

Wellness and Recovery

Community
Education

Racial, Cultural and
Ethnic Equality and
Inclusion

Program
Oversight



THE MENTAL HEALTH BOARD OF SAN MATEO COUNTY
Annual Report FY 2008-2009

Consumer
Advocacy

Total Wellness of
Mind and Body

Stigma Elimination

Presented to the Board of Supervisors
County of San Mateo

October 2009

TABLE OF CONTENTS

INTRODUCTION & SUMMARY	1
MENTAL HEALTH BOARD ACCOMPLISHMENTS FOR FY 2007-08.....	4
MENTAL HEALTH BOARD PRIORITIES FOR FY 2008-09	7
HIGHLIGHTS OF MEETINGS.....	8
MENTAL HEALTH BOARD MEMBERS.....	13
COMMITTEE ASSIGNMENTS.....	15
MEMBERSHIP REQUIREMENTS	17
FUNCTIONS	18
COMMITTEE FOR OLDER ADULT SERVICES REPORT	19
COMMITTEE FOR ADULT SERVICES REPORT	21
COMMITTEE FOR CHILD & YOUTH SERVICES REPOR.....	23

INTRODUCTION & SUMMARY

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 2008-09 Mental Health Board Annual Report includes the following elements:

- Mental Health Board's (MHB) composition and committee structure
- Accomplishments for FY 2008-09 including the extent to which Mental Health Board goals were achieved
- Goals and priorities for FY 2009-10
- Committee Reports

The Mental Health Board (MHB) is committed to the involvement of diverse communities, key stakeholder organizations and individuals - especially those who rely on the public mental health system and alcohol and other drug (AOD) services - in the design and evaluation of San Mateo County's Behavioral Health and Recovery Services (BHRS). The MHB will continue to support San Mateo County's local BHRS efforts to balance program accountability and compliance with Federal, State and local laws and regulations with a continuing focus on quality and innovation. Finally, the MHB will support our behavioral health system's core values of recovery/resilience/wellness and cultural competence through all of its activities.

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 are that consumers (direct consumers and family members) constitute at least 51% of the appointed membership and that the Mental Health Board is a reflection of the ethnic and cultural diversity of the county.

The San Mateo County Mental Health Board consists of positions for 15 regularly appointed members, two Youth Commissioners and a member of the Board of Supervisors. The Mental Health Board appreciates Supervisor Richard Gordon's continued support as the Board liaison as well as the active participation of his staff, Matthew Jacobs. All members have full voting rights.

The Mental Health Board meets as a whole on the first Wednesday of each month with one month off during the summer and has four standing committees: an Executive Committee, Committee for Children & Youth Services, Committee for Adult Services and Committee for Older Adult Services. In addition, Board members participate on more than 10 in-service and community committees and as liaison to other commissions. One Board member serves as our representative to the California Association of Mental Health Boards and Commissions.

This Annual Report includes activity reports from each committee chair. Ad hoc committees are established for such purposes as nomination of officers, annual budget consideration, and selection of Tony Hoffman Community Services, Consumer Hall of Fame and Honoring Family awardees.

The following individuals served as Mental Health Board officers and committee chairs/co-chairs through June of 2009:

Chair	Judith Schutzman
Vice Chair	Valerie Gibbs John Castro (resigned 12/08)
Child & Youth Committee	Patrisha Scott
Adult Committee	Sharon Roth
Older Adult Committee	Judith Schutzman
Member at Large	Kathleen Bernard
Representative to CA Association of Local Mental Health Boards and Commissions	Sharon Roth

Mental Health Board members also served as liaisons and representatives to other Behavioral Health & Recovery Services (BHRS) Division and County committees and work groups and community organizations:

Community Outreach and Engagement: Kathleen Bernard
Mental Health Quality Improvement Committee: Josephine Thompson
Mental Health Services Act Steering Committee, age related workgroups: all members
Mental Health Services Act Implementation Committee: Judith Schutzman & Raja Mitry
Police Chiefs and Sheriffs Association Liaison: Chief Greg Love
Community Recovery Coalition: Raja Mitry
Co-Occurring Mental Health/Substance Abuse Disorders Steering Committee:
Josephine Thompson
Youth Commission: Jillian Collins, Audrey Inglis
Paving the Way (for hiring and retention of consumer and family member employees):
Youth Development Initiative: Valerie Gibbs and Felicitas Rodriguez
Behavioral Health & Recovery Services Transition Advisory Group: Judith Schutzman
East Palo Alto Mental Health Committee of 1EPA: Patrisha Scott
BHRS Leadership: Judith Schutzman & Raja Mitry
Consumer Hall of Fame Committee: Kathleen Bernard
Tony Hoffman Mental Health Service Awards: Robert Ortiz, Judith Schutzman
Honoring Families Awards: Raja Mitry
BHRS Training & Educational Development Committee: Raja Mitry & Judith Schutzman
BHRS Budget Committee: Cameron Johnson
Request for Proposal (RFP) Review Panels: Judith Schutzman, Katherine Sternbach,
Sharon Roth, Raja Mitry

