

**MENTAL HEALTH COMMISSION  
EXECUTIVE COMMITTEE MEETING MINUTES  
June 28<sup>th</sup>, 2022 - FINAL**

Agenda Item / Discussion	Action /Follow-Up
<p><b>I. Call to Order / Introductions</b>  Vice-Chair, Cmsr. Barbara Serwin called the meeting to order @ 3:34 pm</p> <p><u>Members Present:</u>  Chair, Barbara Serwin, District II  Vice-Chair, Cmsr. Laura Griffin, District V  Cmsr. Douglas Dunn, District III  Cmsr. Leslie May, District V</p> <p><u>Other Attendees:</u>  Cmsr. Tavane Payne, District IV  Cmsr. Gina Swirsding, District I  Diana Baros  Roozbeh Bashi  Angela Beck  Jennifer Bruggeman  Michelle Cocker  Mercedes Duarte  James Goodin  Kristin Killian Lobos  Donald Lang  James Marks  Dawn Morrow, Supv. Diane Burgis' Ofc  Pamela Perls  Jen Quallick, Supv Candace Andersen's Ofc</p>	<p>Meeting was held via Zoom platform</p>
<p><b>II. PUBLIC COMMENTS:</b></p> <ul style="list-style-type: none"> <li>(Pamela Perls) As mentioned in the previous meeting (Justice Committee) there is going to be a second part of Ken Burn's program tonight at 9:00pm on PBS (I think it's called) "In plain view" and it is interviews with young people, even a child of 7, all the way up through teenagers and middle aged adults about their struggles with mental health. It is really well done. I don't know if you can get the previous one on past programming, but at least you may be able to catch the second half tonight on PBS (KQED).</li> </ul>	
<p><b>III. COMMISSIONERS COMMENTS:</b></p> <ul style="list-style-type: none"> <li>(Cmsr. Gina Swirsding) I'm a SPIRIT graduate. I just wanted to say that it was a wonderful program, I liked it, I recommend that all the commissioners go through the program. I have a couple things to address. One is that in the meetings I see a tendency of others going on but when it comes to myself, I am limited for only a couple minutes. I am on the commission, I am a consumer. This is why we don't have consumers on the commission, because (1) is the commission seems to want a silent consumer and I am not like that anymore. I have part on this commission and that is why Supervisor Gioia has allowed me to remain. Sometimes I feel discriminated against. I have some disabilities, one is that I have major trauma to my brain and there are</li> </ul>	

things that I do (I'm aware of it) but sometimes it is hard to do, like repeating myself. It's one of the side effects. Many times I feel discriminated here and it is why I am speaking to it. I want it part of the agenda, how are you going to deal with consumers that come on to the commission and for you all to tolerate the mental illness.

- (Cmsr. Barbara Serwin) Thank you Commissioner Swirsding, a couple things I'd like to say, I am a consumer as well and I do understand your challenges and I share some of them. I find that, as a chair of the commission and the quality care committee, I struggle as the chair to hold people accountable to their time limit and to manage interruptions occurring when people go on at length and I can assure you that other people are called on this. Oftentimes, it is in private after the meeting if it is a persistent occurrence. Angela Beck (EA) is tracking now on interruptions and time going on beyond two minutes. There is some flexibility there, but it is a repetitive thing from someone, then I need to speak to them and let them know it is hard to run a meeting if it keeps occurring and to keep the meeting on time. There is no desire to silence anyone on the commission. The real challenge we have in terms of getting consumers on to the commission is that the Board of Supervisors (BOS) does the recruiting and they simply don't have that many consumers that reach out to them to participate and I know they actively pursue finding the right people these very important spots. So I hope that explains some of your questions and concerns.
- (Cmsr. Swirsding) Okay the last meeting I went to there were many people that were in the public that were speaking way more than two minutes and I didn't see you say anything to them before they even spoke, but for me, in a consistent manner in every single meeting, that is the first thing that comes out of your mouth and every chair running the meetings. I know that you have discussed me. (Cmsr. Serwin) Each chair has to manage their meeting in the best they can and when people are speaking out of turn, it I guarantee you, it is very difficult to manage. I don't manage successfully, sometimes I do better than other time but it is difficult. (Cmsr. Swirsding) I am speaking about what you do to me. (Cmsr. Serwin) Cmsr. Swirsding, you and I can talk about this offline, because we can go back and forth as we have different perspectives of what is happening in the moment. Rather than going on further about it in this meeting, it is an offline conversation. (Cmsr. Swirsding) So what you are saying to me is 'shut up' (Cmsr. Serwin) Absolutely not, I am saying you and I have spoken about this at length now and it is time to move on with this meeting. (Cmsr. Swirsding) Yes I do, it needs to be discussed to the public because Supervisor has told me I need to bring it up and it needs to be put on the agenda. Put it on the agenda on how we need to run the meeting fairly with everyone. Not just for some and some not.
- (Angela Beck) I just want to address, there is a two minute time limit for public and commissioner comments in the beginning of the meeting. There is specific Brown Act rules that need to be adhered to and every chair has a different way of handling it, but I want you to know that I do give in the chat and via text, I send a message to the chair of the time limit, so they are aware. It is not any one person, it is

