



  
**CONTRA COSTA  
MENTAL HEALTH COMMISSION**

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COMMISSION**

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**Mental Health Commission  
Executive Committee**

**Tuesday, August 23<sup>rd</sup>, 2022, from 3:30 – 5:00 pm**

**Via: Zoom Teleconference:**

**<https://cchealth.zoom.us/j/5437776481>**

**Meeting number: 543 777 6481**

**Join by phone:**

**1 669 900 6833 US**

**Access code: 543 777 6481**

**AGENDA**

- I. Call to Order/Introductions**
- II. Public comments**
- III. Commissioner comments**
- IV. Chair announcements**
- V. APPROVE minutes from July 26<sup>th</sup>, 2022, Executive Committee meeting**
- VI. Supervisor Karen Mitchoff, District IV will be replacing Supervisor Candace Andersen as Alternate Representative on the Mental Health Commission.**
- VII. UPDATE on Site Visits/Reports, Commissioner Laura Griffin**
  - Hope House
  - Next steps
- VIII. DISCUSS creation of election nominating committee**
- IX. DISCUSS progress on Mental Health Commission (MHC) 2022 goals**
- X. DISCUSS posting of Site Visit Reports and Commissioner Orientation / Training to the MHC website to share to the public**

**(Agenda Continued on Page Two)**



The Contra Costa County Mental Health Commission is appointed by the Board of Supervisors to advise them on all matters related to the county's mental health system, in accordance with mandates set forth in the California State Welfare & Institutions Code, Sections 5604 (a)(1)-5605.5. Any comments or recommendations made by the Mental Health Commission or its individual members do not represent the official position of the county or any of its officers. The Commission is pleased to make special accommodations, if needed, please call ahead at (925) 313-9553 to arrange.

**XI. DETERMINE September 2022 Mental Health Commission meeting agenda:**

- **CHAIR ANNOUNCEMENTS**
  - MHC Orientation Module TBD
  - Welcome Supervisor Karen Mitchoff as Alternate Representative to the commission.
- “Get to know your Commissioner” – Commissioner Gerthy Loveday Cohen
- Update on Site Visits
- **Presentation: Meeting the Mental Health needs of People with Developmental Disabilities, Liz Walser, Regional Center of the East Bay, and Vi Ibarra, Developmental Disabilities Council**
- *Presentation: External Quality Review Organization (EQRO) Report, Priscilla Aguirre, MPP, Quality Management Program Coordinator, Quality Improvement & Assurance Unit (or)*
- *Presentation: Center for Recovery and Empowerment (CORE), Lara Zanzucchi, LCSW, Program Supervisor, West County Child & Adolescent Services, CORE*
- Establish Election Nomination Committee
- Review progress on Mental Health Commission (MHC) 2022 goals
- Behavioral Health Services Director's report, Dr. Suzanne Tavano
  - Update on applications for BHCIP grants

**XII. Adjourn**

**ATTACHMENTS:**

- A. Election Guidelines for 2023
- B. MHC 2022 Goals

## **Mental Health Commission**

### **DRAFT Guidelines for Nominating Committee, 2023 Elections**

#### Elections Held For:

- Chair
- Vice-Chair
- Executive Committee (minimum of three members, maximum of five, Chair and Vice Chair are automatic members so need to elect one to three additional members)

#### Timeline:

- September: Formation of Nominating Committee
- September – October: Develop slate
- November: Announce slate
- December: Hold election

#### Who Votes:

- Only Commissioners vote – not members of the public

#### Term:

- One year terms
- Chair and Vice Chair may hold their position for three consecutive years only; they may run again for the same position after not holding it for one year