Voices of Recovery: Raja Mitry
Social Justice Advisory Committee of the California Mental Health Directors
Association: Raja Mitry

MENTAL HEALTH BOARD ACCOMPLISHMENTS FOR FY 2008-2009

- ✓ **Continue community outreach by holding MHB Board meetings in underserved communities of the county.**

The MHB met in Pacifica, Redwood City, and Cordilleras Inpatient Center during 2008-09. Mental Health Board Members also participated in community outreach through attending meetings of the Daly City Partnership and One East Palo Alto Mental Health Committee, Daly City ACCESS and its H.A.R.T. program. We also designated the Member-at-Large as our Community Outreach and Engagement Coordinator to enhance client participation, improve communication and reduce stigma.

- ✓ **Provide leadership and participate in the implementation phase of Mental Health Services Act (MHSA) “Community Services and Supports” as well as in community planning for Prevention/Early Intervention and Workforce Education and Training Services.**

The MHSA continues to be a major focus of the Mental Health Board. Two members participate on the MHSA implementation committee that tracks progress and problem solves the rollout of approximately \$7 million dollars in new services. Additional activities included: serving on review and selection panels for contracted services and on interview panels for staff including consumer and family member Community Worker positions; participating on committees charged with development of a three year Education and Training Plan, implementation of the Pathways Mental Health Court and, the mental health advisory committee facilitated by One East Palo Alto. The full Mental Health Board continued as members of the MHSA Steering Committee which met once during 2008-09 and held six public hearings on the MHSA Annual Update and Expansion Plan, the Prevention and Early Intervention Plan, the Workforce Education and Training Plan, the Housing Plan, Technological Needs Expansion Plan and Prudent Reserve Plan.

- ✓ **Age focused MHB committee site visits to various providers and programs throughout the county to sustain a visible presence with CBO’s and County providers as well as consumers and their families letting them know of our genuine interest in their needs and concerns.**

Site visits were conducted with agencies/programs including: Pyramid Alternatives in Pacifica, Self Help for the Elderly, community supported living programs, Skyline College Student Services, Barbara Mouton Multicultural Wellness Center in East Palo Alto, and Carlmont Therapeutic Day School in Belmont.

- ✓ **The Board continued the Consumer Hall of Fame as one of the hallmarks of our belief that mental health consumers can achieve wellness and recovery. We initiated the first annual Honoring Family Awards to recognize the important role significant others play in the well-being of all of us.**

The Consumer Hall of Fame awards were presented in November 2008. The Honoring Family Awards were held in June 2009. A listing of awardees is included in this report.

✓ **We continued our commitment to stigma reduction.**

Our annual community forum featured a panel of youth/young adults sharing their stories of overcoming stress and adversity in a program called “Journeys of Hope and Success”.

✓ **The MHB is aware of the need and strength derived from ethnic inclusion, especially of consumers and family members on our Board. We will continue to advocate and promote involvement of diverse members of our community.**

2008-09 was a year of turnover on the MHB but we achieved full membership in March. The Board of Supervisors granted us permission to conduct our own recruitment and interview process for potential consumer members with the final selection resting with them. A set of ground rules and selection criteria were drawn up which proved very successful. The MHB will seek to maintain geographic and cultural diversity in its membership. Our membership is diverse with two African-Americans, one Hispanic, two Filipinos and one Chinese out of 15 current appointees.

✓ **Additional Activities and Accomplishments**

Members of the MHB participated in community meetings and events to both learn about community concerns and to raise awareness of mental health services and the Board. Activities included: Soul Stroll, San Mateo County Fair, the Filipino Mental Health Initiative, the African-American Initiative and the East Palo Alto Health Fair. We attended Hope Award ceremonies at each of the public mental health clinics. These awards recognize individual clients who have achieved significant milestones on their road to recovery. We also supported the PRIDE Initiative and participated in the Disabled March on the Capital in Sacramento.

In celebration of May is Mental Health Month, the MHB held the annual Tony Hoffman Community Service Awards recognizing the contributions of community members, landlords, the media, law enforcement, businesses, clients and family members. A listing of those who received awards is included in this report.

MHB members attended various conferences including a California Institute on Mental Health (CIMH) annual CalMHBC forum and the Mental Health and Spirituality Initiative.

Budget Development: The MHB received regular updates from the Mental Health Director regarding budget planning for 2010-11. A new ad hoc budget committee, co-chaired by Cameron Johnson, was created to better assist in the development of future budgets that reflect Board, Department and community priorities.

MHB members received/reviewed updates regarding clients served in San Mateo County mental health programs.

