

**MENTAL HEALTH COMMISSION
MONTHLY MEETING MINUTES
June 3, 2020**

Agenda Item / Discussion	Action /Follow-Up
<p>I. Call to Order / Introductions Cmsr. B. Serwin, MHC Chair, called the meeting to order @ 4:34pm</p> <p><u>Members Present:</u> Chair- Cmsr. Barbara Serwin, District II Cmsr. Leslie May, Vice-Chair, District V Cmsr, Douglas Dunn, District III Cmsr. Katie Lewis, District I Cmsr. Geri Stern, District I Cmsr, John Kincaid, District II Cmsr. Joe Metro, District V Cmsr. Alana Russaw, District IV Cmsr. Kira Monterrey, District III Cmsr. Laura Griffin, District V Cmsr. Gina Swirsding, District I Cmsr. Graham Wiseman, District II Cmsr. Diane Burgis, Supervisor, District III</p> <p><u>Members Absent:</u> Cmsr. Sam Yoshioka, District IV</p> <p><u>Other Attendees:</u> Dr. Suzanne Tavano, Behavioral Health Director, Contra Costa Behavioral Health Services (CCBHS) Dr. Matthew P. White, Medical Director, CCBHS Jennifer Bruggeman, MHSA Program Manager Alexander Ayzenberg, EA for MHC Dom Pruett, Representative of Supervisor Candace Andersen Office Mark Goodman, Chief of Staff, Supervisor Burgis Office Coleen Isenberg, Representative of Supervisor Karen Mitchoff Office Jennifer Tuipulotu, Office of Consumer Empowerment Program Coordinator, CCBHS Robert Thigpen, MH Family Services Coordinator, CCBHS Anna Lubarov Laura Rettagliata Teresa Pasquini Trace Chu-Harris Nate Rose Paul Cummings Susan Waters Lynda Kaufman Y'Anad Burrell</p>	<p>Complete Audio Recording available</p> <p>Meeting was held via Zoom platform</p>
<p>II. PUBLIC COMMENT:</p> <ul style="list-style-type: none"> • Y. Burrell, who is a member of Healthy Richmond, asked the Commission, especially District I Commissioners, to attend one of Healthy Richmond meetings; did not need every monthly meeting; once a quarter would be great. She also commented on that mental health seemed to be one of the top priorities, if not top one, for folks to take care of during these difficult and uncertain times. • L. Kaufman, from Synergy programs (residential programs), updated the Commission that the program has been COVID free so far. She thanked Contra Costa County's Case Managers reaching out asking if any support was needed. 	

<p>III. COMMISSIONER COMMENT:</p> <ul style="list-style-type: none"> G. Swirsding mentioned the tragedy that happened in Richmond, where an elderly man killed his 90 years old mother and apparently cannibalism was involved. That tragedy brought up a bigger point of how elderly population, especially the ones with mental health issues, were affected by COVID-19 pandemic and subsequent Shelter-In-Place Orders, including lack of transportation and companionship. D. Dunn addressed the recent events involving police officer’s killing of George Floyd. He felt very strongly that law enforcement training needed to be adjusted to bring more de-escalation techniques and crisis intervention type training. D. Dunn reminded that a day before MHC meeting was an anniversary of Miles Hall death, which supported his plea for more de-escalation and crisis intervention training for law enforcement. G. Stern said that Justice Systems Committee will definitely consider putting law enforcement training as the agenda item for its next meeting [indeed, Lt. Brian Bonthron, who is providing Crisis Intervention Training for Sheriff’s Office, has agreed to come to Justice Systems Committee’s June meeting]. 	
<p>IV. CHAIR COMMENTS:</p> <ul style="list-style-type: none"> None. 	
<p>V. APPROVE May 6, 2020 Meeting Minutes</p> <ul style="list-style-type: none"> D. Dunn moved to approve the minutes, seconded by J. Kincaid Vote: 10-0-0 Ayes: B. Serwin (Chair), L. May, J. Kincaid, J. Metro, D. Dunn, G. Stern, K. Lewis, L. Griffin, G. Swirsding, G. Wiseman, D. Burgis; Abstain: K. Monterrey and A. Russaw did not vote due to technical issues 	<p>Agendas and minutes can be found at: https://cchealth.org/mentalhealth/mhc/agendas-minutes.php</p>
<p>VI. RECEIVE Behavior Health Services Director’s Report from Dr. Suzanne Tavano with a focus on the impact of COVID-19 on Behavioral Health Services:</p> <ul style="list-style-type: none"> Dr. Tavano said that the fiscal impact of COVID-19 pandemic would be significant now and in the next few years – there would be a significant decline in the funds and revenues. The current contracts were renewed at 2019-2020 levels. Not ready yet to convene Public Hearing on MHSA since there are still a lot of unknowns. MHSA funds will be spent as per regulatory requirements for its components. All the core programs would be supported and lot of emphasis would be put on the programs for severely mentally ill, including youth and older adults. As for County operated and contracted programs, the survey went out about three weeks ago to find out how safely they were operating and opening up. The site visits have been conducted to recommend any physical space modifications and perform supply inventory, including PPE. The similar work has been going on with CBO who were more of self-reporting and had to agree to work with County. Internally, BHS (and Health Services) has been working on ways to start safely returning the staff to work in their office locations. Dr. Tavano addressed the articles about the suicide rates – commenting that the first article had a lot of data that went unchecked and the second article corrected the misrepresented data and information from the first article (see the agenda item VIII for the information regarding articles). Dr. Tavano said that BHS has been collecting a lot of data; however, more collection and subsequent verification were needed. She could tell, though, that the suicide rate increased in April; however, not significant increase compared to the historical data over the twelve months period. BHS has been looking at suicide rates and attempts from all angles: mobile team calls, crisis line call, PES visits related to suicides, and hospitalizations. Would continue to look at the data and working hard on suicide prevention. Dr. Tavano announced about Dr. White’s leaving BHS. She thanked him deeply 	

