

**SAN MATEO COUNTY  
MENTAL HEALTH BOARD  
ANNUAL REPORT TO THE  
BOARD OF SUPERVISORS**

**2002-2003**

# **SAN MATEO COUNTY MENTAL HEALTH BOARD**

## **2002-2003 ANNUAL REPORT TO THE BOARD OF SUPERVISORS**

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**SAN MATEO COUNTY MENTAL HEALTH BOARD  
2002-2003 ANNUAL REPORT TO THE BOARD OF SUPERVISORS**

Alison Mills, Chair

**INTRODUCTION & SUMMARY**

The California Welfare and Institutions Code, Section 5604 requires that each County have a Mental Health Board appointed by the Board of Supervisors. Submission of an Annual Report to the Board of Supervisors is one of the mandated responsibilities of the Mental Health Board.

The 2002-03 Mental Health Board Annual Report includes the following elements:

- Mental Health Board's (MHB) composition and committee structure
- Accomplishments for FY 2002-03 including the extent to which MHB goals were achieved
- Goals and priorities for the FY 2003-04
- Committee Reports

The Mental Health Board is committed to advocating for the greatest possible mental health services access and high quality systems of care for children, adults and older adults who are residents of San Mateo County and who rely on the public mental health system. The MHB is aware of the challenges that face local (and state) government as a result of California's continuing fiscal crisis. However, even in these difficult circumstances it is critical, and ultimately cost effective, to sustain core mental health services for disabled and vulnerable populations.

**Mental Health Board Membership and Committee Structure**

In 1991-92, the Bronzan-McCorquodale (Realignment) Act restructured county mental health financing and program responsibilities and specified the mandated composition of each county's Mental Health Board/Commission. Key requirements of this 10 to 15-member board are that consumers (direct consumers and family members) constitute at least 51% of appointed membership and that the MHB reflect the ethnic and cultural diversity of the county.

The San Mateo County Mental Health Board consists of slots for 15 regularly appointed members, two Youth Commissioners and a member of the Board of Supervisors. The MHB appreciates Supervisor Rich Gordon's continued support as the Board liaison as well as the active role participation of his staff, Deborah Hirst.

As of October 2003, the MHB had nine openings. Supervisors Gordon and Nevin, as well as representatives of the MHB Executive Committee, interviewed 13 candidates and are recommending appointments for all current vacancies. These anticipated appointments will fulfill State composition requirements for direct consumer and family member representation and will increase the MHB's ethnic diversity - an area that was noted for improvement during a State Department of Mental Health program review in June of 2002.

The MHB meets as a whole all months except August and has an active committee structure that consists of an Executive Committee, Children's Committee, Adult Committee and Older Adult Committee.

This Annual Report includes activity reports from each committee chair. Ad hoc committees are established as required for such purposes as planning an annual public forum. MHB members also serve as liaisons to other organizations or committees.

The following individuals served as MHB officers and committee chairs/co-chairs through June of 2003:

Chair	Alison Mills
Vice Chair	Beth Phoenix, Ph.D. in Nursing
Past Chair/Executive Committee	Michael Lydon
Executive Committee	Terry Walker
Children's Committee	Marianne Maneja
Adult Committee	Eunice Kushman
Older Adult Committee	Doris Brown, M.D.

The following individuals are serving as MHB Officers and committee chairs for FY 2003-04:

(Note - new Executive Committee and Older Adult Committee assignments will be required as of December 2003 due to several individuals reaching their term limit.)

Chair	Alison Mills
Vice Chair	Raja Mitry
At large Executive Committee	Michael Lydon
At large Executive Committee	Terry Walker (through Dec. 2003)
Children's Committee	Raja Mitry
Adult Committee	Eunice Kushman
Older Adult	Doris Brown, M.D. (through Dec. 2003)
CA Association of Local MH Boards	Marianne Maneja

### **MHB ACCOMPLISHMENTS FOR 2002-03**

The MHB identified goals for 2002-03 including issues such as the opening of Canyon Oaks youth facility, appropriate services to individuals with dementia and behavioral problems, collaboration and training of local law enforcement regarding mental health clients and concerns, employment services for mental health consumers, education regarding stigma, a public forum on teen depression, participation in Mental Health Services planning activities and monitoring/advocacy regarding appropriate funding of public mental health services. The MHB also continued its tradition of hearing a presentation regarding programs or critical issues at the start of each monthly meeting. A summary of MHB presentations is attached to this report. The following are highlights of MHB activities and accomplishments during this past year.

**Community Forum on Teen Depression:** A forum was held at Mills High School in March of 2003. MHB Youth Commissioners were active in the design of the program. The forum featured a psychiatrist's overview of how depression manifests during the pre-teen and teen years followed by a moving panel presentation by two teens and their parents about their personal journeys and struggles with depression, substance abuse, and attempted self-mutilation and suicide. Over 70 individuals--including high school students, attended the forum.

**Crisis Intervention Training for Law Enforcement:** Two eight-hour trainings on mental health and crisis intervention were provided to law enforcement officers. The MHB continues to advocate for more comprehensive mental health intervention training for all law enforcement including updated training regarding AB 1421 that requires law enforcement to take the reports of family members/significant others into consideration in making decisions regarding involuntary psychiatric holds (5150's).

**Canyon Oaks Youth Residential Treatment Program:** MHB members consistently supported direct County operation of the program, monitored progress, toured the facility to better understand the program design and participated in the Canyon Oaks grand opening.