<p>every single speaker is adhered to that. (Cmsr. Swirsding) well I am not speaking about the public, I am speaking to a subject that is on the agenda).</p> <ul style="list-style-type: none"> <li>• (Cmsr. Serwin) Well I am going to intervene right now. As I already said we need to move on to the Agenda &lt;Continued interruption / arguing by Cmsr. Swirsding&gt;</li> <li>• (Cmsr. Leslie May) I wanted to speak to the commission about the Behavioral health Community Infrastructure Programs (BHCHIP) grants and the Indigo Project report. I have met with my Mayor, my Police Chief and my City Manager and I did make copies of everything and delivered it to them so that they can read through it. I did speak with them about it so that I can get them on board to really push for this. I meet with them again on Friday morning, so they have contacted the other Mayors of east county, the other police chiefs of east county and the other city managers because they are going to prepare something to go to Supervisors Burgis and Glover. They are going to prepare their own statements in support of this to hand deliver to the Board of Supervisors on July 12. I just wanted to say that I am doing my groundwork and I hope everyone else is doing theirs as well.</li> </ul>	
<p><b>IV. COMMITTEE CHAIR ANNOUNCEMENTS/COMMENTS: None</b></p>	
<p><b>V. APPROVE minutes from April 26<sup>th</sup>, 2022, meeting:</b></p> <ul style="list-style-type: none"> <li>• Cmsr. L. May motioned to approve the minutes as written.</li> <li>• Seconded by D. Dunn</li> </ul> <p><b>Vote:</b> 4-0-0  <b>Ayes:</b> B. Serwin (Chair), L. Griffin (Vice-Chair), D. Dunn, L. May  <b>Abstain:</b> none</p>	<p><a href="http://cchealth.org/mentalhealth/mhc/agendas-minutes.php">http://cchealth.org/mentalhealth/mhc/agendas-minutes.php</a></p>
<p><b>VI. UPDATE on Site Visit Program, Commissioner Laura Griffin</b></p> <p>Crestwood Our House, we are still working on the report. Apparently, it has been going ack and forth from the director to us, as she felt there were some discrepancies and it went back and we found out a few days ago that it has come back to us and she has more questions about the report. So we are kind of stuck in that limbo and will be working on what exactly the problem is and get it corrected and move it on to next steps. The committee will be looking at that soon.</p> <p>Hope House, we are done and just one final review of the report and we will hopefully send it out next week to the Director.</p> <p>Now, it's summertime. I think we will be working through the summer to determine what facilities we will visit in the fall and we will also do a brief check/update on how the spring and this year went with the site visits, what do we need to improve on, what worked, what didn't. We will regroup, review and have a better report next meeting. That is our status.</p> <p>(Cmsr. Serwin) I just wanted to make sure all the SPIRIT members know what the site visit program is. This happened quite a while back in our past but we decided to rejuvenate our program of commissioners going out to in-patient treatment sites to evaluate from our perspective the quality of care. The way we are doing it, is that we are focusing on the consumer</p>	

