

## MARIN MENTAL HEALTH BOARD MEETING

Tuesday, May 12, 2020

6:00pm-7:00pm

Zoom Meeting

<https://zoom.us/join>

Meeting ID: 818 5633 7575 /Password: 170183

Or join by phone: 1-669-900-6833

## M-I-N-U-T-E-S

6:00 p.m.	<p>Call to Order 6:06 p.m.</p> <p>Introductions</p> <p>Call for Quorum: Yes</p> <p>In attendance: Rachel Farac, Maya Gladstern, Stephen Marks, Jaime Yan Faurot, Aida-Cecilia Castro Garcia, Katie Rice, Everett Brandon, Heather Johnson</p> <p>Staff: Jei Africa, Taffy Lavié, Galen Main</p> <p>Absent: Patricia Carillon</p>
6:05 p.m.	<p>Review and approval of Agenda / Review and approval of Minutes for January and February meeting</p> <p>Agenda: Maya G. made motion to approve agenda / seconded by Everett B. – APPROVED</p> <p>Minutes: Maya G. made motion to approve minutes / seconded by Everett B. – APPROVED</p>
6:10 p.m.	<p>Correspondence, Announcement and Public Comment (please limit to 3 minutes per speaker)</p>
6:15 p.m.	<p>BHRS Director's Report (Dr. Jei Africa) See Attached Power Point.</p> <p>Dr. Africa will provide updates related to BHRS' response to the COVID19 pandemic including outreach efforts, continuation of essential services, etc. Information will also be provided on statewide efforts to address Behavioral Health needs during COVID19.</p> <ul style="list-style-type: none"><li>- Katie Rice suggested having conversations with care providers to anticipate longer term needs.</li><li>- Stephen Marks suggested this might be a great opportunity for peer support workers.</li><li>- Aida-Cecilia Castro Garcia is hoping that the county will do something to support the undocumented community.</li><li>- Jaime Faurot reminded us all to check on our neighbors. Some people don't have Wi-Fi which leaves them without a way to ask for help.</li></ul>
6:35 p.m.	<p>Legislative Updates</p> <ul style="list-style-type: none"><li>- SB89 – Amends 2019-2020 State Budget to appropriate funds for COVID19 Emergency; signed by Governor Newsom (3/17) CBHDA ask: \$100m to support behavioral health fund</li><li>- Bills SB 803: Peer support specialist certification: Did not get calendared to be heard. AB 3242: Involuntary commitment; 5150 evaluations can be conducted via telehealth</li></ul>
6:40 p.m.	<p>Committee Liaisons, Task Force Updates</p> <p>a) MHSA – Galen Main (MHSA Coordinator)</p> <p>In response to COVID-19 we are taking a step back and re-evaluating the draft plan we had been developing. Several factors are influencing this:</p> <ol style="list-style-type: none"><li>(1) The state is predicting lower MHSA allocations than they had originally presented, as well as significantly lower revenues from other funding streams;</li><li>(2) Less revenue is being generated during the shelter in place by the county for MHSA and non-MHSA programs;</li></ol>

