is no deadline or timeline but it does help to shoot emails to your supervisor to keep reminding them of your interest.” So, at no time did she ever refence any wait for a particular person, wait for a certain person. We just wanted that known because it was very taken very much to heart and personal and it could be somewhat misconstrued. We just wanted to make note. 	
<p>III. COMMISSIONERS COMMENTS:</p> <ul style="list-style-type: none"> (Cmsr. May) I think it was Ms. Dandie that was speaking to appointments and, if you look at the minutes for today from the last meeting (September 28th), on the fourth page, I mentioned about commissioners and this equity. This was something I pushed for when we sent the two bylaws to the supervisors. At the end of the letter, it stated the law that President Joe Biden had made about Diversity. I am concerned that the same is going on now. There is no people of color, etc. I do not mean to hurt anyone’s feelings, but I do not believe I need 	

to save people's feelings when I see the obvious. I did not mean to hurt her feelings, but now that her feelings are hurt, maybe that will open her eyes a bit more and the other's eyes a bit more to see 'yes, this commission is not reflective of the people we serve in this community' and I will apologize directly to her if she took offense. I did not mean it like that but I do want to shake people up. (Jen Quallick) Dually noted and I absolutely do appreciate that. I will say, because I do absolutely respect you commissioner May and your thoughts and I think you know that. I can tell you for having worked for her for a number of years, we do have some different ethnicities on some other boards and commissioners within her district, specifically to the MHC, maybe not so just due to appoint those submitting applications, but absolutely appreciate the comments and thank you for that. I think it's good to shake things up every now and then. Thank you for the clarification.

- (Cmsr. Wiseman) I would actually like to make a comment because, after that last meeting, which someone was judged unfit because of the color of their skin, I actually met with our new commissioner privately and just shared it over a cup of coffee, but she definitely was offended and hurt by what was going on. There is a distinction between calling someone out and actually being hurtful. I do want to identify that more as a hurtful comment and also remind that for District II, the representative is from the community. If you go to District II, that is kind of how they look. I welcome Dr. Shires to this committee, her expertise, her decades of work and so forth and she felt she had to justify herself at the meeting and to myself which was hurtful. Thank you for bringing this up and glad we had the opportunity to address those comments did go beyond.
- (Cmsr. May) Let's back this up. I think that when these commissioners come on and you say to introduce yourself, they need to just introduce themselves. There have been a couple of times this has happened where they start giving a whole curriculum vitae resume of their experience and go all the way back. That is for the 'meet your commissioner' so, when you speak to them, which they should be speaking to you first outside of a meeting, Commissioner Wiseman, they should because you are the chair. They should speak to you before and you can let them know that in the next commission meeting you will introduce yourself and at a later date, we have a 'meet your commissioner' and at that time, you can give a summary of your experience an interest in the commission. Rather, she went into this long (certainly legitimate) testimony of her experience and what she has done. I could tell by looking at Ms. Dandie's face that she was rubbed the wrong way, because she wanted to get on the commission. I think there was some rubbing the wrong way feelings in the meeting and I think she felt slighted, but that is not the case. It was just the time taken up and, once again, I don't want to hurt anyone's feelings but she is coming in on a time of intense feelings, this commission is very intense and there are issues she doesn't know about and I will apologize myself but there are issues she doesn't know about and it is like jumping off into hot pot of boiling water. I can understand her feelings but it is not directed at her and it is intense at this point when it should be.

