

The Health Council of Marin

Minutes of Regular Meeting: Tuesday, May 28, 2019

Marin General Hospital

250 Bon Air Road, Larkspur Room

Greenbrae, CA 94904

Members Present: Barbara Wientjes (President), Roberta Anthes, Allan Blau, Connie Barker, Kevin Hogan, Bobby Moske, Jennifer Rienks, Sandy Ross, Derice Seid Tao

Members Absent: Bridget Gleason, Sandy Ross

Guests: Elizabeth Horevitz, PhD, LCSW (Marin Community Clinics); Kathy Koblick (HHS); Christine Tulis (guest); Loretta Rogers (Secretary)

Handouts: *Agenda; EMF Conference – September 6-8, 2019 hand-out*

1. **Call to Order:** President Barbara Wientjes called the meeting to order at 7:36 pm.
2. **Welcome and Introductions:** President Barbara Wientjes welcomed all attendees and all attendees introduced themselves, including the new member, Roberta Anthes. Roberta Anthes was sworn in by Loretta Rogers as a new member of the Health Council, prior to the start of the meeting.
3. **Public Comment Time:** Christine Tulis brought up her grave concern about the proposed implementation of 5G technology in Marin County. She stated that over 230 scientists have expressed opposition to the 5G roll-out. She reviewed the symptoms suffered by people from prolonged exposure to the shorter radiofrequencies of 5G, including nausea, headaches, sleeplessness, irritability, heart arrhythmias, etc. Vulnerability to these symptoms varies widely among individuals. Those most vulnerable are pregnant women, young children, seniors, the disabled and people with chronic illness. More information can be found at www.EHTrust.org Christine recommended the following actions: At the local level, citizens can work to make implementing 5G in their community more difficult. She pointed out that the roll out of 4G makes it easier to bring in 5G. She reviewed how ordinances can be used to slow or prevent implementation. Citizens can contact the presidential candidates who will be in San Francisco at the Moscone Center this weekend. Connie Barker will send an agenda to Loretta Rogers who will pass it on to the HCM members.
4. **Approval of the minutes of the April 23, 2019, meeting:** Bobby Moske moved to approve the minutes of the April 23, 2019 meeting. Jennifer Rienks seconded the motion. The motion passed unanimously.
5. **Presentation by Elizabeth Horevitz, PhD, LCSW, Director of Behavioral Health at Marin Community Clinics:** Dr. Horevitz began her presentation by providing an overview of Marin Community Clinics (MCC). MCC is a federally qualified health clinic (FQHC) which means that they are supported by federal funding. They have five clinics in Marin County --- two in Novato, two in San Rafael, and one in Larkspur. They are planning to open a sixth clinic at Center Point in San Rafael. They have over 37,000 patients, two-thirds of whom are Latino. 50% of their patients are best served in a language other than English; 90% of those require Spanish, the other 10% require Vietnamese, Brazilian (Portuguese), African, and other.

Dr. Horevitz stated that MCC started implementing integrated behavioral health services at their clinics in 2009; however, they are still working to achieve fully integrated care as all staff needs to be trained in this approach to care. This approach is based on the fact that physical health, mental health, social well-being and addiction treatment all go together. She reviewed statistics of people suffering from alcohol and drug addiction, those suffering from mental illness and those suffering

from both. She pointed out that 85% of these people see a medical provider; therefore, that is a logical time to assess and refer patients for mental health evaluation and treatment. MCC works to remove the stigma of mental illness and to be welcoming to all patients.

MCC offers these behavioral health services:

- Individual and group therapy in English and Spanish
- Medication management
- Addiction recovery
- Complex care case management and navigation
- Intern training program
- Extended access evening appointments 3 days a week.

Dr. Horevitz discussed the effects of Adverse Childhood Experiences (ACEs) on long-term health. MCC's vision is to assess all patients for ACEs as part of primary care since many trauma survivors do not seek mental health services but look for help from a medical provider, presenting with physical symptoms. Research shows that typically patients with a high number of ACEs do not object to being asked about them in a medical setting. These patients are often experienced as "difficult," presenting as irritable or hostile, frequently missing appointments, etc. MCC's plan is to identify patients who are at risk for ACEs as soon as possible to prevent initial or further ACEs. Patients will be screened as part of regular OB/GYN and pediatric visits. In response to patients with ACSs, MCC has initiated "Trauma Informed Care" as a treatment framework. One of the goals is to build resilience in the patients.

Dr. Horevitz has agreed to have her PowerPoint presentation sent to all the HCM members. Jennifer Rienks will send it to Loretta Rogers who will forward it to all the HCM members.

HCM members asked how the HCM could assist MCC Behavioral Health. There was general discussion. One suggestion from Dr. Elizabeth Horevitz is that the HCM could recommend to the Board of Supervisors that they support the extension of MediCal coverage to behavioral health services. This has already been done by San Francisco Public Health. She also said that there are a lot of stupid laws on the books that need to be changed. These changes could be recommended to the Board by the HCM.

Kevin Hogan moved that this topic be placed on the agenda for the July 2019 meeting. Bobby Moske seconded the motion. The motion passed unanimously.

6. **Presentations Scheduled for the rest of the year:** The July 2019 meeting will be devoted to 5G.
7. **Updates:** None.
8. **President's Report:** President Wientjes reminded members that the June meeting will be on Tuesday, June 4, 2019, at the Marin County Office of Education, from 9:45 to noon. There will be a presentation by the California Alliance of Retired Americans (CARA). This presentation will cover the Vial of Life, your rights in a hospital setting, and RxSafe Marin's campaign against the opioid crisis.
9. **HCM member reports and announcements:** None.
10. **Adjournment:** The meeting was adjourned at 9:03 pm. The next meeting will be on Tuesday, June 2019.