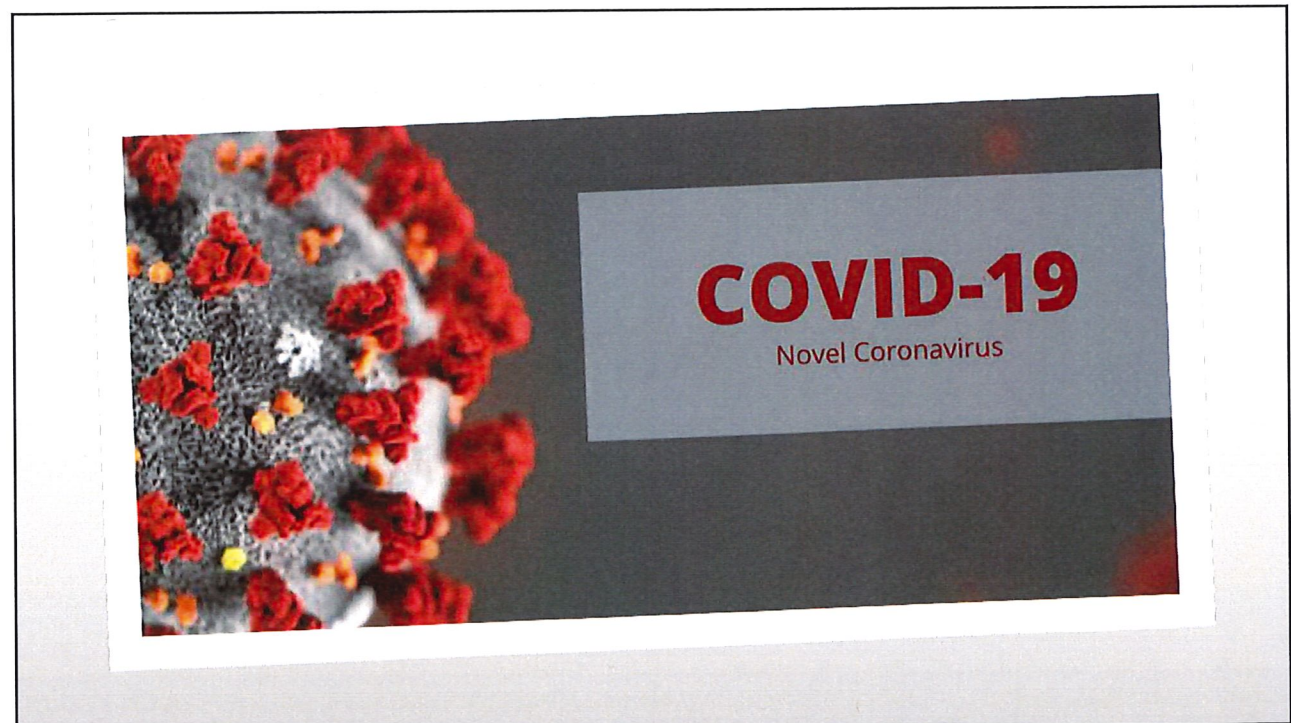
	<p>(3) There are many competing priorities for County General Funds (of which we have relied on in the past to help support many of our programs);</p> <p>(4) Needing to factor in how the plan can most effectively support folks who remain socially isolated as well as other ongoing impacts of COVID-19 on client care and community resilience</p> <p>(b) Cultural Competency Board / WET – Maya Gladstern</p> <ul style="list-style-type: none"> <li>- Met on May 12<sup>th</sup>. Race and Equity efforts were discussed.</li> </ul> <p>(c) AOD Board Liaison – Heather Johnson</p> <ul style="list-style-type: none"> <li>- Gave update on AOD Board retreat</li> </ul> <p>(d) CALBHB/C (as needed)</p>
6:50 p.m.	<p>Events</p> <ul style="list-style-type: none"> <li>- Mental Health Awareness resolution to be read at May 19<sup>th</sup> BOS meeting</li> </ul>
6:55 p.m.	<p>New Business</p> <ul style="list-style-type: none"> <li>• Discussion: Recruitment / Membership / Future Presentations <ul style="list-style-type: none"> <li>- Possible future presentations discussed were Dr. Stephen Marks doing a presentation on peer workers</li> <li>- Capella's Parrish's MHB brochure discussion</li> </ul> </li> <li>• Site Visit <ul style="list-style-type: none"> <li>- No discussion on this - tabled for the time being</li> </ul> </li> </ul>
7:00 p.m.	ADJOURN
Next Meeting Dates	<p>Next MHB meeting- Tues. June 9, 2020 @ 6 pm</p> <p>Location to be determined</p> <p>Next Executive Committee meeting – 12:15 pm Tues. May 26, 2020 – Conference Call</p>