<p>IV. COMMITTEE CHAIR ANNOUNCEMENTS/COMMENTS:</p> <p>Cmsr. Mike Hudson, due to a family emergency has had to step aside from his seat. Our new by laws allow for that. Cmsr. Serwin and I talked about having him take, perhaps, two months off while the family emergency can be dealt with. At which time, we look forward to him coming back to serve. It's a three year commitment and has only just started.</p> <p>Cmsr. Kathy Maibaum is continuing her education so that may restrict her ability to do as many subcommittees as she had hoped to do.</p> <p>I notified Supervisor Burgis' office today that they still have two openings for the MHC and I am concerned that District III is underrepresented by only have one person at this time and was informed that Supervisor Burgis is convalescing from surgery and may be out for a little while. Our best hopes and prayers for a speedy recovery for her in order.</p>	
<p>V. APPROVE minutes from September 28th, 2021, meeting:</p> <ul style="list-style-type: none"> • L. May motioned to approve the minutes as written. • Seconded by L. Griffin <p>Vote: 4-0-0</p> <p>Ayes: G. Wiseman (Chair), B. Serwin (Vice-Chair), L. Griffin, L. May</p> <p>Abstain: none</p>	<p>http://cchealth.org/mentalhealth/mhc/agendas-minutes.php</p>
<p>VI. UPDATE on Nominating Committee, Commissioner Leslie May, Mental Health Commission</p> <p>We have received the nominations from the commissioners. We extended the deadline because there was a lot going on. I still did not receive nominations from the full commission except for five of our commissioners. Commissioner Griffin reached out via phone to them for all those that had not nominated anyone and I think she can speak whether or not if she received any responses, but as of right now we have our candidates <Cmsr. May shared screen on with nominees spreadsheet> This has been forwarded to the EA to prepare the roster.</p> <ul style="list-style-type: none"> • The list of nominees for Chair are: Laura Griffin, Leslie May and Barbara Serwin • The list of nominees for Vice Chair are: Douglas Dunn, Laura Griffin, and Leslie May • The list of nominees for Executive committee: Douglas Dunn, Laura Griffin, Leslie May, Alana Russaw and Barbara Serwin <p>Are we also supposed to be holding elections for chairs of the committees at the same time? How does that work? (RESPONSE: Cmsr. Serwin)</p> <p>Leadership of the committees is totally at the discretion of the committees. They can determine if they want, often times the chair want to resign and will hold an election for a new chair when that happens. I do have a question regarding the chart. Just to clarify, what we will need for the election is to publish our slate, a list for the chair, vice chair and executive committee. A list of names of each party that intends to run for those roles. (Cmsr. May) there are five people on the Executive Committee, correct? (Cmsr. Serwin) yes, the chair and vice chair and up three (a minimum of three, maximum five) commissioners total. There are exactly five people.</p>	

(Cmsr. Griffin) Cmsr. Russaw is one of the people I contacted by phone. Although she is very flattered, she cannot accept the nomination for vice-chair at this moment. She is getting her licensing but does accept the nomination for executive committee.

(Cmsr. Serwin) Has Cmsr. Dunn accepted the vice chair nomination?

(Cmsr. Griffin) I emailed you and Cmsr. May in hopes that maybe he had reached out to either of you or if I could have another number for him.

(Cmsr. Serwin) I will forward you his mobile number. Basically no one should be on here unless they have said I am willing to run for that. (Cmsr. Griffin) No, he has not gotten back to me. I will call him.

(Cmsr. May) I have an email that states he wanted to go for chair but can't and I am more open to the Executive Committee but that is still not clear. We need clarity, a definite yes or no.

VII. UPDATE on September through December 2021 site visits, Angela Beck, Executive Assistant, Mental Health Commission

We still have had no movement on Blessed Care, both Cmsr. Serwin and I are both trying to reach them. Nierika house, I had all the schedules for the team that was to go out so that I could reach out and get it scheduled. Cmsr. Serwin was to reach out to them with the initial letter but then everything blew up. The county stated and federal inspectors are out there, they have closed them down and are doing audits and inspections on all levels. It is an entire mess right now.

(Cmsr. Serwin) I reached out to Jan Cobaleda-Kegler and Kennisha Johnson yesterday to ask on the status of Nierika house and its operations, etc.

(Cmsr. Wiseman) is there an opportunity for us to move another site in that slot? (Cmsr. Serwin) There sure is. This was all recent in terms of it all happening right now and we need to pivot the next site in line, Crestwood in Vallejo, California.