The MHB chair reported quarterly on the Board's quality improvement activities to the California Mental Health Planning Council as part of our oversight responsibilities.

The MHB supported the integration of Mental Health and Alcohol and Other Drug (AOD) Services into a Behavioral Health and Recovery Services Division by participation on the Transition Advisory Group and through efforts to incorporate AOD into the routine activities of the Board.

Members served as mentor/advisors to our Youth Commissioners and attended their start of the school year reception.

We held a Saturday retreat designed to orient new members to their roles and responsibilities, work on team building and interpersonal collegiality, and develop goals and objectives for the new fiscal year.

MENTAL HEALTH BOARD PRIORITIES FOR FY 2009-2010

- Continue to learn about the needs and priorities of individuals with mental illness and co-occurring disorders and their families with a particular focus on un-served and under-represented populations. This will be accomplished through scheduling MHB meetings in local communities as well as participating in a range of community events and activities.
- Collaborate with behavioral health staff, consumers and family members/parents in leadership skill development. Support the staff training and education efforts of the BHRS division.
- Participate in San Mateo County's "Youth Development Initiative" and develop strategies/program to increase voice of transition age youth in the activities of the MHB.
- Support and monitor the organizational transition of the Behavioral Health and Recovery Services Division of the Health Department to insure that there is a continuing commitment to effective services for youth, adults and older adults (and their families) with mental health needs as well as co-occurring mental health and substance use problems. Actively work to engage Alcohol and Other Drug staff, clients and providers in the business of the MHB.
- Focus on new member orientation and team building to insure continued effectiveness of the MHB.
- Stigma reduction through continuous public education including a presentation at our annual Forum.
- A commitment to "Total Wellness" that recognizes the importance of both the physical and mental health of our clients.
- Budget advocacy with emphasis on the positive outcomes of the MHSA.
- Educating the Board and the public about mental health parity laws and beginning to develop strategies to ensure equity.

Submitted by:

Judith Schutzman, Chair
Mental Health Board

Louise Rogers, Director,
Behavioral Health and Recovery Services

HIGHLIGHTS OF MEETINGS

July 2, 2008 **Cultural Competence Initiative**
Presented by: Jei Africa, Health Disparities Manager, BHRS
Release of MHSA P & E I Plan for public comment

Presentation of a short film documenting the cultural competence activities of the BHRS division.

July 31, 2008 **Special Meeting**
Public Hearing on MHSA Prevention & Early Intervention Plan

This meeting complied with statutory requirements to hold a public hearing and close the public comment period for the MHSA Prevention & Early Intervention plan.

August, 2008 **The Board did not meet in August**

September 3, 2008 Paving the Way to the Future
Presented by: Chris Coppola, Deputy Director, BHRS
Linford Gayle, Director, Office of Consumer
Affairs
Suzanne Aubry, Office of Consumer Affairs
Approval of MHSA P&EI Proposal

This presentation included a film that featured interviews with consumers, family members, BHRS employees and employees from Inspired at Work discussing the challenges and opportunities of hiring consumers and family members into the mental health workforce.

October 1, 2008 **Youth Forum**
Presented by: Committee for Children & Youth Services

A panel of seven youth shared their stories of their “Journey of Hope and Success” and gave suggestions on how organizations that serve youth could improve their services.

The Board also approved release of the MHSA Community Services and Supports Expansion Plan² for 2008-09 and held the annual election of officers.

November 5, 2008 **Consumer Hall of Fame**
Presented by: Mental Health Board

This program recognized mental health consumers who are successfully managing their illness and have demonstrated significant progress on their journey to wellness and recovery. The Board closed the public comment period for the MHSA Community

Services and Supports (CSS) Expansion Plan 2 and approved submission and released for public comment the MHSA Technological Needs Expansion Plan for 2008-09.

Consumer Hall of Fame winners were:

☆ Sarah Eccelston
☆ Molly Lolax
Robin Wain

☆ Linda Gunn
☆ Ray Ortiz

The stories of their personal journeys can be read in the December 2008 Wellness Matters newsletter on the Mental Health Division website.

December 3, 2008 Housing

Presented by: Chris Coppola, Deputy Director BHRS

This presentation discussed the progress made in merging Mental Health Services and AOD Services into an integrated Behavioral Health and Recovery Services division. We also closed the CCS Expansion Plan public comment period and approved the Plan for submission to the State. The Board also closed the public comment period on the MHSA Technological Needs Expansion Plan for 2008-09 and approved submission and released the MHSA Housing Proposal for public comment.

January 7, 2009 Social Security Administration

**Presented by: Chris Douglas, Legal Aid Society
Joe Hennen, VRS Financial Empowerment**

Project

This program focused on how to navigate the Social Security disability system.