All public meetings and events sponsored or conducted by the County of Marin are held in accessible sites. Requests for accommodations may be made by calling (415) 473-3020 (Voice) (415) 473-3232 (TTY) or by email at [disabilityaccess@marincounty.org](mailto:disabilityaccess@marincounty.org) at least four work days in advance of the event. Copies of documents are available in alternative formats, upon written request. Late agenda material can be viewed in the office of Community Mental Health Services, between the hours of 8:00 am and 5:00 pm. Community Mental Health Services office is located at 20 N. San Pedro Road, Suite 2021, San Rafael, CA, 94903.

Thank you for your interest and participation in the workings of the Marin Mental Health Board. If you would like more information or would like to speak with a member of the Board, please contact: Taffy Lavié 415-473-6809

Mental Health Board May 12, 2020	BHRS Director Updates

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## Countywide response COVID19

- Set up the Emergency Operations Center (DOC)
- Created the HHS Call Center – non-medical related COVID19 questions (415-473-7191)
- Website updates:
  - <https://coronavirus.marinhhs.org/covid-19-status-update-05092020>
- Preparing for the med-surge
  - Alternative Care Sites
- Project RoomKey
  - Identify sheltered, high risk and get them “housed”
  - 100+ individuals (and families)
- Improved surveillance data and information
  - <https://coronavirus.marinhhs.org/surveillance#today>
- Marin Recovers – phased plan and guidance on recovery

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## BHRS response to COVID19

- Continued essential operations
  - Access, Mobile Crisis, CSU, Jail MH and medical providers (MD, NP, RN)
- Modified staffing in our clinics – appointment only, walk-ins, etc.
- Field visits
- Disaster Support Workers
  - Staffing call center, point of testing site, food/meal distribution, etc.
- Ongoing community outreach/education
  - Infographics on coping, physical distancing
  - Weekly message on mental health since April 13
    - [https://youtu.be/3\\_W2ETzskIE](https://youtu.be/3_W2ETzskIE)
  - BHRS staff on Spanish radio
  - Participated on virtual townhalls/talks
    - Marc Levine, YCWASF-Marin, City of San Rafael (05/13)

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## How to Stay Connected in times of **PHYSICAL DISTANCING**



**VIDEO CHAT**  
Call your family and friends for a virtually in-person chat. Apps like FaceTime, Skype, Google Hangouts and Zoom are a great way to connect with friends, family and coworkers.

**TAKE A VIRTUAL TOUR**  
Like most other businesses, museums and parks all over the world have closed to support social distancing. You can still get a healthy dose of culture and nature with these online tours. The Smithsonian has put together a list of museums that offer robust virtual tours.  
Google Earth is offering virtual tours of 31 national parks.  
Google Arts & Culture has tons of virtual tours and countless hours of exploration for all ages.


**LEARN SOMETHING NEW**  
Find a topic or skill of interest such as painting, baking, building that can be taught by friends and family through video calls.

**WRITE LETTERS**  
When was the last time you mailed someone a letter? Find a pen pal and send letters back and forth. There are also countless blog services that are available and completely free. Create a blog between you and your loved ones and write virtual letters to each other.


**CHECK-IN WITH YOUR NEIGHBORS**  
Develop a support system among your family and neighbors. Create a group text or phone tree and reach out occasionally to check-in with each other.

**STAY POSITIVE**  
Discuss experiences and feelings with loved ones, keep a daily gratitude journal, and practice mindfulness and relaxation exercises.

Adapted from:  
<https://www.washme.com/matters.org/fact-or-fiction/covid19update/>  
<https://www.washme.com/staying-connected-while-social-distancing/>



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ASSEMBLY MEMBER  
**Marc Levine**  
NORTH BAY

## Tele-Townhall

### Mental Health during Shelter in Place

With special guest:  
Dr. Jei Africa, Director of Marin County  
Department of Behavioral Health and Recovery Services

**Tuesday, April 7, 2020    Dial In: (877) 810-9415**  
**4:00 PM                      Access Code: 8732275**

Learn about tools and resources available to support the mental health of North Bay residents during this time.