(Cmsr. Griffin) Just a reminder the site team is meeting tomorrow morning at 11:00am to discuss this. (Cmsr. Serwin) Correct. Regarding Blessed Care, but what we are also doing is stepping back and looking at the procedure we have in place right now didn't factor in the really small 'mom and pop' style board and care (B&Cs), the six bed B&C situation. What we have in place now is really built for bigger sites and to take our process and go to a small B&C is probably pretty intimidating to the smaller owners, more steps than needed and interviewing people could be all of their patients signing up to be interviewed. What we are doing tomorrow is stepping back and looking at our process and where does it make sense for a 6-bed B&C, what is overkill and how to adjust. There are so many 6-bed B&Cs on our list and we had no idea there were that many. (Angela) we don't want to overwhelm, intimidate or scare them, either so. (Cmsr. Serwin) There is a problem of a lot of these smaller B&Cs closing down and it is really important to maintain a very positive productive process. Coming to them from patient care advocacy standpoint, not coming in to find way shut them down, we are trying to be more supportive.

VIII. UPDATE on Mental Health Commission RETREAT, Commissioner Graham Wiseman, Mental Health Commission Chair

We are actually going to have a half hour MHC meeting before the retreat to work over as the full commission. Notifying the all the commission members about Cmsr. Hudson and Cmsr. Maibaum and general office work. And then move on to the full meeting at 4:00pm. Commissioner Serwin has put together a pretty extensive invitation list. It is just a 'we would love to have you attend but it's not a requirement' and I noticed we didn't have the Supervisors on here. That was a mistake. It occurred after the fact; however, I am certain our EA has already added to the list. (Angela Beck) the commissioner list I have includes (at least) Supervisor Andersen and Burgis and their staff. So, part will be notified but we don't want to exclude the other three supervisors.

IX. DISCUSS access process to county behavioral health and detention health and Community-based Organizations (CBO) staff

What that actually is asking is to start the discussion about the feedback we have been receiving from Dr. Tavano regarding scheduling speakers or guests for the MHC and our committees. Our last communication expanded the scope from just BHS to Detention Health and Community Based Organizations (CBOs) which are independent organizations in our county. Cmsr. Serwin and I have had several discussions on this. Our intent was to build a collaborative environment with Dr. Tavano regarding requesting members of BHS to come speak because we value the time of these professionals and we don't want to have multiple requests from the commission and the committees on the same topic. A big part of our retreat is going to be setting goals for 2022 and what we want to do as a commission. What we are going to select as items of concerns and, of course, things pop up as we go through the year but in a general strategy of what we want to talk about. This way we feel we can work better with BHS in letting them know what we will be looking at and what we are hoping to improve. That is the direction. However, the requests that we go to Dr. Tavano for CBOs actually doesn't fall in line for our mandate and so the requirement that I believe we are supposed to follow regarding doing our job as commissioners. We will have a discussion with BHS regarding enhancing our collaborative agreement on how we can do this work but also acknowledge there is some restrictions we cannot honor because of how the laws are written. I want to thank Cmsr. May for forwarding some of the information we were able to reference regarding our mandates. (Cmsr. May) I am really disturbed regarding this. Her position, that is one of the things listed in her job description, that she is supposed to be working collaboratively with, not just the partners in the community, not just BHS but commissions and everything is to be a collaborative effort for the good of the people who need and receive these services. As I pointed out when I sent that paper, according to that, it is like she takes direction from us. We bring it to her, we tell her 'this is what is going on and we need someone to present on this issue' and then she can offer the best person to speak on this issue. We would like that person to be at this committee meeting on this date and ensures they are invited. If we need her help, we go to her, but if not, we can go directly to those people we do have relationships with. A lot of those in BHS departments are large and

we should be able to reach out to them, send an email and invite them to speak. They should be able to respond and adjust their calendars, without having to go through this third party. I have my personal feelings regarding that but I can't let that get into this. I feel she is overstepping her role and she knows it. If she hasn't received that copy of the document I passed around, perhaps it is time to send it to her so she can read it with her own eye and let her know that you and Cmsr. Serwin would like to have a meeting with her directly. That is my suggestion. If she is still having her feet planted firmly in the ground then you have to go to the next step, speak to Anna Roth.