**Access to Care for Adults with Dementia and Behavioral Problems:** MHB members conducted site visits to facilities for older adults in order to continue to explore options for individuals with psychiatric disorders, dementias and co-occurring disorders. The Mental Health Board wrote a letter to the Board of Supervisors advocating that the County purchase and operate the Burlingame Health Center.

**Mental Health Strategic Plan and "Evidence Based Practices"** MHB members have participated in ongoing strategic planning for children's and adult/ older adult systems of care. The recently released report of the President's Commission on Mental Health, as well as three key mental health reports by the U.S. Surgeon General, advocate that mental health systems incorporate recent scientific research on effective treatment into standard practice. San Mateo is one of the first California counties to begin to systematically address services improvement through evidence-based practices. Several MHB members participated in the Mental Health Services evidence based practice initiative, including serving on the steering committee.

**Budget Development and Planning for Budget Cuts:** The MHB received regular updates from the Mental Health Director regarding budget planning for 2003-04 including the development of guidelines for budget reduction based on identification of core/mandated populations and core services. The MHB Chair appeared at Board of Supervisor budget hearings to advocate for sustaining essential mental health services.

**Clarified MHB Appointment Terms and Updated By-Laws:** Operational issues were addressed including terms/staggering of appointments and updating of by-laws to comply with new County requirements.

**Annual Tony Hoffman Community Service Awards** Mental Health advocates and volunteers were recognized in celebration of "May is Mental Health Month." Supervisor Rich Gordon and Health Services Agency Director, Margaret Taylor, joined in the awards presentation ceremony.

**Award recipients included:**

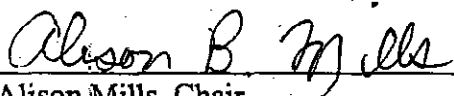
- Beverly Abbott, Volunteer: as an advocate of MHS to improve the lives of people with mental illness  
Anthony Barreiro, Professional: providing resources and support to clients  
Richard Berghella and Robert Spano, Landlord/Housing: property owners/landlords providing Section 8 housing to clients living in the community  
Sarah Fuhs, Volunteer: providing exceptional assistance to clients to meet their daily needs  
Pastor Jay Ford-St. Andrew's Lutheran Church, Business: for offering their facility and assistance to the MH Association in establishing their First Friendship Center  
Lee Piombo, Client: for personal achievement and outstanding work in the client community


**MENTAL HEALTH BOARD PRIORITIES FOR FY 2003-04**

The MHB held its annual retreat in April 2003 to assess prior year activities and accomplishments and identify priorities/goals for the 2003-04 year. An overarching concern of MHB members was the impact of economic conditions and stress on our communities at a time when access to mental health services is increasingly limited to seriously mentally ill/emotionally disturbed individuals or those who are mandated for services under state and federal requirements. The MHB remains committed to advocating for sustaining a core of high quality mental health services especially in the face of limited resources. Over arching MHB goals for the 2003-04 year follow. In addition, individual committees have set annual goals.

1. Insure MHB Effectiveness: More than half of MHB members will be newly appointed. Orientation, training and mentoring of new members is essential to Board effectiveness. Address operational issues such as adoption of updated by-laws by the Board of Supervisors and clarification of MHB legislative advocacy processes to comply with County requirements.
2. of Service: MHB will monitor services through its committee structure. Focus on services will include attention to changing populations/demographics for example, needs of older adults and access of ethnic populations. MHB members will remain involved with the "Evidence-based Practice Initiative." Areas of program monitoring and focus include but are not limited to: Canyon Oaks first year program implementation; mental health services and funding for special education pupils with mental health needs (AB 3632); Medical Center psychiatric emergency and inpatient utilization of acute/sub-acute levels of care and the development of step down resources; Burlingame services (PES and 3AB); adult client flow initiative to insure appropriate Health facility and access for individuals with dementia and co-occurring behavioral disturbances.
3. Sponsor a Community Forum on Adult Mental Health Concern - focus to be determined.
4. Monitor and Participate in Mental Health Services Budget development as well as state and local issues related to mental health funding.

Submitted by:

  
Alison Mills, Chair  
Mental Health Board

  
Gale Bataille, Director  
Mental Health Services

**ADULT SERVICES COMMITTEE**  
**Report to the Board of Supervisors for Fiscal Year 2002-2003**

Eunice Kushman, Chair

For the past year, the Adult Services Committee has continued to meet on a monthly basis (except August). Committee members include Eunice Kushman, Chairperson, Irene Kolbisen, Bill Kruse (Administrator of Cordilleras), Alison Mills, and Teresa Walker. Mike Oprendeck, Deputy Director of the Adult/Older Adult Services for San Mateo County Mental Health Services, continued to provide support staff for the committee.

In addition to the usual functions that the Adult Services Committee carries out for the Mental Health Board, the Committee focused on the following issues:

**Inpatient services for Mentally Ill Adults:**

Treatment of mentally ill adults while on the inpatient unit and issues regarding those who were brought into the facility through 5150's were studied. Dr. Steve C... Medical Director of psychiatry was invited to discuss our concerns, as well as Liz Evans the administrator for 3 A/B.

**Wellness and Recovery:**

Board members received training that will help San Mateo County to develop the Wellness and Recovery concepts into the system of care.

**Vocational Rehab Services (VRS):**

Received reports regarding plans for the upgrades in services for adult mentally ill clients. They also took part in the ongoing focus groups used to provide feedback and analysis of the current services. Will continue to receive updates.