<p>experience. We are interviewing a many consumers who would like to from a given facility. We also interview the program staff and a couple staff members. From those interviews, we try to get a good picture of how the facility is meeting the needs of the consumers. Afterwards, we write a report and present that to the commission. It is really an opportunity for consumers to have a voice in how treatment happens at the facility they are placed in.</p>	
<p><b>VII. DISCUSS options for moving forward with the Quality of Care June 16th, 2022 motion regarding Behavioral Health Community Infrastructure Programs (BHCIP) and Community Care Expansion (CCE) grants</b></p> <p>Commissioner Serwin started off by explaining the grant programs to the SPIRIT interns in the meeting. There was a lot of advocacy at the June 21<sup>st</sup> Board of Supervisors (BOS) meeting about the critical importance of these funding opportunities. I wasn't aware that the funding opportunities would be on the agenda, I was out of town and did not attend. However, the next meeting (the second meeting in July) of the BOS will be on the agenda as well. I do not know about the first meeting, which is always the second Tuesday of the month and we can double check the agenda when it comes out. We have this opportunity to really press our concerns to the BOS. I have written an email to the BOS that I would like to send that requests its support in ensuring that grant applications go out ON time to be reviewed and accepted for these funds. This would be to ensure that behavioral health services (BHS) has all and enough of those resources it needs to make this happen. BHS has not hired external consultants who focus on grant writing, they chose to do this all in house and I don't know if that his working out for them or not. They say it is; but they have missed deadlines for previous funding opportunities. I'd like to present this letter to the commission at our next commission meeting. I feel like it needs to be a motion that everyone needs to stand behind it. I didn't want to just send it based on my authority as the chair, I wanted everyone to be fully informed and to speak together.</p> <ul style="list-style-type: none"> <li>• (Cmsr. May) When I was reviewing the topics, I have a couple suggestions. I was revisiting the Mental Health Commission's 2022 Goals. Number 6 and 11, could be combined. The schools will be Round 6 and we know it is already in the BHCHIP Indigo report, it was already included. We need to make sure they submit the grant applications for and we receive that funding. But on the next round they have identified properties in east county, so there will be a lot of facilities and step down facilities, home places for people that are unhoused that have mental illness and a lot will be taken care of just by me looking at the survey. A lot of things we thought we should focus on will actually be taken care of once these locations are up and running. They have already identified the locations. They are all out here. This is fabulous news to me. We just need to revisit and tighten up our list of goals and see where they would now shift into some of those objectives.</li> <li>• (Cmsr. Serwin) I am wondering if anyone has any ideas or how to best advocate for getting these applications developed and submitted on time and to get them made for all the needs we have that were identified by Indigo Consulting. We don't have to just apply for one</li> </ul>	

thing, we can apply for as many as we want. The body that reviews the applications and grant funding, they will look at all the applications not just one from our county and other counties. They will choose those that have the most merit. (Cmsr. May) That's right. It can be multiple per county if the grant project has merit.