(Cmsr. Serwin) I would just add, generally speaking, having been with the commission for 6-7 years now, we have always enjoyed the ability to work directly with staff at all levels (save a period of time when it wasn't so). We have built good relationships, staff have been happy to, if not excited, to share their work, share what they know and to get input. It has been a really positive relationship and I am just hoping that it continues. It is so great to hear from the people on the ground actually doing the work. Sometimes it's helpful to speak with managers because they have bigger picture they can bring to the table, other times it is good to hear from those in the cubicle or in the therapy room. I just wanted to stress those two points as we go forward and work through this issue to figure out the best channels of communication are. I really would hate to be cut off from the communications we have had in the past of direction exchange of information.

(Cmsr. Wiseman) Just to bring all commissioners and those attending the meeting, there have been several discussions about a specific Justice Committee meeting in which several credible BHS people had been called to and their time was not utilized properly in the minds of those attending. There was some discourse and I have been working with that chair and just completed a meeting before this one. It seemed to go better. Part of what it was, was a specific request and a reason why that person is being requested followed up with specific questions the Board or Commission was interested in hearing about. Matthew Luu attended the meeting, along with Linda Arzio and thought they had a lot of great information they were able to provide. I will share moments after that meeting ended, I got letter from a member of the public titled 'Shocking BS' referencing that meeting. It just made me aware that even though you think things are going well there is always different opinion out there. We are doing the best we can. I look forward to enhancing the collaboration and I think it is on the MHC and the committees to demonstrate that we have that level of professionalism that should demand respect as we are working with, not only BHS, but Detention, CBOs and frankly anyone else we feel we need to reach out to. I was reminded by a MH Commissioner from a different county that actually the MHC can go and speak to any agency that offers mental health assessments. John Muir, Kaiser and a lot of people we don't call or contact that we, perhaps should be.

(Cathy Botello) I was wonder if I could make a comment regarding that last statement. John Muir and other mental health services that aren't being called on. There are a lot of CBOs that provide assessments and get a bit of funding here and there, but for example, right now we have a contract with Kaiser to provide CBT for re-entry population. There are other smaller

<p>contracts, for example with the veteran’s center who will sometimes send us veterans. CBOs are clearly needing to get the word out that they have these services because we need to be able to use that money and provide the service within a limited period of time. (RESPONSE: Cmsr. Wiseman) part of what was driving my comment on that was the Suicide Prevention committee were reviewing statistics, we only have stats from CCRMC, not John Muir, Kaiser or Sutter. That information doesn’t flow in when we are looking at reports so if we can have something from the coroner’s office that says there were these many deaths but statistically, for every death, there are 270 attempts. Where are those people getting medical treatment? Or mental health treatment? That is something we don’t know because we can only track what goes through CCRMC. I do see in other counties (Sacramento for instance) does a great job of working with their partners and they have monthly updates on how many attempts.</p> <p>(Cmsr. Serwin) Cathy, I would just like to suggest perhaps you might want to come to one of our general meetings and make a public comment to that affect and that might be good way to get it out there. Our full commission meetings held on the first Wednesday of every month, 4:30pm to 6:30pm.</p> <p>(Cmsr. May) How do we bring this to the full commission? I think it is just bringing this information forward. This is what is going on, this is basically putting a barrier in our role. We would like to move it to a motion to say we are going to continue to reach out to CBOs. We need to broaden our outlook of what is mental health and reach out to these other organizations and partners. Just maybe take a vote and ask who would like to move forward with inviting these people, or maybe someone can come up with suggestions of how to handle this. The discussion needs to be between the chair, the vice-chair and Dr. Tavano. We need to stop this, otherwise it is going to continue and get worse.</p> <p>(Cmsr. Wiseman) I think what you are point to here, Cmsr. May, is that there are so many prospects and different avenues we can follow regarding mental health issues in our county and, I think a big part of our retreat is really going to be saying ‘of all the issues we are aware of (some we aren’t even aware of) which do we really think we can effect change and fulfill our responsibility of advising the Board of Supervisors (BoS) and BHS of what we see as critical needs in our community?’ and bringing it down to three. From the conversations I am hearing, Housing is the one of the big ones. So that would be one, what are the other two? So, you always have a really great list of speakers, the problem is tying them into what we can do and affect. Perhaps we can have one speaker of ‘awareness’ and one speaker of ‘action’ moving forward.</p>	
<p>X. DISCUSS potential speakers and topics for December and January Mental Health Commission Meetings</p> <p>I had thought about, because of housing, the Sword to Plowshares. They are in San Francisco and Oakland now. I have made contact with them several time and they really want to be a part of our community and move out this way but need to know, I guess they need an open reception. I think, if they came and spoke to the MHC, maybe we could get our BoS to speak with this organization as well. I am looking at those that can come in and kill two birds with one stone. They can build housing, they have the</p>	