**AB 1424:**

The Committee met and developed an informational sheet and worked in partnership with the Quality Improvement Committee to develop a release of information sheet for families to have the ability to give and get information when their family member is hospitalized.

**Year 2003-2004 Include:**

- Improve coordination of services between the Criminal Justice system and Mental Health through regular meetings with law enforcement and mental health; continuing the pursuit of establishing a mental health court in San Mateo County; and continued pursuit of funding for system spanning programs like OPTIONS.

- Improve effectiveness of Vocational Rehabilitation Services (VRS).
- Promote housing options for mental health clients and monitor the care of adults living in board and care facilities.
- Participate in the implementation of Evidenced Based Practices within the adult provider system of care.
- Work with NAMI San Mateo County to complete and distribute the information and request for information forms to implement AB1424 in San Mateo County.
- Establish an adult task force to look at services provided to San Mateo County citizens with mental illness. This committee will take a more systematic, across the board approach to the System of Care for adults by reviewing issues, problems, attitudes and complaints, including services provided by Psychiatric Emergency Services, inpatient hospital units, contract agencies, and general access to services. The Adult Committee may issue reports on findings of the task force to the MHB and the Board of Supervisors.

Submitted by:

*Eunice Kushman*

Eunice Kushman, Chair  
Mental Health Board Adult Services Committee

## **OLDER ADULT COMMITTEE**

### **Report to Board of Supervisors for Fiscal Year 2002-2003**

**Doris Todd-Brown, Chair**

Beginning in June 2002, the Older Adult Committee changed its meeting schedule to monthly meetings. The committee members are:

Doris Todd-Brown, M.D. – Mental Health Board  
Lani Blazer – Aging and Adult Services  
Diane Dworkin – Senior Mental Health Services  
Judith Guilfoyle – Ombudsman Program  
Howard Lader – Senior Peer Counseling Program  
Alicia Marquez, Ph.D. – Former Commissioner, Commission on Aging  
Jerry Nolan – Senior Peer Counselor  
Beth Phoenix – Mental Health Board

During the past fiscal year the committee continued to focus on programs and services for older adults with mental health issues. The committee's activities included discussion, information sharing, advocacy, and site visits. Specifically the committee was involved in the following:

1. Provided updates on various programs serving the targeted population including Senior Mental Health Services, Senior Peer Counseling Program, Aging and Adult Services, and Ombudsman Program.
2. Discussed placement needs at all levels of care including board and care homes, locked units, and skilled nursing facilities. Special attention was focused on the possible closure this past fiscal year of Burlingame Health Care Center. This facility provides care to the largest number of Medi-Cal recipients residing in a skilled nursing facility in San Mateo County. The committee advocated for county to take-over of this facility.
3. Made site visits to increase committee members' knowledge of community resources. In September 2002, the committee members toured Emmanuel Residential, a board and care facility in Millbrae. In March 2003, the committee members visited Casa Olga, an intermediate care facility in Palo Alto. Both these facilities are a long-term residence for a number of older adults with mental health issues.

The committee will continue to both monitor existing programs and services and advocate for needed additional services for older adults with mental health issues.

Submitted by:

Doris Todd Brown, M.D. Chair  
Doris Todd-Brown, M.D., Chair  
Mental Health Board Older Adult Committee

Diane Dworkin LCSW  
Diane Dworkin, LCSW  
Senior Mental Health Services

**CHILDREN AND YOUTH COMMITTEE**  
**Report to the Board of Supervisors for Fiscal Year 2002-2003**

Raja Mitry and Marianne Maneja, N.P.

**Members of the Committee**

Marianne Maneja, N.P.  
Raja Mitry (Education)  
Deborah Torres, Deputy Director Youth Services (Staff)  
Tong Zhao, Youth Commissioner

The role of the Committee is to address the needs of the youth population with mental health disorders and those who are at risk of significant mental health conditions, and to oversee the quality of San Mateo County's mental health services for youth, encouraging community input and supporting staff and needed children's programs.

**Committee Accomplishments and Tasks for 2002-2003**

Canyon Oaks Youth Center, the County's youth crisis residential facility, opened for operation as of August 2003. All staff positions had been filled and more than half of the available twelve openings for youth had been filled as of October 2003.

The Committee will continue on-site visits to this facility as well as other County sites to familiarize themselves with the programs, as they provide necessary and beneficial services for the youth and their families. We will strongly advocate for implementation of best practices and accountability to ensure the highest level of mental health care within the community.

The Committee is keenly interested in continuing to explore various ways of making more visible the available mental health services to families with children and adolescents, and specifically, what gaps to address for kids who may possibly "fall through the cracks" if mental health needs are not identified early enough. A community forum centered around the topic of teen depression and co-occurring issues was presented in March 2003 at Mills High School in Millbrae, with a panel that included County mental health professionals, a male and female teen touched by depression, and each teen's parent. The forum addressed a large audience of different populations of the local community. The Committee would like to continue these forums of different topics in an effort to educate the public about mental health.

With the new website that County Mental Health is launching for the coming year, the Committee will look at ways to promote youth services within the community and advocate for mental health education to a large population with access to the internet.

As new members come on board effective November 2003, the Committee will actively recruit additional members to serve on the Youth Committee.

**Committee Goals for 2003-2004**

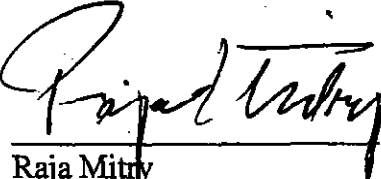
We will support and monitor the progress of Canyon Oaks and ongoing Youth Services such as the Therapeutic Behavioral Schools, Wraparound, Juvenile Hall Clinical Program, and School Based Mental Health Services.