Please submit questions to:  
[Assemblymember.Levine@assembly.ca.gov](mailto:Assemblymember.Levine@assembly.ca.gov)

670  
participants

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## BHRS response to COVID19

- Conversations with partner agencies on needs and resources
  - Fiscal stability, continuation of services
  - CAM Peer Spanish Warm Line - (415) 457-4026 Mon-Fri 1-5 pm

- Staff Focused:
  - Senior Management 9 am days everyday; 3x/week
  - All BHRS Staff Weekly Update and Dialogue
    - Positivity Activities
  - Mindfulness Moment twice a week – Tue and Thu at 1 pm

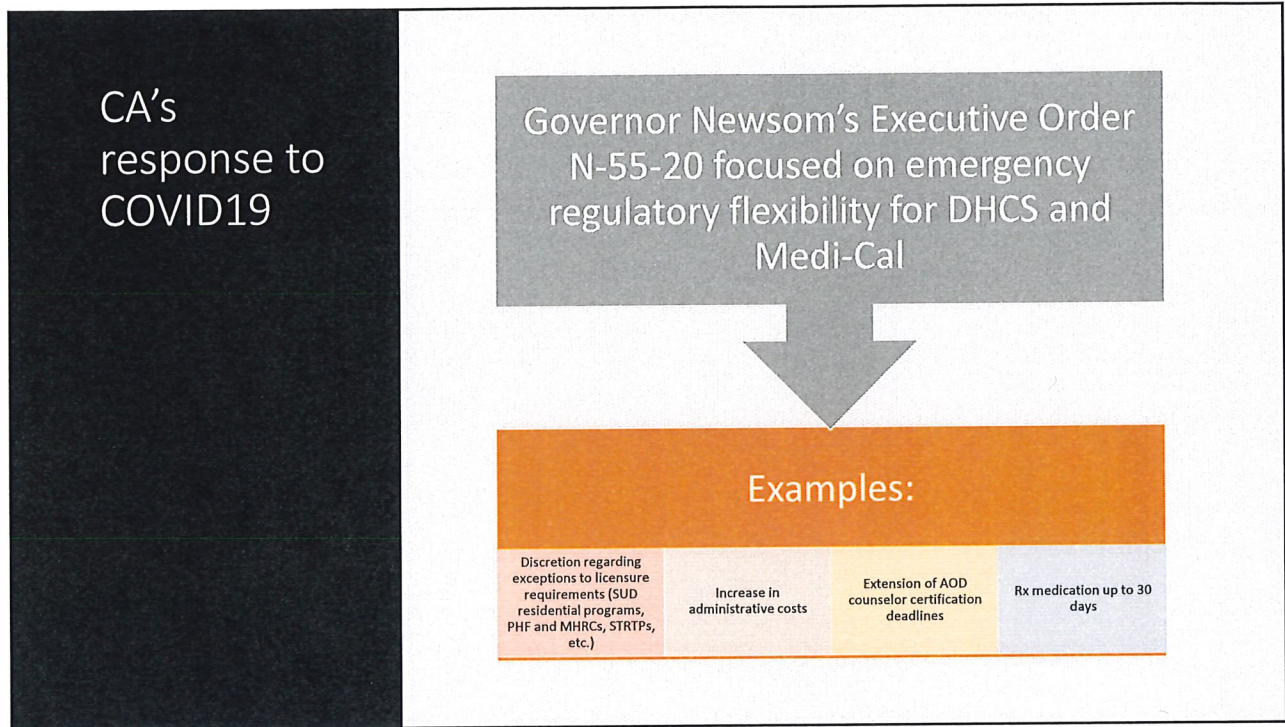
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## BHRS response to COVID19