February 4, 2009 MHSA Education and Training Proposal

MHSA FY2009-10 Annual Update

**Presented by: Patrick Miles, Assistant Director BHRS
Sandra Santana-Mora, MHSA Coordinator**

This month's meeting was held at the Cordilleras Center in order to provide an opportunity for enhanced client participation. The presentation was on the MHSA Education and Training Proposal and Annual Update, both of which were released for public comment.

March 4, 2009 MHSA Education and Training Proposal

MHSA FY2009-10 Annual Update

**Presented by: Patrick Miles, Assistant Director BHRS
Sandra Santana-Mora, MHSA Coordinator**

The Board was given a summary of the public comments received on the MHSA Education and Training Proposal and the Annual Update, closed the public hearings and approved submission.

April 1, 2009

North County Outreach Collaborative

Presented by: Julie Lancelle, Coordinator of NCOC & Pacifica Mayor

Janeen Smith, Pyramid Alternatives

David Mineta, Asian American Recovery Services

This meeting covered the history and goals of the North County Outreach Collaborative.

- Connect people who need mental health (MH) and alcohol and other drug (AOD) treatment to the services they need.
- Reduce stigma and discrimination of mental illness and AOD problems and to increase awareness of resources that are available.
- Learn from this experience – as a learning collaborative on how to be more effective in engaging our diverse communities.

Panel members, Kathleen Bernard, MHB, Lynn Gallo, Provider-Pacific Collaborative, and Katya Henriquez, Provider-Pyramid Alternatives all shared their stories.

May 6, 2009

Tony Hoffman Community Mental Health Service Awards

Presented by: The Mental Health Board

In observance of 2009, May is Mental Health Month, the San Mateo County Mental Health Board recognized and honored individuals, professionals, businesses, and the media that have made an extraordinary contribution to improving the lives of people with mental illness at the annual Tony Hoffman Community Mental Health Service Awards.

The following individuals and organizations were honored:

- ★ Jim Coffman, law enforcement, coordinates Crisis Intervention Training for San Mateo County First Responders. His work helps strengthen the partnership between law enforcement, BHRS, and consumers and assures that people in crisis receive the help they need.
- ★ James Rennert is a physician and client who dedicates significant time and energy to teach the NAMI Provider Program.
- ★ Doris Brown, volunteer, is a family member who has been a valuable asset to the work of the Mental Health Board, the Older Adult Committee, and various MHSA activities. A retired physician and former MHB member, she provides insight into the physical aspects of aging, particularly as they relate to mental illness.
- ★ Danilo Bondoc, landlord, is the caregiver for the residents of Perpetual House in San Mateo. His dedication to those with severe mental illness is recognized by clients and family members.
- ★ The father and son team of Drs. William and Daniel Glatt were recognized for their efforts in moving the medical community forward in the understanding of client needs as they relate to mental health and substance abuse.

- ★ Christopher Douglas, Attorney, is recognized for his work in the Client's Rights Advocacy Program of the Legal Aid Society in ensuring that our clients understand and receive the benefits to which they are entitled.
- ★ Second Harvest Food Bank has been a long time contributor through their donations to BHRS clients and others struggling to feed themselves and their families.

The community service awards are in memory of Tony Hoffman. He and his wife Fran were known throughout California and the nation as leading advocates in the successful organizing of families to demand compassionate and appropriate services for their family members with serious mental illness. In the early 1970s, the Hoffmans founded Parents of Adult Schizophrenics, an organization which spread across California and the nation to become the National Alliance for the Mentally Ill (NAMI). For over 20 years, Tony Hoffman served on the San Mateo County Mental Health Board. Controversial, tough, persistent, Hoffman pushed the mental health system to make needed changes. Today our mental health system is a reflection of the influence and leadership of Tony and Fran Hoffman and the advocates that they "trained" and inspired. His daughter, Julie, continues the family tradition and is an honored guest at this ceremony.

**June 1, 2009 Honoring Families Awards
Presented by: Mental Health Board**

The first annual Honoring Families Awards were presented. These awards recognize significant others in the lives of the mentally ill and how family support is a critical factor in wellness and recovery. Recipients were:

- ★ Alfonso Alvarado (father), Rosenda Dominguez (mother), and Elsa Alvarado (sister) have provided support, participation, and loving commitment to their son/brother. Even though they are mono-lingual, his parents have been an integral part of his treatment team.
- ★ Shannon and Mitch Gibb have advocated tirelessly with every system on their son's behalf and have opened their hearts to growing and changing with their teen.
- ★ Julie Hoffman for her commitment and dedication to advocating for including the importance of family in an individual's care. Julie continues the work of her parents, Tony and Fran Hoffman, on the larger scene while providing compassionate and loving support to her brother.
- ★ Lois Turner for her ongoing dedication to mental health issues as an original NAMI family member, president of the Mental Health Board, member of the Napa State Hospital Advisory Board. Lois works tirelessly to support and represent the voice of the consumer.
- ★ Lisa Mancini, Director of Aging and Adult Services and daughter of Lois Turner, has been involved in mental health issues since accompanying her mother on call for help at the age of five. She continues this involvement through her partnership with BHRS.