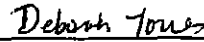
We will advocate for funding under AB 3632 and encourage a working alliance between the County Office of Education and County Mental Health.

We support the utilization of evidence-based practices at all levels of care and will continue site visits to County youth programs.

Submitted by:

  
\_\_\_\_\_  
Marianne Maneja  
Mental Health Board

  
\_\_\_\_\_  
Raja Mitry  
Mental Health Board

  
\_\_\_\_\_  
Deborah Torres  
Deputy Director/Youth Services

**MEMBERSHIP REQUIREMENTS OF THE**  
**MENTAL HEALTH BOARD OF SAN MATEO COUNTY**

The Mental Health Board shall include eighteen (18) persons; including fifteen (15) members appointed by the Board of Supervisors, as required by the Welfare & Institutions Code §5604, one (1) member of the Board of Supervisors, and two (2) members of the Youth Commission. All members are voting members. Members appointed by the Board of Supervisors shall serve terms of three (3) years, which begin on October 1 and end on September 30. Upon conclusion of a term, a member may be reappointed to a maximum of twelve (12) years of full terms. The twelve (12) year limit does not include partial terms to which members may be appointed at the beginning of their service, holdover service caused by delay in appointing a replacement at the end of a member's service, or terms that have been adjusted to achieve the staggering referred to in the next paragraph.

The terms of the members appointed by the Board of Supervisors shall be staggered so that approximately one third (1/3) of the appointments expire in each year. To the extent that member's terms are not staggered as of the date this resolution is adopted, the terms of the existing members may be adjusted to achieve staggering and equal distribution of term expiration.

The members of the Mental Health Board who are Youth Commissioners shall be designated by the Youth Commission, and shall serve one term of two years.

The member of the Mental Health Board who is a member of the Board of Supervisors may serve a term as long as that person's service on the Board of Supervisors.

The Board membership should reflect the ethnic diversity of the client population in the County (W&I 5604.a). Fifty (50) percent (or eight) of the appointed members shall be consumers or the parents, spouses, siblings, or adult children of consumers, who are receiving or have received mental health services. At least twenty (20) percent (or three) of the appointed members shall be consumers, and at least twenty (20) percent (or three) of the appointed members shall be families of consumers (W&I 5604.a.1).

The remainder of the appointments shall include individuals who have knowledge and experience of the Mental Health System and may include persons who are outlined in paragraph above.

Consistent with W & I Code §5604(d), no member of the Board or his/her spouse shall be a full-time or part-time County employee of a County mental health service, an employee of the State Department of Mental Health, or an employee of, or a paid member of the governing body of, a mental health contract agency. "Mental health service" includes any service directed toward early intervention, or alleviation or prevention or, mental disorder, including, but not subject to, diagnosis, evaluation, treatment, personal care, day care, respite care, special living arrangements, community skill training, sheltered employment, socialization, case management, transportation, information, referral, consultation, and community services.

## **FUNCTIONS**

The functions of this Board shall include, but not be limited to, the following [W&I 5604.2]:

1. Review and evaluate the community's mental health needs, services, facilities, and special problems.
2. Review any county performance contracts entered into pursuant to W & I Code §5650.
3. Advise the Board of Supervisors and the local Mental Health Director as to any aspect of the local mental health program.
4. Review and approve the procedures used to ensure citizen and professional involvement at all stages of the planning process.
5. Submit an annual report to the Board of Supervisors on the needs and performance of the County's Mental Health System, which report shall satisfy the requirement of preparation of an annual work plan.
6. Review and make recommendations on applicants for the appointment of a local Director of Mental Health Services. The Board shall be included in the selection process prior to the vote of the Board of Supervisors.
7. Review and comment on the County's performance outcome data and communicate its findings to the California Mental Health Planning Council.
8. Additional duties or authority as specified by the Board of Supervisors.
9. Assess the impact of the legislative realignment of services from the State to the County on services delivered to clients and on the local community.

## 2002-2003 MENTAL HEALTH BOARD MEMBERS

MEMBER	APPOINTMENT DATE	EXPIRATION DATE
<p>Greg Cowart  Millbrae Police Department  581 Magnolia Avenue  Millbrae, CA 94030  Work: 650-259-2308  <a href="mailto:gcowart@ci.milbrae.ca.us">gcowart@ci.milbrae.ca.us</a>  (Public Citizen/Law)</p>	06/05/01	12/31/04
<p>Patrick Field  149 Jackson Avenue, Apt. 201  Redwood City, CA 94061  Home: 650-701-0939  (Consumer)</p>	07/31/02	12/31/05
<p>Irene Madrid Kolbisen  782 Johnston Street  Half Moon Bay, CA 94019  Home: 650-726-7166  <a href="mailto:aquua@aol.com">aquua@aol.com</a>  (Family)</p>	10/04/01	12/31/04
<p>Eunice Kushman  152 Frankfort  Daly City, CA 94014  Home: 415-584-8207  (Family)</p>	12/17/91	12/31/05
<p>Jane Lewis, MFCC  121 Grove Drive  Portola Valley, CA 94028  Home: 650-851-1248  <a href="mailto:jane@janard.com">jane@janard.com</a>  (MH Professional)</p>	02/02/82	12/31/02