- (Cmsr. Dunn) National Alliance on Mental Illness Contra Costa (NAMI CC) has taken an interest in this and I am chair of it's legislation committee, so I put together a letter and individual members of NAMI CC are following up with letters to the board, individual BOS – where they are citizens in each district. I will be happy to forward you (Commissioner Serwin) the letter I wrote for NAMI CC.
- (Cmsr. Serwin) Do you know yet, whether the first meeting in July will have this on the agenda? (Cmsr. Dunn) That I do not know. This was news to me when you said something about it earlier in this meeting.
- (Cmsr. May) Do you want us to make motion on this proposed motion to put it on the agenda? If so, I will make a motion to place this proposed motion on our Mental Health Commission general meeting in July.
- (Cmsr. Tavane Payne) I just wanted to suggest that we maybe create a subcommittee that just focuses on writing grants for these things? (RESPONSE: Cmsr. Serwin) It is actually out of purview and it is really the responsibility of BHS to do that. They have the knowledge and resources to do that but thank you for the idea. What we are doing is advocating to the best of our abilities to ensure the grant writing happens. That we don't miss the opportunities.
- (Cmsr. Swirsding) You can participate in grants as a commission if you belong to a committee that is dealing with that. I have done that. Just for your information. (RESPONSE: Cmsr. Serwin) yes, I don't know about the other situation, but in this situation, it is definitely BHS. (Cmsr. Swirsding) No, I know, with the commission you can't but one way you could is that if you belong to a committee outside the commission and you are a part of that committee, you can get involved the grants. There is a way it can be done. (Cmsr. Serwin) well one way that is related to that is that there is a Steering committee for the overall needs assessment, understanding the needs of the community and Cmsr. Griffin is on that committee and so she represents the commissions interest on that Steering committee.
- (Cmsr. Griffin) Currently, we haven't had a steering committee meeting for almost two months. The reason was that they are out in the field now, the team that was established to look for places we could possibly apply for. I am trying to get a hold of the committee to see when the next meeting is so that I can update everyone. So we are a little in dark as to where we are at this point, but I'm sure they are working hard getting things done. I am, following up with them.
- (Cmsr. Serwin) I think that is another thing we can advocate for, the need for the commission and the rest of the public needs to be kept apprised of the progress, it needs to be transparent.

**MOTION (RE: BHCIP and CCE Grant Applications):**

*Toward the goal of capitalizing on an historic opportunity to build infrastructure essential to the delivery of mental health services in Contra Costa County, the Mental Health Commission urges the Board of Supervisors to require Behavioral Health Services to apply for all relevant Behavioral Health Community Infrastructure Program and Community Care Expansion grants, that Behavioral Health Services meet the deadlines for the grant applications, and that all necessary resources are made available to and employed by Behavioral Health Services to write the most competitive grants possible.*

Cmsr. Leslie May moved to add this motion to the MHC July Meeting Agenda. Seconded by Cmsr. Laura Griffin

**Vote:** 4-0-0

**Ayes:** B. Serwin (Chair), L. Griffin (Vice-Chair), D. Dunn, L. May

**Abstain:** none

**Questions and Comments:**

- (Pamela Perls) I was just wondering, given the fact that Dr. Tavano tends to speak at the very top macro level, if it might be useful to get her financial depth to address exactly where they are on the grant proposal or whoever is in charge. If I remember correctly, as a public observer, I am not as knowledgeable about her or the programs, but she very often kind of brushes it off as ‘we’re working on it, we’re working on it’ but these are, as you pointed out, really once in a generation and it is very important to get everything just right or they will write you off as failing in the very first round of screening. The grants are very much like a legal brief with exhibits. It is very meticulous and a huge undertaking and it may be they really need to contract it out to be done properly. (Cmsr. Serwin) that is definitely one prevalent opinion. I know that Adam Down is handling a lot of these.
- (Jen Quallick) I did just want to say, that I did send an email to Dr. Tavano from our meeting earlier today in regard to the question that Lauren Rettagliata had asked regarding the CCE funding and the grant opportunities and as of right now, they are looking to apply but they cannot share names and those interested parties to have expressed interest and have asked that they not disclose who they are. I don’t know, but I think maybe having someone from the financial side of the house come and speak is a good thing but to your point, I don’t know what other information you might get because it is the ‘we ask that information not be shared prematurely’ is the exact quote. Just today. My response was completely understood, knowing this, is there something I can share with the commission and she said the information is posted on our website as the process evolves, please check there. I am working with your team to try to get you more information, I know the MHC meeting is next week, so I don’t know if you can get Adam to come or get more information. I did want to add to our agenda next month the letter to Dr. Tavano and the conservatorship issue. I know Supervisor Andersen will address that in her Supervisor’s Reports, but to have it formally added to the agenda so we can talk through that as well.
- (Roozbeh Bashi) I wanted to have a general idea that how are you going to allocate money that comes to prevention and how much to