The MHSA Prudent Reserve plan was also released for a 30 day public comment period.

MENTAL HEALTH BOARD MEMBERS

MEMBER	APPOINTMENT DATE	EXPIRATION DATE
Kathleen Bernard Consumer	02/01/08	09/30/12
John Castro Consumer	09/07/07	Resigned 12/08
Valerie Gibbs Public	11/18/03	09/30/11
Cameron Johnson Family	03/01/09	09/30/10
Katherine Kerns Consumer	11/18/03	09/30/11
Greg Love Public	11/18/03	09/30/12
Amy Mah Public	11/18/03	09/30/10
Raja H. Mistry Public	10/02/01	09/30/10
Robert Ortiz Consumer	03/03/09	09/30/10
Felicitas Rodriguez Public	10/01/05	09/30/11
Patrisha Ragins Consumer	02/16/07	02/13/10
Sharon Roth Family	03/31/05	09/30/10
Alex Sharp Consumer	03/03/09	09/30/10

MEMBER	APPOINTMENT DATE	EXPIRATION DATE
Judith Schutzman Family	03/31/05	09/30/12
Katherine Sternbach Public	03/03/09	09/30/11
Josephine Thompson Family	11/18/03	09/30/12

Youth Commissioners

Jillian Collins	2008	Terms from Youth Commission
Audrey Inglis	2009	

Board of Supervisors Representative

Supervisor Rich Gordon 650-363-4569 rgordon@co.sanmateo.ca.us	1997	Upon termination from BOS
--	------	---------------------------

Representative: Matt Jacobs, Staff to Supervisor Gordon
650-599-1013
mjacobs@co.sanmateo.ca.us

COMMITTEE ASSIGNMENTS

EXECUTIVE COMMITTEE

(Meets 3rd Friday, 3:30pm, 225 37th Avenue, Louise Roger's office)

Judith Schutzman, Chair, Mental Health Board and Older Adult Committee
Valerie Gibbs, Vice Chair, Mental Health Board
Sharon Roth, Chair, Adult Services Committee, Representative to State CALMHB-C
Patrisha Scott, Co-Chair, Child & Youth Committee
Kathleen Bernard, Member at Large
Louise Rogers, Director, Behavioral Health and Recovery Services
Chantae Rochester, Staff Support
Also attending: Raja Mitry, past Chair

COMMITTEE FOR ADULT SERVICES

(Meets 1st Wednesday, 2:00pm, 225 37th Avenue, Room 132)

Sharon Roth, Chair Mental Health Board
Bill Kruse, Administrator to Cordilleras
Josephine Thompson, Mental Health Board
Greg Wild, Heart & Soul
Carmen O'Keefe, Human Services Agency
Kevin Jones, Telecare
Karin Buscher, SMMC
Liz Evans, San Mateo Medical Center
Jairo Wilches, Office of Consumer & Family Affairs
Chris Coppola, Deputy Director of Adult/Older Adult Services

COMMITTEE FOR CHILDREN & YOUTH SERVICES

(Meets 1st Wednesday, 2:00pm, 225 37th Avenue, Room 320)

Patrisha Ragins, Chair, Mental Health Board
Kathy Sternbach, Co-chair (January to June 2009), Mental Health Board
Valerie Gibbs, Mental Health Board
Raja Mitry, Mental Health Board
Felicitas Rodriguez, Mental Health Board
Alex Sharp, Mental Health Board
Jillian Collins, Youth Commissioner
Suzanne Aubry, Office of Consumer and Family Affairs
Regina Espinoza, Juvenile Probation
Doug Fong, Behavioral Health and Recovery Services
Falope Fatunmise, Edgewood Center for Children and Families
Jonay Grant, Caminar Supported Education Program
Audrey Ingels, Youth Commissioner
Jennifer Light, Child and Family Services, HSA
Huong Nguyen, YFES
Becky Powers, Juvenile Probation
Claudia Saggese, Behavioral Health and Recovery Services

Linda Simonsen, Behavioral Health and Recovery Services
Paul Sorbo, Deputy Director of Child and Youth Services

COMMITTEE FOR OLDER ADULT SERVICES

(Meets 1st Wednesday, 1:00pm, 225 37th Avenue, Diamond Room)

Judith Schutzman, Chair
Doris Todd-Brown, MD, Member of the Public
John Castro, Mental Health Board (resigned)
Linda Franco, Ron Robinson Senior Care Center
Judith Guilfoyle, Ombudsman Program
Susan Houston, Family Service Agency
Carmen Babasa, Health Plan of San Mateo
Katherine Tang, Conservator
Beth Myers, Pyramid Alternatives
Raja Mitry, Mental Health Board
Marsha Fong, Aging and Adult Services
Chris Rodriguez, Aging and Adult Services
Carol Marble, Heart & Soul
Diane Dworkin, Clinical Services Manager for OASIS and staff support

NOMINATING COMMITTEE (Appoint committee annually at July Mental Health Board meeting. Committee presents slate at September Mental Health Board meeting. Officers elected at October Mental Health Board meeting).