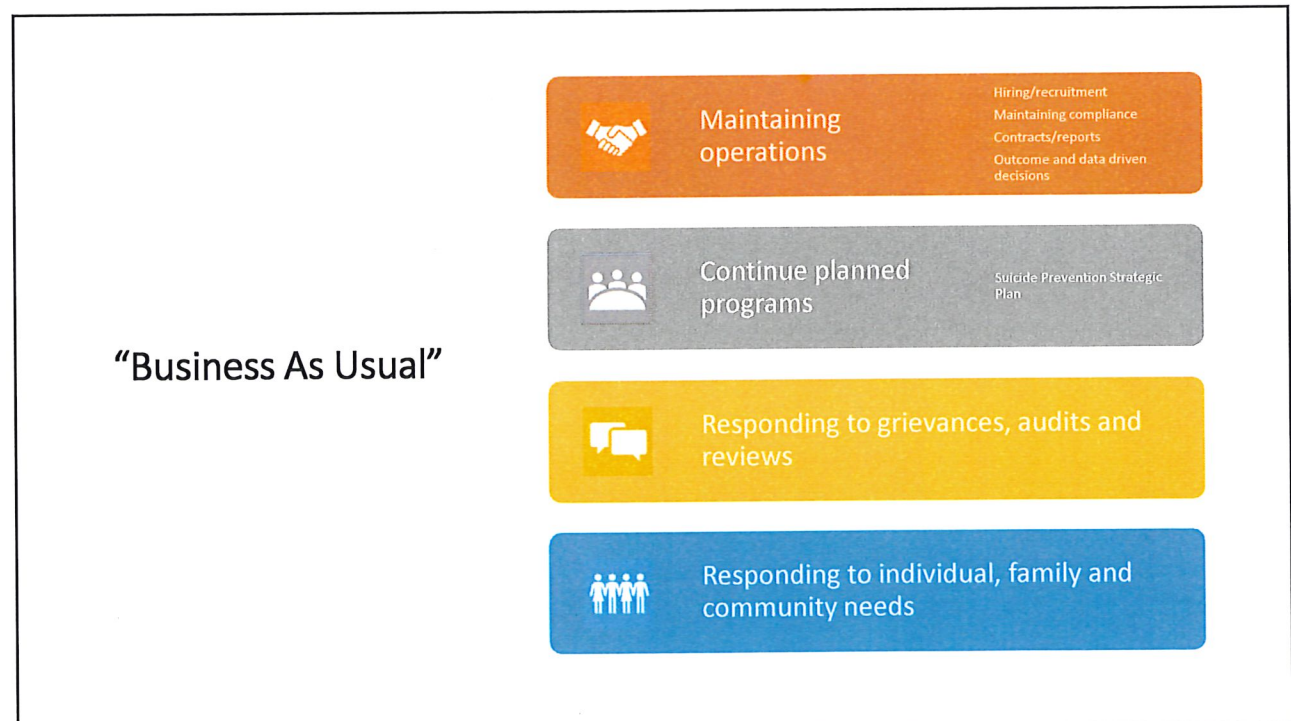
Significant  
shift to do  
telehealth  
(phone/video)

Re-evaluate  
how we do  
our work

8



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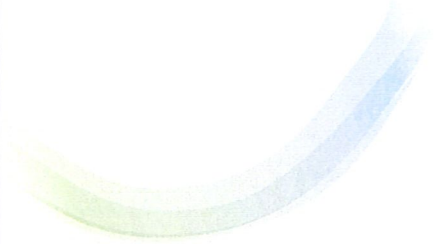


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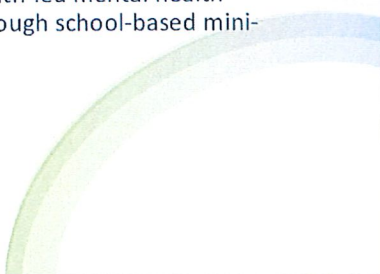