crisis, is it an easy number to share what is going crisis as opposed to prevention? (Cmsr. Serwin) So, a couple of things. There are six rounds to this funding and the first four have occurred. Dr. Tavano has provided, at least some of the information, but has some of the information about which grants we have been awarded and we can look at which projects those grants are for because we did receive a minimum of \$2mil dollars and probably more going into crisis response. As far as prevention, I don't know and I'd have to look at the information again and get that information for you and any comments I can that helps explain what it is. I am wondering if you are familiar with the Mental Health Services Act (MHSA) Program and their budget. One of their categories of funding is prevention and they have a very clear layout of which programs receive money and what the total is. That might be an interesting thing for you to look at as well. Would you like that as well? (Roosbeh Bashi) Yes I would, also I know this is of topic and it is a bit confusing for the first time. I also am interested to know if there is any difference between the budget going to the young adults, is it more prevention instead of crisis or in the adult, or is it general? In my opinion money going to the youngest should be more for prevention instead of crisis. (Cmsr. Serwin) We have the MHSA program director is on the meeting and a liaison between the MHC and BHS. I can work with her to get that information but my gut tells me you right. The prevention programs in the MHSA and BHS group does a lot of prevention work. The Crisis response work being done now, the system the county is developing is first serving adults. We will get back to you, not right away but we will get back to you.

- (Cmsr. Dunn) Forgive me, I was putting some information in the chat, as far as (Cmsr. Griffin, if you want to share as you are closer to this than I am) I am aware the first two BHCIP rounds, Crisis response and CCBHS was successful in its competitive grants process, got money. Round 3, which involved community care expansion, there is still money out there but \$518.5mil has been awarded but there is till another (little less than) \$300mil still available. I think that is what CCBHS is after. (Cmsr. Griffin) You are exactly correct. (Cmsr. Dunn) Round 4 will be children and adolescents, \$480mil deadline is August 31. Rounds 5 & 6, which I'm following very carefully because this gets into the IST MHRCs which we desperately need for this county. That is going to be \$480mil each October – December.
- (Cmsr. May) I wanted to add that some of that information that Mr. Bashi is asking for if we can send him the needs assessment. There are some numbers in there and it might be clear for him to read. He can follow there and then we can get some more information on the money. That needs assessment breaks down and shows what we need, the money and what it is needed for in that survey. (Cmsr. Serwin) Yes, and that is on the MHC website. I was actually thinking of the Matrix/spreadsheet that Dr. Tavano has shared multiple times that tracks on the all the grants, how they were awarded and what they were awarded for. That would be useful information.
- (Roosbeh Bashi) if that number is clear, it causes more questions to come up. (Angela Beck) Just requesting all emails.