Greg Love, Chair
Felicita Rodriguez, Amy Mah

BUDGET COMMITTEE

Meets as-needed to discuss and make recommendations on the BHRS budget.

Cameron Johnson, Co-chair

AD HOC COMMITTEES

For the selection of Tony Hoffman Awards, Honoring Family Awards, Consumer Hall of Fame Awards, Board retreat planning.

Note: Officers and standing committee assignments may change with elections to be held in October 2009.

MEMBERSHIP REQUIREMENTS

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]:

- Review and evaluate the community's mental health needs, services, facilities, and special problems.
- Review any county performance contracts entered into pursuant to W & I Code §5650.
- Advise the Board of Supervisors and the local Mental Health Director as to any aspect of the local mental health program.
- Review and approve the procedures used to ensure citizen and professional involvement at all stages of the planning process.
- 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.
- 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.
- Review and comment on the County's performance outcome data and communicate its findings to the California Mental Health Planning Council.
- Additional duties or authority as specified by the Board of Supervisors.
- 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.

COMMITTEE FOR OLDER ADULT SERVICES REPORT

Judith Schutzman, Chair

The Committee for Older Adult Services met nine times during the fiscal year. The committee members are:

Judith Schutzman, Chair
Doris Todd-Brown, MD, Member of the Public
John Castro, Mental Health Board (resigned)
Linda Franco, Ron Robinson Senior Care Center
Judith Guilfoyle, Ombudsman Program
Susan Houston, Family Service Agency
Carmen Babasa, Health Plan of San Mateo
Katherine Tang, Conservator
Beth Myers, Pyramid Alternatives
Raja Mitry, Mental Health Board
Marsha Fong, Aging and Adult Services
Chris Rodriguez, Aging and Adult Services
Carol Marble, Heart & Soul
Diane Dworkin, Clinical Services Manager for OASIS and staff support

The Older Adult Committee focused on the following activities during FY2008-09:

- The Committee continued to follow the Mental Health Services Act (MHSA) Community Services and Supports implementation through its various developmental phases. Our goal was to monitor the progress of the implementation and its consistency with the approved plan. We also participated in workgroups for Prevention and Early Intervention. Members were regular, active members of ongoing Steering Committee, Implementation Committee and Task Force meetings throughout the year.
- Committee members Raja Mitry, Carol Marble, Diane Dworkin and Judy Schutzman attended the annual Senior Peer Counseling recognition and award luncheon in September.
- Site visits were made to Pyramid Alternatives in Pacifica which provides group therapy for older adults with co-occurring disorders and Self Help for the Elderly in San Mateo.
- Along with other MHB members, we helped staff with a booth at the San Mateo County Fair "Senior Day" to inform the public of the services BHRS offers.
- Senior BHRS management staff gave a presentation in October on the MHSA Expansion Plan with emphasis on how it affects older adult clients.

- Susan Houston of Family Service Agency and staff gave an update on their successful assumption and expansion of the Senior Peer Counseling program.
- Raja Mitry represented the Committee at the Adult Abuse Prevention Collaborative.
- At our April meeting, Chris Douglas of the Legal Aid Society, Robert Fucilla of the Health Plan of San Mateo, and Stefan Luesse of BHRS discussed eligibility requirements for establishing a disability under SSI/SSA and the difficulty our clients (and all applicants) experience in getting benefits approved

Goals/Objectives for FY 2009-2010

The Older Adult Committee will continue to support the implementation of the Mental Health Services Act through active participation on task forces and planning committees as each phase of development proceeds. We will also support the ongoing transition of the integrated Behavioral Health and Recovery Services Division.

We will monitor primary care interface and outreach activities and Senior Peer Counseling expansion. The Committee is interested in reports from IMPACT (Improving Mood and Promoting Access to Collaborative Treatment), an evidence-based model that was selected for Community and Service Supports implementation of the MHSA, as well as the model of choice for Prevention/Early Intervention, in order to monitor effective outcomes for the older adult population.

A site visit is planned for the Second Harvest food bank and other programs serving the elderly.

Presentations are planned for an update on the MHSA Full Service Partnership program, the changes to Medicare that will affect our clients as a result of potential passage of health care reform legislation, Post Orders for Life Sustaining Treatment (POLST) and advanced care directives, and how older adults are treated in the SMMC locked wards 3A/B.

The Committee will host the annual public forum late in the fiscal year.

All committee members have committed to recruiting new members, especially consumers, family and other stakeholders. We would like to improve the ethnic diversity of the Committee and also add an AOD member.