## MEMBER

## APPOINTMENT DATE

## EXPIRATION DATE

Robert (Mike) Lydon  
501 Sycamore Street  
San Carlos, CA 94070  
Home: 650-592-7326  
Work: 650-321-5272  
Pager: 650-373-6862  
Fax: 650-473-1828  
[mlydon8@attbi.com](mailto:mlydon8@attbi.com)  
(MH Professional)

06/26/84

12/31/05

Marianne Maneja  
781 Niantic Avenue  
Daly City, CA 94014  
Home: 650-755-2564  
[marynps@yahoo.com](mailto:marynps@yahoo.com)  
(Other Public Citizen)

03/01/01

12/31/03

Alison Mills  
4140 George Avenue, Apt. 1  
San Mateo, CA 94403  
Home: 650-372-9923  
[lannigan@sbcglobal.net](mailto:lannigan@sbcglobal.net)  
(Consumer)

05/11/99

12/31/05

Raja H. Mitry  
P.O. Box 1985  
Burlingame, CA 94011  
Home: 650-697-7349  
[rmitry@smfc.k12.ca.us](mailto:rmitry@smfc.k12.ca.us)  
(Other Public Citizen)

10/04/01

12/31/04

Beth Phoenix  
933 - 9<sup>th</sup> Avenue  
San Mateo, CA 94402  
Home: 650-342-3797  
Work: 415-502-4407  
  
(MH Professional)

08/18/98

12/31/02

MEMBER	APPOINTMENT DATE	EXPIRATION DATE
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Doris Todd-Brown, M.D. 2470 Comstock Court Belmont, CA 94002 Home: 650-593-9294 (Family)	05/05/92	12/31/03
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Teresa Walker 149 Devonshire Blvd. San Carlos, CA 94070 Home: 650-591-1176 (Family)	02/23/88	12/31/03
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Youth Commission

Tong Zhao  
1421 El Camino Real, Apt. 5  
Burlingame, CA 94010  
Cell: 650-302-0769  
Home: 650-685-8178

Eugene Zinovyev 1036 Rudder Lane Foster City, CA 94404 Home: 650-571-6204 <a href="mailto:eugenezinovyev@yahoo.com">eugenezinovyev@yahoo.com</a>	06/01/03
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Board of Supervisors Representative

Supervisor Rich Gordon 650-363-4569 <a href="mailto:rgordon@co.sanmateo.ca.us">rgordon@co.sanmateo.ca.us</a> Representative: Deborah Hirst 650-599-1013	1997
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Upon termination from BOS

Board of Supervisors  
Hall of Justice and Records  
400 County Center  
Redwood City, CA 94063-1662

Vacant (Mental Health Professional)  
Vacant (Public Citizen)

## 2002 MHB COMMITTEE ASSIGNMENTS

### EXECUTIVE COMMITTEE

(Meets 3<sup>rd</sup> Monday, 8:00 a.m., Gale Bataille's office)

Alison Mills, Chair, Adult Services Committee & Representative to State Organizations  
Beth Phoenix, Vice Chair, Older Adults Committee  
Eunice Kushman, Adult Services Committee Chair  
Mike Lydon, Mental Health Board member  
Doris Todd-Brown, M.D., Older Adults Committee Chair  
Terry Walker, Mental Health Board member  
Gale Bataille, Director, Mental Health Services (Staff)

### ADULT SERVICES COMMITTEE

(Meets 1<sup>st</sup> Wednesday, 1:30 p.m., Conference Room 132)

Eunice Kushman, Chair  
Irene Kolbisen, Mental Health Board member  
Bill Kruse, Member of the Public  
Alison Mills, Mental Health Board member  
Lois Turner, Member of the Public  
Terry Walker, Mental Health Board member  
Mike Oprendeck, Mental Health Staff

### CHILDREN & YOUTH COMMITTEE

(Meets 1<sup>st</sup> Wednesday, 2:00 p.m., Room 320)

Jane Lewis, Chair  
Marianne Maneja, Co-Chair  
Raja Mitry, Mental Health Board Member  
Debbie Torres, Mental Health Staff

### OLDER ADULTS

(Meets 1<sup>st</sup> Wednesday, 1:30 p.m., La Selva  
or other locations to be announced)

Doris Todd-Brown, MD, Chair  
Beth Phoenix, Mental Health Board member  
Diane Dworkin, Mental Health Staff

NOMINATING COMMITTEE (Appoint committee annually at February MHB meeting. Committee presents slate at March MHB meeting. Officers elected at April MHB meeting).

Alison Mills, Chair  
Raja Mitry, Vice Chair  
Marianne Maneja, Representative to State  
Mike Lydon, Representative At Large

### LIAISON, TASK FORCE AND AD HOC COMMITTEES

Liaison to Mental Health Agencies - (Meets 2<sup>nd</sup> Thursday, 9:00 a.m. at Caminar)  
Coalition Rehabilitation Committee  
Crisis Intervention Team (CIT) - Greg Cowart, MHB Member & Chris Coppola, MH Services (staff)  
Liaison to Inpatient Services  
Neighborhood Housing Concerns  
Quality Improvement Committee - Alison Mills