money and building now. They will build housing for our veterans that are homeless and we have so many. They also have services provided but can also utilize those service in the community if there is something already here, they are willing to work hand-in-hand. I would love to see them come out and present. Hopefully we all receive them. I have asked the mayor of my city (Antioch) and before him. They just didn't even respond and don't know if we can be the ones but we need to be the changemakers in this community and we need to court others. There is so much going on here, a lot of people do not even know what is here. Let's court who is here and court others that can come in and help.

Another I thought about last night is organizations to help those being evicted...there are so many in Alameda County (Oakland, Berkely, Fremont, etc.). Do they need to vote on having these organizations or can those organizations just come here? (Cmsr. Wiseman) Typically they are applying for funding to drive their programs and that is how they come into a county but that specific topic would be more over on the H³ conversation.

Someone else in the county could handle that kind of conversation, not sure it is a good use of the MHC's time when there is another agency that may be able to do a better job. We should put it through a Stainer and ask what is something we can affect? And how can we make It appositive change our county. That is the strainer every speaker has to pass through that and say how are you going to help this county or improve a program? We do have a lot of programs. One of the things that came out of the conversation that Ms. Dandie was having was the level of funding actually going on in West County. A lot of the problem is that those within the community don't realize what is funded by the county. They see organizations and CBOs that are out there working and not understanding where the funding is coming from to drive that. Perhaps more of a public awareness of that would be a good thing for us to talk about.

(Cmsr. May) remember we spoke in one meeting about having a Facebook page. Not where people can discuss, but where we can post so the community all over the county knows, here are resources, here is what we are doing, come to the meetings, speak, something. We need a couple other commissions in other cities when we attended the CALBHB/C meeting, stated they had Facebook pages. That would be a way to put us out there. We need more awareness.

(Jennifer Bruggeman/Angela Beck) we have had several conversations and I received information to speak to Brittany but have yet to connect. When I went to the CALBHB/C meeting, there was a conversation about that too. Brittany Parris is the person from the communications team within the county who we connected with recently and is managing the social media outlets for health services and would be the one to ask if it's even possible for them to help manage something for the commission. It would be good to have a list of what we want to put on there and the purpose for it. Carl Fisher is the person to connect with. <look for contact info in chat>

(Cathy Botello) I am just thinking, as far as CBOs we are also supposed to put down where our funding comes from when we have flyers (funded by) but it is really small and it is not really read usually. There are a couple of other options (MTB) you can always put the MHC and how to become more involved because MTB runs those adds free of charge. That's through Contra Costa Office of Education. You simply contact anyone and ask. They

<p>have templates and the ad just runs 24/7. The other thing I wanted to mention is the child abuse prevention council has a booklet that is very popular with parents, with families and the community called 'Surviving Parenthood' and in that booklet, they do have mental health services for parents. It is along 'Greenbook' that you might have already seen it. The child abuse prevention council gets funding to put this out every year and they update. It is a referral book and another way to get the word out.</p>	
<p>XI. Adjourned meeting at 4:40 pm</p>	