Submitted by:

Judith Schutzman, Chair
Mental Health Board

Diane Dworkin
Clinical Services Manager

COMMITTEE FOR ADULT SERVICES REPORT

Sharon Roth, Chair

For the past year, the Committee for Adult Services has continued to meet on a monthly basis. Committee members include:

Sharon Roth, Chair Mental Health Board
Bill Kruse, Administrator to Cordilleras
Josephine Thompson, Mental Health Board
Greg Wild, Heart & Soul
Carmen O'Keefe, Human Services Agency
Kevin Jones, Telecare
Karin Buscher, SMMC
Liz Evans, San Mateo Medical Center
Jairo Wilches, Office of Consumer & Family Affairs
Chris Coppola, Deputy Director of Adult/Older Adult Services provided staff support for the committee.

In addition to our monthly committee meetings, we keep these goals from year to year. Here are a few highlights:

- The Mental Health Services Act is now an ongoing process. The adult committee will continue to participate in the many different stages whether planning or implementation.
- We are also charged with making sure the policies in all service areas for adults are amenable to clients and family members.
- The adult committee is also dedicated to supporting the ongoing Crisis Intervention Training (CIT) for law enforcement. We also support the Pathways court program in our county and the SMART ambulance program.
- We highly encourage healthy lifestyles, good nutrition, and increased opportunities for clients to live in the community in safe, affordable, supportive housing.

Our accomplishments for 2008-09

This year we have established a more consistent active membership that includes board members, contractors, consumer leadership and county staff.

- New this year is our focus on field trips to see places where consumers live. We have seen a variety of supportive apartment living situations. We also toured Redwood House, Safe Harbor Shelter, Maple Street Shelter, and The Industrial Hotel (SRO).
- The administrative and nursing staff from San Mateo County General Hospital and Emergency Psychiatric Services are regular attendees to our meeting and this enables open discussion about problems and concerns.

- Committee members go to the Hope Awards to support recovery.
- We also have consistent attendance from the Administration of Cordilleras, our in-county Mental Health Rehabilitation facility. We visit Cordilleras yearly to focus on continuing renovations to make sure Cordilleras is well kept and consumer living spaces are pleasant.
- We will continue to invite mental health service personnel and contractors to our meetings. This open dialogue allows for problem solving and is educational to our committee members. Carmen O’Keefe from VRS, Greg Wild of Heart & Soul, the Mental Health Association, and Caminar have all presented program information.
- We have requested presentations from programs that have been implemented as a result of the MHSA including the Adult Full Service Partnership.
- We have participated in committees to review responses to Request for Proposals (RFPs), hiring panels to select leadership staff, work groups and committees that plan and design programs.

Goals/Objectives for 2009-10

- We continue to recruit more members and have contractors come on a regular basis. We are dedicated to meet and focus on areas that are important to adults with mental illness and their families. We strive to be aware of problems that clients and their families may have in acute or community services and advocate effectively for solutions. We will also continue to try and make sure that all clients have meaningful and productive activities.
- Key goals will be to include continuing field trips to programs like VRS and a continued focus on visiting places where our clients live to ensure clean, safe, affordable, supportive housing.
- We will continue to support the CIT Program in San Mateo County until all of our officers are trained.
- We will continue our good relationship with the inpatient services (3a/b) in San Mateo County General Hospital and Psychiatric Emergency Services.
- We discuss data reports, track levels of care development and the Behavioral Health & Recovery Services initiatives as they are operationalized within Adult Services.
- Our main purpose remains advocacy for effective client services, education for our members and the public, and review of mental health programs.

Submitted by:

Sharon Roth - Chair
Mental Health Board
Committee for Adult Services

Chris Coppola
Deputy Director/Adult Services

COMMITTEE FOR CHILD & YOUTH SERVICES REPORT 2008-09

Patrishia Ragins, Chair
Kathy Sternbach, Co-chair

Members of the committee are:

Patrishia Ragins, Chair, Mental Health Board
Kathy Sternbach, Co-chair (January to June 2009), Mental Health Board
Valerie Gibbs, Mental Health Board
Raja Mitry, Mental Health Board
Felicitas Rodriguez, Mental Health Board
Alex Sharp, Mental Health Board
Jillian Collins, Youth Commissioner
Suzanne Aubry, Office of Consumer and Family Affairs
Regina Espinoza, Juvenile Probation
Doug Fong, Behavioral Health and Recovery Services
Falope Fatunmise, Edgewood Center for Children and Families
Jonay Grant, Caminar Supported Education Program
Audrey Ingels, Youth Commissioner
Jennifer Light, Child and Family Services, HSA
Huong Nguyen, YFES
Becky Powers, Juvenile Probation
Claudia Saggese, Behavioral Health and Recovery Services
Linda Simonsen, Behavioral Health and Recovery Services
Paul Sorbo, Behavioral Health and Recovery Services

The role of the Child & Youth 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, supporting staff, and advocating for programs and policies to meet the needs of children and youth. Linda Simonsen, Clinical Services Manager II and Paul Sorbo, Deputy Director, Youth Services provide staff leadership for this committee.

