# 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**

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<tr>
<th>Time</th>
<th>Agenda Item</th>
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| 6:00 p.m. | Call to Order 6:06 p.m.  
Introductions  
Call for Quorum: Yes  
In attendance: Rachel Farac, Maya Gladstern, Stephen Marks, Jaime Yan Faurot, Aida-Cecilia Castro Garcia, Katie Rice, Everett Brandon, Heather Johnson  
Staff: Jei Africa, Taffy Lavié, Galen Main  
Absent: Patricia Carillon |
| 6:05 p.m. | Review and approval of Agenda / Review and approval of Minutes for January and February meeting  
Agenda: Maya G. made motion to approve agenda / seconded by Everett B. – APPROVED  
Minutes: Maya G. made motion to approve minutes / seconded by Everett B. – APPROVED |
| 6:10 p.m. | Correspondence, Announcement and Public Comment (please limit to 3 minutes per speaker) |
| 6:15 p.m. | BHRS Director’s Report (Dr. Jei Africa) See Attached Power Point.  
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.  
- Katie Rice suggested having conversations with care providers to anticipate longer term needs.  
- Stephen Marks suggested this might be a great opportunity for peer support workers.  
- Aida-Cecilia Castro Garcia is hoping that the county will do something to support the undocumented community.  
- 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. |
| 6:35 p.m. | Legislative Updates  
- 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 |
| 6:40 p.m. | Committee Liaisons, Task Force Updates  
  a) MHSA – Galen Main (MHSA Coordinator)  
  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:  
  (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 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.

(b) Cultural Competency Board / WET – Maya Gladstern
   - Met on May 12th. Race and Equity efforts were discussed.

(c) AOD Board Liaison – Heather Johnson
   - Gave update on AOD Board retreat

(d) CALBHB/C (as needed)

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<th>Time</th>
<th>Events</th>
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<tr>
<td>6:50 p.m.</td>
<td>Mental Health Awareness resolution to be read at May 19th BOS meeting</td>
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<th>Time</th>
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<td>6:55 p.m.</td>
<td>Discussion: Recruitment / Membership / Future Presentations</td>
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<td>- Possible future presentations discussed were Dr. Stephen Marks doing a presentation on peer workers</td>
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<td>- Capella’s Parrish’s MHB brochure discussion</td>
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<td>Site Visit</td>
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<td>- No discussion on this - tabled for the time being</td>
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<th>Time</th>
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<td>7:00 p.m.</td>
<td>Next MHB meeting- Tues. June 9, 2020 @ 6 pm</td>
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<td>Location to be determined</td>
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<td>Next Executive Committee meeting – 12:15 pm Tues. May 26, 2020 — Conference Call</td>
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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 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

COVID-19
Novel Coronavirus
Countywide response to COVID19

- Set up the Emergency Operations Center (EOC)
- Created the HHS Call Center – non-medical related COVID19 questions (415-473-7191)
- Website updates:
- 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.marinhh.org/surveillance#today
- Marin Recovers – phased plan and guidance on recovery

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_W2E_TzskE
  - BHRS staff on Spanish radio
  - Participated on virtual townhalls/talks
    - Marc Levine, YCWASF-Marin, City of San Rafael (05/13)
How to Stay Connected in times of PHYSICAL DISTANCING

VIDEO CHAT
Call your family and friends for a talk, play games online, share photos, or engage in a virtual meeting. Google Hangouts and Zoom are a great way to connect with friends, family, and coworkers.

TAKE A VIRTUAL TOUR
Like many other businesses, museums and parks all over the world have placed in support of social distancing. You can still get a healthy dose of culture and culture with these virtual tours. The Smithsonian has put together a list of museums that offer robust virtual tours.

Google Earth is offering virtual tours of 35 national parks.

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.

LEARN SOMETHING NEW
Find a topic or skill of interest such as painting, cooking, 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 stories that are available and completely free. Create a blog between you and your loved ones and write virtual letters to each other.

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

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

670 participants
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

BHRS response to COVID19

Significant shift to do telehealth (phone/video)

Re-evaluate how we co our work
CA's response to COVID19

Governor Newsom’s Executive Order N-55-20 focused on emergency regulatory flexibility for DHCS and Medi-Cal

Examples:

- Discretion regarding exceptions to licensure requirements (SUD residential programs, PHP and MHPs, SRTDP, etc.)
- Increase in administrative costs
- Extension of AOD counselor certification deadlines
- Rx medication up to 30 days

"Business As Usual"

- Maintaining operations
  - Hiring/recruitment
  - Maintaining compliance
  - Contracts/reports
  - Outcome and data driven decisions

- Continue planned programs
  - Suicide Prevention Strategic Plan

- Responding to grievances, audits and reviews

- Responding to individual, family and community needs
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
To be mindful of suffering and trust the process of healing

Mental Health Awareness means...

...to be mindful of suffering and trust the process of healing.

Sandra Hirschfield

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

Mental Health Awareness means...

Yazmin Saddler
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

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

Mental Health Awareness means...

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

Munesh Naidu

RESILIENCE –
Learning lessons, Moving forward, Helping others.

Alexandra Siliezar
Being more compassionate to myself and others.

Jei Africa

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

Kasey Clarke Rio
Legislative Updates

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- Bills
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Thank you.
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
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

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
ANY QUESTIONS?

THANK YOU!