<ul style="list-style-type: none"> <li>(Cmsr. Swirsding) I have a question for Cmsr. Dunn, what about the older adults? (Cmsr. Dunn) That will be addressed in Round 5 and Round 6 of the BHCIP competitive funding. Those rounds, cover areas that had not been covered in the previous rounds.</li> </ul>	
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<p><b>VIII. DISCUSS progress on Mental Health Commission 2022 goals</b></p> <ul style="list-style-type: none"> <li>(Cmsr. May) This is what I mentioned earlier. Can we see if the District Attorney can speak on (I heard she was putting together some plan) to address what is going on with the sex trafficking out here. I want to hear a lot more about that because we even have it on our goals. If we think we can get her to come and speak on that. Since she is putting together this task force? (Cmsr. Serwin) I think that is a really interesting and some thing we can do if we position it from a mental health perspective. Many you can introduce her and talk about your experience with the impact on mental health of children who are trafficked and their families and then she can think about what’s being done.</li> <li>(Cmsr. Payne) I’m totally in favor of what Cmsr. May was saying. I used to work for an organization called ‘Love Never Fails’ I don’t know if anyone knows of that agency, but I actually worked with trafficked women. I think that is a big deal we need to address and I agree with Cmsr. May whole-heartedly.</li> <li>(Cmsr. Swirsding) I also agree with Cmsr. May, we have a lot of issues with human trafficking out in west county, too, involving a lot of kids, different ages.</li> <li>(Cmsr. Serwin) Thank you, all three commissioners, it is good information to know. We are now at 4 minutes. The Top 3 goals is what we are focused on producing results for this year.</li> <li>(Angela Beck) Top Three Goals are:             <ol style="list-style-type: none"> <li>1) Advocate for the full implementation of parity in health insurance coverage such that mental health expenses are covered at the same level as physical health expenses</li> <li>2) Evaluate mental health services in K-12 public schools (e.g. Wellness in School Program)</li> <li>3) Evaluate where per capita funding for mental health services is being spent within the county</li> </ol> </li> <li>(Cmsr. Serwin) Insurance Parity, last year Angela and I worked really hard to identify people who work in the insurance industry that focus on insurance for patience with mental health challenges. It is like they are ghosts. I’m pretty resourceful when it comes to research and I only know of one person and the connection is through Dr. Tavano. I am thinking that maybe we should just contact this person and ask him who his colleagues are in the industry. What would be a satisfactory step in the progress of this goal would be to convene a panel of those who work in the industry to speak to what their health insurance companies are doing to ensure there is parity in reimbursements for mental health and physical health. If we could get a panel and have people talk about what their organization is doing, that would be a tremendous step forward. Because from there, we could determine where we need to focus / further our research. I would like to wait to</li> </ul>	
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<p>address with the full commission until after we have spoken to and this committee has reviewed the other two goals. I'd rather present all as one thing, rather than piecemeal.</p>	
<p><b>IX. DETERMINE July 2022 Mental Health Commission Meeting Agenda</b></p> <ul style="list-style-type: none"> <li>● <b>CHAIR ANNOUNCEMENTS</b> <ul style="list-style-type: none"> <li>➤ <b>Review of Meeting Protocol:</b> <ul style="list-style-type: none"> <li>✓ <b>No Interruptions – raise hands</b></li> <li>✓ <b>Limit 2 min – timed</b></li> <li>✓ <b>Stay on topic – stick to agenda item</b></li> </ul> </li> </ul> </li> <li>● <b>“Get to know your Commissioner” – Commissioner Tavane Payne</b></li> <li>● <b>Update Commission Membership and open seats, Angela Beck, Exec. Assistant</b></li> <li>● <b>UPDATE on Site Visits, Commissioner Laura Griffin</b></li> <li>● <b>Presentation of Behavioral Health Community Infrastructure Projects (BHCIP) needs assessment results, Roberta Chambers, PsyD, Indigo Consulting</b></li> <li>● <b>Review progress on Mental Health Commission (MHC) 2022 goals</b> (We may not have time to cover due to the BHCIP motion)</li> <li>● <b>Behavioral Health Services Director's report, Dr. Suzanne Tavano</b></li> <li>● <b>Update on applications for BHCIP grants</b></li> </ul> <p>(Jen Quallick) Supervisor Andersen wants to discuss regarding the conservatorships in the finance meeting (Note: actually the Justice committee meeting), so there is some concern that is not supported by the director, that the Board and Supervisor Andersen wouldn't offer support then it would go to the Legislative committee and not have the recommended support you all would be looking for, so we in turn had asked that if you are not able to support that request, what can you support. What are you willing to come back and offer? We have not had a response to that yet. Supervisor Andersen wants to discuss that. So I don't know how to get that topic on the agenda or is that something she just broaches in her supervisor's report but she wanted it to be on the agenda so that it can be spoken to.</p> <p>(Cmsr. Serwin) What I am thinking is that we can be very forward with it and go ahead with the letter motion and then also include as the next agenda item, Dr. Tavano's perspective. Regardless of what happens, it gives the commission the ability to make a statement about what we believe should happen.</p> <p>Agenda items agreed/approved.</p>	
<p><b>X. Adjourned meeting at 5:02 pm</b></p>	