The committee monitored services through the following activities:

- Jei Africa, PsyD, Health Disparities Manager, San Mateo County BHRS, presented to the committee on cultural competency, diversity, and reducing health disparities, emphasizing the initiatives ongoing throughout the county, including in the schools. Jei reported on the work of the Cultural Competence Committee and its goal to embed cultural competence into BHRS, as well as throughout county and community organizations.

The Cultural Competence Committee meets monthly and has wide representation from within BHRS and other community/county organizations. The committee has been in existence for 10 years. Specific initiatives for community members focus on African American, Filipino, Chinese, Pacific Islander, and

Latino, cultures, as well as Gay, Lesbian, Bisexual, Transgender, Questioning and Queer people. The committee also presented a video “Unnatural Causes” that addresses the social aspects of health and healthy communities, emphasizing the role that social justice plays in promoting health. Jei provided feedback that it is important to raise awareness about involving youth and having meetings at times they can attend. The committee members also agreed to put the issue of health equality on the agenda and will work to arrange times that youth representatives can participate in the committee.

- Rachelle Michaud, Vicky Huey, and Sunjung Chi, Asian American Recovery Services, presented to the committee on the implementation of bi-lingual/bi-cultural trauma-focused mental health services provided at two middle schools funded through Prop 63.
- Judy Davila, BHRS, provided an overview of Alcohol and Other Drug (AOD) services emphasizing the prevention and early intervention services that target “environmental” prevention strategies (e.g., reducing the number of liquor sales stores within walking distance in a neighborhood or near schools) and the local community partnerships engaged in this work.
- Committee members sponsored and organized a highly successful Transitional Age Youth Forum “Stories of Success and Hope” that was held in the fall of 2008.
- Alex Sharp, Board Member, visited Skyline College to learn about the college’s Student Support Services. He will follow up with an interview with the Dean of Counseling this Fall.
- Raja Mitry attended the Carlmont Therapeutic Day School Program (TDS). TDS is a collaborative effort between four high school districts and San Mateo County BHRS to provide comprehensive school based services for youth who are special education certified and experiencing significant mental health issues. These services are funded through the AB3632/ Chapter 26.5 program.
- Patrisha Ragins and Raja Mitry attended the opening of the Barbara Mouton Multicultural Wellness Center in East Palo Alto, an initiative that reflects the culture and diversity of the community.
- Patrisha Ragins and Kathy Sternbach, Mental Health Board representatives participated on review panels for responses to Request for Proposals (RFP’s) for child and youth MHSAs programs.
- Members continue to receive updates regarding the Canyon Oaks Youth Center.

Goals/Objectives for 2009-10

1. Review the outcomes of services by asking programs (presenters and programs site visited by the committee) to identify the outcomes or metrics their programs are measuring and report on their progress.
2. Expand representation from the Health System on the committee, especially from Family Health Services and obtain updates on health services, protocols for cross referrals and efforts to reduce stigma.
3. Identify opportunities to engage Transitional Aged Youth (ages 16-25) to reduce stigma and to discuss ideas on how to better meet their needs, especially around housing and the issues of the youth Lesbian, Gay, Bisexual, Transgender, Questioning and Queer (LGBTQQ) community. Continue to work on engaging the Youth Commissioners by offering after school meeting events.
4. Outreach to the multicultural communities to address differences in cultures; participate in the anti-stigma awareness event in October 2009.
5. Expand participation of AOD representatives (a person in recovery, family member, provider) on the Committee.
6. Continue efforts with the stigma reduction initiative, especially focused on Transitional Age Youth (TAY)
7. Conduct site visits to the following programs:
 - Barbara Mouton Multicultural Wellness Center – EPA
 - Canyon Oaks Youth Center residential program – Redwood City
 - Tracey’s Place residential program, Women’s Recovery Association – San Mateo
 - Therapeutic Day School
 - Receiving Home – San Mateo
8. Host Presentations from the following programs:
 - Regional Youth Team’s Family Partners
 - Each One, Reach One, a Playwriting Mentorship Workshop Program in South San Francisco
 - Access/Entry points for different age groups
 - Nancy Littlefield, Supervisor of Chapter 26.5 program to discuss entry source for services
 - Steven Munson, Supervisor for Youth Case Management team – follow up on psychiatric emergencies
 - Mary Newman Supervisor of Pre- to three

Submitted by:

Patrisha Ragins, Chair
Kathy Sternbach, Co-Chair
Mental Health Board
Committee for Child and Youth Services

Paul Sorbo
Deputy Director/Youth Services