**SAN MATEO COUNTY MENTAL HEALTH BOARD  
ANNUAL RETREAT  
APRIL 12, 2003**

**AGENDA**

- 9:00 Introduction and Ice Breaker
- 9:30 MHB Goals & Accomplishments for Past Year
- 10:00 Break
- 10:15 How Can Committee Meetings & MHB Meetings Be Improved?
- ❖ Is purpose of meeting clear?
  - ❖ Suggestions re: structure/content of meetings
  - ❖ Staff support
- 11:15 Challenges in the Next Year
- ❖ Mental Health Director perspective
  - ❖ MHB member's perspective
- 12:00 Lunch
- 12:45 Board & Committee Priorities/Goals for New Year
- ❖ Brainstorm and identify top priorities
    1. MHB overarching goals
    2. Child, Adult, Older Adult Committees
  - ❖ Agree on follow-up process to finalize goals and bring to future (June?) MHB meeting for adoption.
- 2:00 Adjournment

# **MENTAL HEALTH BOARD RETREAT**

**APRIL 12, 2003**

**Canyon Oaks Youth Center**

**400 Edmond Road**

**Redwood City, CA 94062**

In attendance: Alison Mills, Mike Lydon, Raja Mitry, Beth Phoenix, Marianne Maneja, Terry Walker, Eunice Kushman, Doris Brown, Gale Bataille (staff), Mary Anne O'Shea (facilitator)

1. What were the highlights of the past year:

- Teen Depression Public Forum (Mill High School)—Attended by 60-70 individuals including a number of students; MHB Youth Commissioners participated in planning Group effort – key element of MHB's public education/advocacy role
- Crisis Intervention Training – Several 8-hour sessions for local Police Departments – need to continue and hope eventually have more intensive training; MHB members participated with MH staff as trainers
- Focus on supported employment and improving VRS services; MHB members participated in focus groups – six county-wide, re: concerns and desired improvements;
- MH Strategic Plan - MHB participated on planning committees
- Assisted in selecting new Deputy Director for Adult Services
- Worked with Debra Hirst (staff to Supervisor Gordon) in clarifying and setting terms for MHB members; aligned terms and dates of appointment with statutes and the law
- May is Mental Health Month - Annual Tony Hoffman Awards
- Advocated for county operation of Canyon Oaks Youth Facility
- Children's Committee conducted site visits: Therapeutic Day School, Hillcrest Juvenile Hall, Canyon Oaks facility
- Older Adult Committee--now meeting monthly; advocated for County take-over of Burlingame Health Center; visited other programs
- Attended NAMI Mental Illness Awareness Month Dinner; Farewell events for Julie Peck
- Monitoring quality of care issues with focus on inpatient psychiatric services on 3AB
- Continuous review of budget planning; testified at BOS budget hearings
- Learn → be a link to greater community and Board of Supervisor
- Advise BOS thru annual report hearings/testimony
- Participated in conferences/seminars; Alison served as regional representative to the CA Association of Local MH Boards and Commissions; networking with others in CA
- Maintained continuity of monthly program presentations

2. How can MH Board meetings and committee meetings be Improved?

- How can more time be available for full MHB discussions? Hard to do given the number of issues to be covered
- Purpose
  - Mandate share information with each other and the community

- Represent citizens and community with MH concerns
- Communications and other MHB activities
  - Send information to mail list contractors.
  - Include program presentation summaries and other MHB information in the Heads Up MH monthly newsletter; highlight Board work and Board members – tell the story thru vignettes/picture
- Consider change of name from Mental Health Board to Mental Health Commission
- Foster participation and develop future leadership (new members – ongoing, application and recruitment)
- Maintain relationships with Law Enforcement and Police involvement with Board and support L.E. in community – progress
- Continue with program presentations; ongoing MHB education
- Film program presentations and develop library of videotapes
- Meetings
  - Children – involve agencies, parents, youth as members, education
  - Older Adult – need primary care, medical personnel, oral care involvement and attendance
  - Adult – contractor, Board and Care
  - Executive Committee - update and review liaison reports re other annual assignments, meeting times are flexible
  - Executive Comm. – Planning
    - Set MHB meeting agenda
    - Responsible for maintaining infrastructure
    - Needs a mission/purpose statement
    - Emergency – interim decision making role

### 3. Challenges for the next year

- Gale Bataille, MH Director's perspective
  - Budget – ongoing
  - Resource Management/Utilization Mgmt. – need for process/review to be put in place, requires strategic planning
  - Values/Evidence-based practice – need to focus scarce resources on effective practices
  - Compliance with Government reporting/forms documentation
  - Maintain focus on key values
    - 1) Cultural Competence
    - 2) Resilience and Recovery
    - 3) Involvement of stake holders all inclusive
- MHB members-- need to be diligent in making sure clients in need don't fall through cracks
  - 1) Get services
  - 2) Pay attention to transitions if cannot be served by County/contracted MH

- Pay attention to economic climate and stress that produces
- Continue to support and advocate through difficult time
  - \* Transitions (age/program) especially important for future program development
  - \* Older adult resources changing demographics/population (age groups)
- How to adjust - create innovative solutions
- Be a link for clients to solve problems, get support, support staff – those who deliver services
- How will state reductions in benefits trickle down?
  - What will the MHB response be? Be positive/proactive
- Educate for Change
  - - - - - -
- Recognize the need to make choices
- Peer Counselors
  - For adults/also training for older adults