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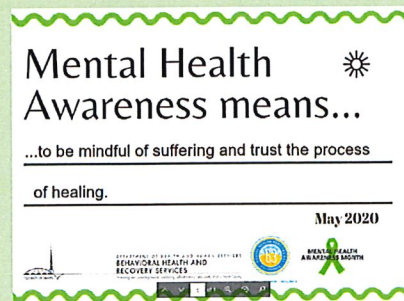
## Mental Health Awareness Month Activities

- BOS Proclamation 5/19
- Mental Health Awareness Month activities
  - Virtual gentle yoga (trauma-based approach)
    - Older adults – Wed, 5/13 at 11 am
    - Community – Thu, 5/14 at 5 pm
  - Partnership with the Youth Commission social media/video series on young people's perspective on SIP
  - Continue to support youth-led mental health awareness activities through school-based mini-grants



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To be mindful of  
suffering and trust  
the process of  
healing



Sandra Hirschfield

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Acceptance of our past,  
living our present and  
having hope for our  
future.

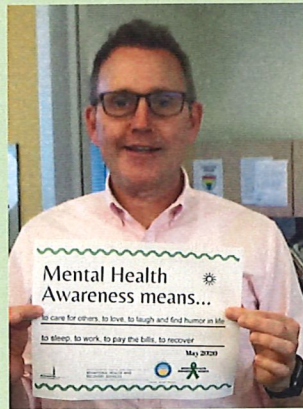


Yazmin Saddler

14



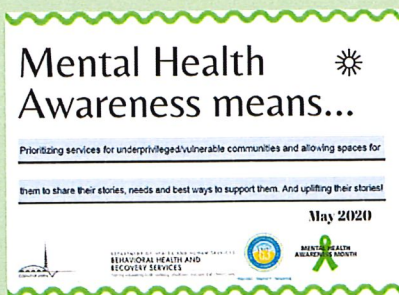
To care for others, to love, to  
laugh and find humor in life, to  
sleep, to work, to pay the bills,  
to recover.



Brian Robinson

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Prioritizing services for  
underprivileged/vulnerable  
communities and allowing  
spaces for them to share  
their stories, needs and best  
ways to support them. And  
uplifting their stories.

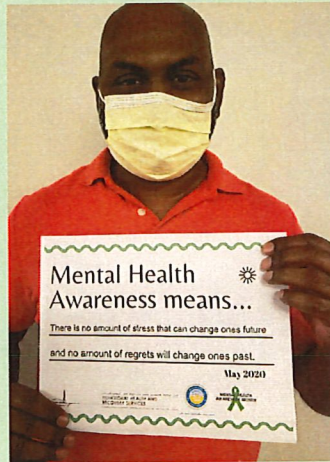


Maria Rea

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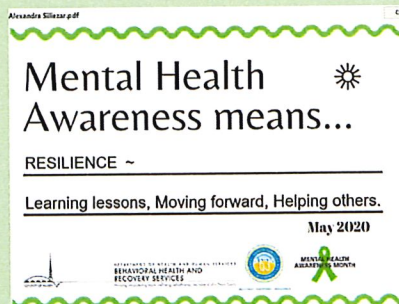
There is no amount of stress  
that can change ones future and  
no amount of regrets will  
change ones past



Munesh Naidu

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RESILIENCE –  
Learning lessons, Moving  
forward, Helping others.

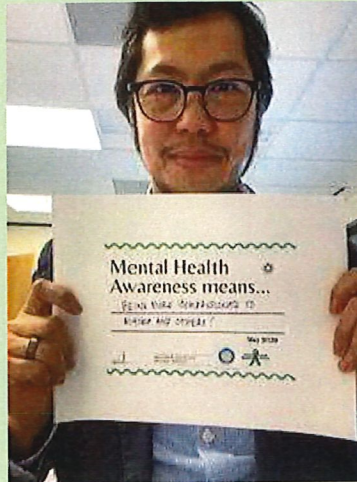


Alexandra Siliezar

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Being more  
compassionate to myself  
and others.