<p>for the work he has done for BHS. Dr. White is staying with County – he said that he would be concentrating on doing more clinical psychiatry and administrative work with detention. Dr. White thanked the Commission for its partnership with BHS; he said he enjoyed working with MHC.</p> <ul style="list-style-type: none"> Supervisor Burgis extended her thanks to Dr. White for his service at BHS, including time as Acting BHS Director. Supervisor Burgis then said that Board of Supervisors has been looking at the data, including suicides and would continue to do so to learn about the impact COVID-19 has on the mental health community. The school districts paid attention to the mental health of students during the last few months of the school year. A lot of work has been done to reach out to senior (older adults) community. BOS worked with interfaith community to both support the seniors and minimize domestic violence. Supervisor Burgis recognize the crisis hotline, especially its Director Tom Tamura, for handling all the call and also suggesting other ways to help the community, including transportation and nutrition. Supervisor Burgis mentioned that as the gradual opening up has been taking place, the medical fragile, vulnerable, and elderly would continue to need support and help. 	
<p>VII. RECEIVE a presentation from prior MHC Commissioners Lauren Rettagliata and Teresa Pasquini on their paper ‘Housing That Heals’:</p> <ul style="list-style-type: none"> B. Serwin introduced both L. Rettagliata and T. Pasquini as the former Commissioners (L. Rettagliata was the Chair during her tenure) and tireless advocates for improving the mental health systems of care not just in our County, but throughout the State. Both are known and well-respected throughout the State for their work and advocacy. L. Rettagliata and T. Pasquini proceeded to present their work, which cumulated into the paper called ‘Housing That Heals’. Throughout the presentation and at its conclusion, they said that this was a call for action to redesign the system to address the full continuum of care and to avoid any gaps or shortfalls. One of their major ideas was to have value stream mapping event (VSME), which would involve community, MHC in particular, and BHS. Dr. Tavano said that BHS was in alignment with what L. Rettagliata and T. Pasquini presented and suggested. Dr. Tavano mentioned diminishing funds due to COVID -19 pandemic’s economic impact. It is important that housing and treatment (particularly intensive level services) be highly coordinated. Would like approval for a Chief of Housing and Intensive Services. After some discussion the Commissioners decided that they would not include appointing Housing Chief as one of their suggestions (or motions). Dr. Tavano also reminded the Commission that there was Mental Health Chief position open, which could bear some portion (or most) of housing responsibility at BHS. B. Serwin circled back to VSME. After some discussion the Commissioners decided to pass the motion about conducting VSME: <i>Mental Health Commission advises Behavioral Health Services leadership to convene value stream mapping event based on House That Heals paper by Lauren Rettagliata and Teresa Pasquini.</i> B. Serwin moved to accept the motion; seconded by G. Swirsding. Vote: 12-0-0; Ayes: B. Serwin (Chair), L. May, J. Kincaid, J. Metro, D. Dunn, G. Stern, K. Lewis, L. Griffin, G. Swirsding, K. Monterrey, A. Russaw, G. Wisman, D. Burgis. 	
<p>VIII. DISCUSS on the ground experiences of First Responders during the COVID-19 pandemic as relayed in a May 21st ABC7 San Francisco article and and the May 22nd meeting of the San Ramon Valley Mental Health Advisory Council meeting:</p> <ul style="list-style-type: none"> This item was not discussed due to the time constraints. B. Serwin urged the Commissioners and attendees to read the original article and the follow up article (from Buzzfeed), which refuted and corrected some of the 	

mispresented facts and information in the original article. B. Serwin urged the Commissioners and attendees to watch or listen to Advisory Council meeting, especially its first twelve minutes, where Danville and San Ramon Police Chiefs presented.	
IX: Adjourned Meeting at 6:33pm	