#### 4. Full Board and . . . priorities for the next year

- Executive Committee
  - Board Develop – recruitment/orienting and mentoring new members → get clarified and working better
  - How to maintain linkages with long term members who term out (MHB member emeritus)
  - Update By-laws and get adopted by BOS
  - Clean up recruitment/how do we have more continuous process
  - Legislative advocacy – how can MHB be in position to act quickly – streamline process
- Full MHB
  - Recruit IT sophisticated person as MHB member
  - Stigma initiative/track opportunities since limited resources to pursue
  - MH Board forum (community dialogue/family involvement)
    - making system of care work together
    - recovery/accessing inner resources
    - linkages with Faith community
  - Liaison with other Boards and commissions, add/Disabilities/Aging
    - convene a special meeting with other Boards and commissions
- Child
  - AB 3632 – funding crisis
  - Canyon Oaks implementation
  - Supported Ed for transition age youth
- Use of health professionals for consult liason
- Adult
  - Training for front line staff – case managers and conservators, rehab counselors training/certificate CSM? Debbie Brasher
    - AB 1424 implementation
    - AB 1421 (Reconvene and make recommendation)
    - College of San Mateo/CSM Supported Ed. (transition youth)
    - Recruit family, caregivers for committee

- Client flow through acute and sub-acute system of care (Admin. Days)
- Identify free resources/develop a resource guide (find out if there is such a guide thru Human Services Agency)
- Board and Care Home for people with Diabetes – wrap around medical support/client education/weight reduction, exercise) Rehab ???? on care
- Older Adult
  - Adult → older adult population and program transitions (consider current programs/facility conversion)
- Board orientation

## 2002-2003 HIGHLIGHTS OF MENTAL HEALTH BOARD MEETINGS AND OTHER ACTIVITIES

### MHB PRESENTATIONS

July 3, 2002

Crisis Intervention Team (CIT) Training Update

Presented by: Greg Cowart, MHB Member &  
Chris Coppola, Manager, Adult Services

*The County's CIT program was designed after the successful San Jose, CA and Memphis, TN programs. An eight-hour training session was held during July. Thirty-four were in attendance, representing eight to nine law enforcement agencies. This training is a State POST accredited class that included group discussion, didactic presentation, and videos. The CIT Training has already impacted law enforcement's handling of those in the County's mentally disabled community when responding to a call. The intention is to increase the training to forty-hours.*

Strategic Plan (Power Point Presentation)

Presented by: Gale Bataille, Director, Mental Health Services

*The Plan was presented to and accepted by the BOS. The next step will be to phase in the eleven objectives of the plan and to monitor the results. The three goals of the plan are:*

- *Balancing the gap between MH needs and resources*
- *Service excellence*
- *Create an infrastructure to support this work*

August 2002

No meeting.

September 4, 2002

Quality Improvement (QI) Program

Presented by: Patrick Miles, Ph. D., Quality Improvement Manager

*The QI Program is State mandated; however, the County has had a long-standing commitment to quality that pre-dates this mandate. It is a way to establish our commitment to the consumer, family, over-sight committees (MHB), San Mateo County residents, and to all the professionals that come and work together in MHS. Sub-committees have been formed to help focus on special duties for the community and will meet on a regular basis.*

October 2, 2002

Options (Mentally Ill Offender Program)

Presented by: Christine Zarate-Tillotson, Program Specialist

*The Options Program is a Legislative program (AB 1485 – "Mentally Ill Offender Crime Reduction Act") funded by the State Board of Corrections through the Sheriff's Department. The County has a collaborative partnership with the Sheriff and Probation Departments and Forensic Mental Health Services. The staff consists of Christine Zarate-Tillotson, Program Coordinator, Kara Grover, Al Luke, and Jimi Souse, Case Managers, and Dr. Richard Hayward, Manager of the Forensic MH Facility at the jail. The County's program began in January 2000 and presently has 112 clients enrolled. The data compiled to date shows that the program is working and offers the client the opportunity to leave the program with an enhanced quality of life. The success is largely due to the collaboration between MHS, Probation, and Forensic MH. The success of the Options Program will not be fully known for another three years.*

November 6, 2002

Morbidity & Mortality of Mentally Ill Clients

Presented by: Dr. Celia Moreno, MHS Medical Director

*Interest in this area has heightened by a cluster of sudden deaths this year of some clients with serious mental illness. Dr. Moreno is tracking cause of death for all medically related, unusual deaths in order to determine trends. Data available at this time is not complete as it can take up to an average of six weeks for the coroner's report to be available. Mortality is the increased risk of dying and morbidity is an increased risk of complications from medical illnesses. The slide presentation focused on schizophrenia since mortality and morbidity have been more extensively researched for this population. A growing concern is that most of the newer atypical anti-psychotic meds appear associated with significant weight gain, potentially related to higher prevalence of adult onset diabetes, and in some cases, cardiac risks. Future plans include developing guidelines for the monitoring of weight, lipids, and blood sugar for patients on atypicals. A small grant was received from Lilly to run a pilot weight management program for ten clients out of La Selva. The program will run for a year and have a group participation component as well as an exercise program. Dr. Moreno also plans to offer training to Primary Care on the potential side effects of psychoactive drugs.*

December 4, 2002

Peninsula Network of Mental Health Clients (Network)

Presented by: Deborah Anne Tan, Director

*The Network is a non-profit organization that was begun in 1986. MHS is the only current source of funding for the organization. They offer various activities and groups, at the main office on 41st Street in San Mateo, the Miller Center at La Selva, and Network North (Daly City). A nutrition class has recently been offered as well as PC and MAC classes.*

January 8, 2003

Inpatient Psychiatric Services (3AB) Update  
Presented By: Nancy Steiger, CEO, San Mateo Medical Center