Jei Africa

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Educating people on what  
mental illness is and that  
people with mental illness  
are not alone.



Kasey Clarke Rio

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## Legislative Updates

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- SB89 – Amends 2019-2020 State Budget to appropriate funds for COVID19 Emergency; signed by Governor Newsom (3/17)
  - CBHDA ask: \$100m to support behavioral health fund
- Bills
  - SB 803: Peer support specialist certification: Did not get calendared to be heard.
  - AB 3242: Involuntary commitment. 5150 evaluations can be conducted via telehealth.

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Thank you.

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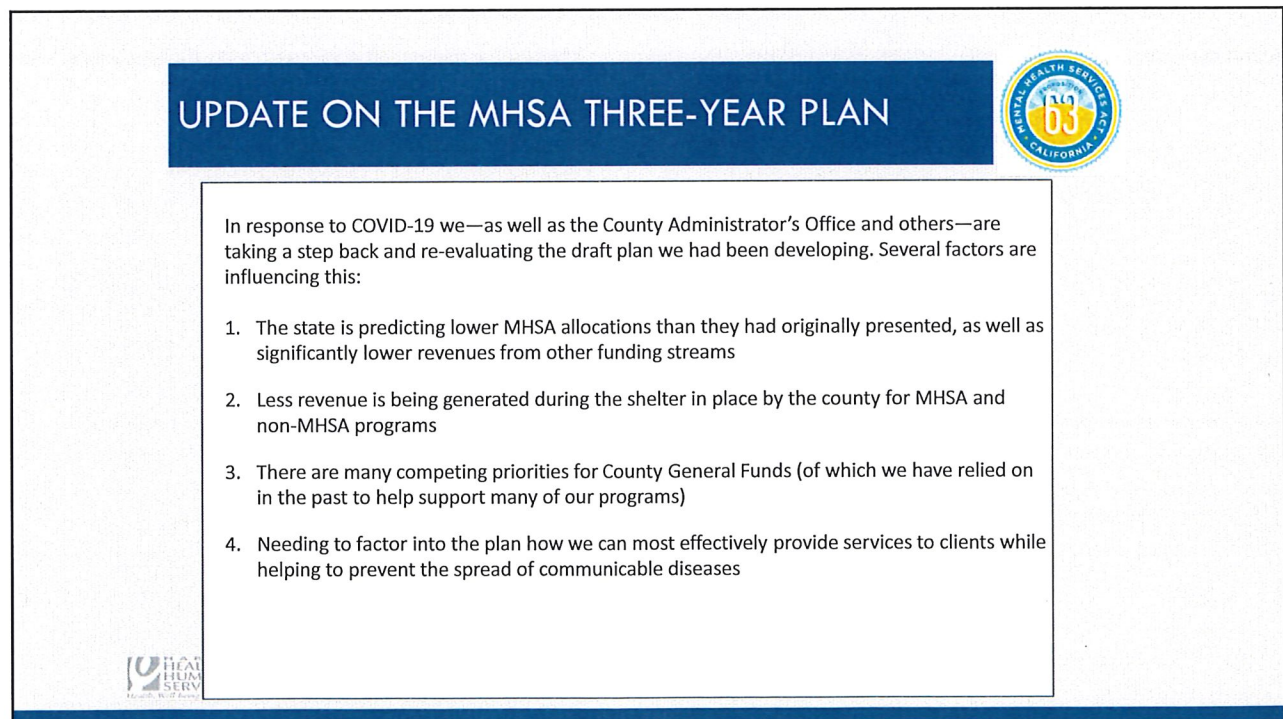
This slide features a dark blue background with a silhouette of mountains at the bottom. In the top left is the Seal of the Mental Health Services Agency of California, which includes the number 63. To the right of the seal are four circular icons: 'SUPPORT' (hands holding a heart), 'UNITY' (two hands clasped), 'TRUST' (two hands holding a heart), and 'EXCELLENCE' (a laurel wreath). The text 'MHSA UPDATE' is prominently displayed in white. Below it, in smaller white text, is 'Mental Health Board Meeting May 12, 2020' and 'Galen Main, MHSA Coordinator'. In the bottom left corner, there are logos for 'MARIN HEALTH & HUMAN SERVICES' and the 'COUNTY OF MARIN'.