*Nancy's first matter of business in taking over as CEO of the Medical Center was to change the name from San Mateo County Heath Center to San Mateo Medical Center. She felt by eliminating the word "county" from the name it would upgrade the expectation of the services that are available. She also changed the Mission Statement to read, "To open doors to excellence in healthcare." This emphasized not just any care, but "excellent" care, not for just the poor, but for "everyone." Currently, they are only accepting Medi-Care, but are working on Blue Shield. Due to staffing problems, the clients able to be serviced are limited; however, the clients that are at the Center are given adequate medical attention. She stated that within two months, she would have adequate staff on board. Patients with dementia, medical needs, and no homes are provided medical services, but little money is received for their care. The Center is working with MHS to try and solve this problem. They are thinking of setting up a Dementia Unit. The safety issue at 3 AB was discussed and an outside consultant, Dr. Peter Forester, has been called in and his report will be presented to Nancy in the next week.*

ACCESS Team

Presented By: Lynda Frattaroli, Program Supervisor

*ACCESS and the MH Dual Diagnosis Unit were merged under a single Unit Chief (Lynda) as of July 2002. It has been a successful integration of the two teams. Services provided are; 1) MH linkage to Medi-Cal providers, 2) assessments for regional MH treatment, 3) a brief clinic for clients needing linkage to community resources, and 4) three dual diagnosis clinics in the largest regions, providing medication support and groups for individuals diagnosed as having mental health needs and substances abuse issues while said individuals are in County substance abuse treatment programs. The ACCESS number is :. :. :. :. 8 a.m. - 5 p.m., Monday thru Friday. After hours and on the weekend, the call is directed to PES at the Medical Center.*

February 5, 2003

Mental Health Budget

Presented by: Gale Bataille, Director, Mental Health Services

*Gale discussed the State and local budget issues and risks and how MHS is planning to respond to them. The Governor's 2003/2004 Proposed Budget includes a 10% reduction in Medi-Cal for Managed Care MHS, realignment of the AB 2034 and Children's System of Care, and AB 3632 mandated claim payment to be deferred until 2004/2005.*

March 12, 2003

In lieu of our monthly meeting, a public forum on "Teen Depression was held in the evening.

April 2, 2003

## Inpatient & Psych Emergency Services Update

Presented by: Dr. Steven Cummings, Psychiatric Services Director

*The Medical Center consists of two departments geared towards the care of the mentally ill – 3 AB and Psych Emergency Services (PES).*

### 3 AB

- 34 Beds (17 male/17 female)
- Alternative locations are Sequoia or Peninsula Hospitals (County does not contract with Stanford Hospital, but does with Kaiser)
- Safe environment, isolated from the outside community
- Therapeutic program of medical evaluation and treatment consisting of group therapy and supportive counseling
- Focus is on brief treatment with intention of enabling client to move on to a less restrictive and expensive place
- Length of stay is approximately several days to two weeks
- Problem exists in finding place to transfer clients
- MHS works with 3AB in the discharge/placement procedures
- In the past, the largest difficulty was collaboration with others that work in the MH field
- Presently, the situation has improved
- Major problem is staffing and recent budget reductions
- Goals are to notify family members and outside clinician and improve medical care in the unit

### PES

- Twenty-four hour crisis center
- Eight beds – fully staffed to provide nursing and medical services
- Legally required to move clients within a twenty-four hour period
- All types of crisis are handled in the unit (mental stress, drug and alcohol use/withdrawal, chronic mental illness)
- Medical staff consists of one Medical Director and two full-time attending psychiatrists
- Residents required to work one night a week under supervision of attending psychiatrists

May 7, 2003

## “Anthony Hoffman” Community Service Awards

In celebration of “May Is Mental Health Month”, the Board awarded certificates of appreciation to the following:

- Beverly Abbott, Volunteer: as an advocate of MHS to improve the lives of people with mental illness
- Anthony Barreiro, Business: providing resources and support to clients
- Richard Berghella and Robert Spano, Landlord/Housing: property owners/landlords providing Section 8 housing to clients living in the community

- Sarah Fuhs, Volunteer: providing exceptional assistance to clients to meet their daily needs
- Pastor Jay Ford-St. Andrew's Lutheran Church, Business: for offering their facility and assistance to the MH Association in establishing their First Friendship Center
- Lee Piombo, Client: for personal achievement and outstanding work in the client community

June 4, 2003

Supported Education Program

Presented by: Chris Coppola, Clinical Services Manager and  
Deborah Brasher, Clinical Director, Caminar/CLC

*The Supported Ed Program has been operational since 1991. However, about 18 months ago, the program was cut from the college curriculum. Dr. Ernie Rodriguez, who ran the Program for both adults and youth at Canada College, was assigned to the District Office and is working as the Chancellor's Advisor to this program. Three committees were formed, 1) Community Advisors, 2) Campus Staff, and 3) Advocates, in an attempt to reinstate the program into the County's community colleges. The current Supported Ed Program is taught at College of San Mateo (CSM). In the fall, specialized instruction will be offered in transition to college (re-entry) class, Wellness Recovery Action Plan class, and Peer Counseling Class. During the summer, an interim course is being offered. Caminar has an educational case manager at CSM as well as a recruiter and instructors for the classes. It is hoped that Dr. Rodriguez's proposed model program will receive consensus and buy in from the District Office. . . . was held on May 30, 2003 with six Supported Ed students graduating with an AA Degree (one was CSM's Valedictorian) and five graduated with high honors. Russell Cunningham (Transitions Program at CSM and employee at the CSM Computer Lab) obtained three certificates through the program and is only three classes away from receiving an AA Degree in Computer Science. The program works!*