## MHSA UPDATE

Mental Health Board Meeting  
May 12, 2020

Galen Main, MHSA Coordinator

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This slide has a white background with a dark blue header bar. The header bar contains the title 'UPDATE ON THE MHSA THREE-YEAR PLAN' in white. To the right of the title is the Seal of the Mental Health Services Agency of California, which includes the number 63. Below the header bar is a white box with a black border containing a paragraph and a numbered list. The paragraph states: 'In response to COVID-19 we—as well as the County Administrator's Office and others—are taking a step back and re-evaluating the draft plan we had been developing. Several factors are influencing this:'. The list contains four items: 1. The state is predicting lower MHSA allocations than they had originally presented, as well as significantly lower revenues from other funding streams; 2. Less revenue is being generated during the shelter in place by the county for MHSA and non-MHSA programs; 3. There are many competing priorities for County General Funds (of which we have relied on in the past to help support many of our programs); 4. Needing to factor into the plan how we can most effectively provide services to clients while helping to prevent the spread of communicable diseases. In the bottom left corner, there is a logo for 'MARIN HEALTH & HUMAN SERVICES'.

## UPDATE ON THE MHSA THREE-YEAR PLAN

In response to COVID-19 we—as well as the County Administrator's Office and others—are taking a step back and re-evaluating the draft plan we had been developing. Several factors are influencing this:

1. The state is predicting lower MHSA allocations than they had originally presented, as well as significantly lower revenues from other funding streams
2. Less revenue is being generated during the shelter in place by the county for MHSA and non-MHSA programs
3. There are many competing priorities for County General Funds (of which we have relied on in the past to help support many of our programs)
4. Needing to factor into the plan how we can most effectively provide services to clients while helping to prevent the spread of communicable diseases

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## MARIN COUNTY MHSA FUNDING PRINCIPLES



*These MHSA Funding Principles were developed in March of 2019 to guide and strengthen our decision-making process as it relates to MHSA annual funding allocations, reductions, and expansions.*



**Funding should be in line with BHRS's Mission and focus on sustainability**

All funding decisions should be assessed against BHRS's Mission and when relevant against County and Health System Budget Balancing Principles



**Maintain MHSA required funding allocations and timelines**

See attached MHSA Funding and Program Planning Guidelines document



**Sustain and strengthen core MHSA programs**

MHSA revenue should be prioritized to fund core services that fulfill the goals of MHSA and prevent any local or realignment dollars filling in where MHSA should



**Maximize Revenue Sources**

Utilize best practices for billing and budgeting to draw down funding from available revenue sources



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## MARIN COUNTY MHSA FUNDING PRINCIPLES



**Utilize MHSA reserves over multi-year period**

MHSA reserves should be used strategically to mitigate impact to services during budget reduction periods



**Prioritize direct services to clients**

Direct services and supports will be prioritized as necessary in order to strengthen services to clients and mitigate impact during budget reductions



**Maintain prevention efforts**

At minimum, 19% allocation to Prevention and Early Intervention (PEI) should be maintained and should prioritize services that address the root causes of behavioral health issues in our communities




**Sustain and promote geographic, cultural, ethnic, and/or linguistic equity**

MHSA aims to reduce disparities and fill gaps in services; reductions in budget should not impact any community group disproportionately



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ANY QUESTIONS?



THANK YOU!