#### Process:

- Select one person to represent/lead the Committee, e.g. give updates at Commission and Executive Committee meetings, lead the voting process at the Commission meeting
- Develop Slate
  - Objective is to develop a list of candidates for each elected role: Chair, Vice Chair and Executive Board Members
  - Identify potential candidates (excluding Supervisor)
    - Email all Commissioners to request that Commissioners interested in a position contact the Nominating Committee; include a description of roles in the email
    - Ask Commissioners for potential candidates too
    - Identify Commissioners who appear to be strong candidates for a leadership role (e.g. experience with the Commission, engaged with Commission issues and work, collegial, speak up at meetings)
  - Divide up list of potential candidates among Nominating Committee members
  - Reach out to each potential candidates and walk through: why they are interested in running, job responsibilities and time commitment (note that this is NOT an interview but more a vetting process and chance for Commissioners to ask questions and to really reflect on whether the role they want to run for is really a good fit)

- Aim for at least two candidates for Chair and Vice Chair and four to five candidates for Executive Committee
  - Document candidates
- Announce Slate
  - Ideally, if the slate is ready by one week before the November Commission meeting, provide the slate to the Executive Assistant for inclusion in the meeting packet
  - At the November Commission meeting announce the slate – there will be an item on the meeting agenda for this
- Hold Election
  - For the December meeting election, be prepared with voting materials, method/process for conducting the voting, instructions for Commissioners
  - Since the meeting will most likely be conducted in Zoom, voting materials will need to be a Zoom poll or private Zoom Chat (each Commissioner messages their choices to one member of the Nominating Committee) or other electronic technique that ensures privacy of the voter and ensures that only Commissioners vote (rather than pencil and paper)
  - Tally the votes by entering a break-out room and reviewing the results of the poll or tallying up the votes sent by Chat
  - Winners are selected by simple majority
  - In the case of a tie, ballots may be recast until the tie is broken; if this approach fails to result in a majority winner(s) the vote may be deferred until the next Commission meeting
  - In the event there is only one candidate for the Chair and Vice Chair positions, there is still a vote for these positions; if there is less than three candidates for the Executive Committee slots, there is still a vote for these slots
  - At the end of the vote tallying, announce the winners

## **Topics to Focus on During 2022**

### **Mental Health Commission, 2021 Retreat, 11/3/21 Survey Results**

\*Note: Topics (in the form of goals) from 2021 that are incomplete but relevant committee is still actively working on will remain in place and 2022 topics will be added to these 2021 topics.

- 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 (66.67%)**
- 2. Evaluate mental health services in K-12 public schools (e.g. Wellness in School Program) (61.11%)**
- 3. Evaluate where per capita funding for mental health services is being spent within the county (50%)**
- 4. *Advocate for ending the permanently legal financial discrimination that disallows Federal Medicaid payment for treatment provided by Institutions for Mental Disease, e.g. hospitals, nursing facilities, or other institutions with more than 16 beds (the IMD exclusion) (50%)***
- 5. *Advocate for a transparent and data-driven assessment of community mental health needs, beginning with the consolidation and sharing of data that is already collected (44.44%)***
- 6. *Evaluate the availability and adequacy of mental health services for traditionally under-served populations (e.g. teens, Veterans, persons of color, certain ethnic groups) across all county districts (44.44%)***
- 7. Advocate for providing free mental health medications and services for the homeless population (38.89%)**
- 8. Understand the policies and impact of the new California Advancing and Innovating Medi-Cal (Cal AIM) improvements across the Medi-Cal system (33.33%)**
- 9. Advocate for improved transportation options for people with a mental illness to mental health services, resources and events (27.78%)**
- 10. Advocate for the creation of mental health support groups for participants who all have the same diagnosis, with or without facilitation by a therapist (27.78%)**

11. Assess the mental health needs of victims of human trafficking and advocate for needed resources (22.22%)
12. Ensure that the MHC provides full community representation (22.22%)
13. Advocate for ADA access and services for mental health facilities (16.67%)

**Major 2021 annual goals or topics initiated during 2021:**

- \*Advocate for funding of housing, services and programming for the 60 75 IST (Finance Committee topic)
- \*Assess the existing Lanterman-Petris-Short (LPS) Act Conservatorship program and advocate for essential improvements (Justice Committee)
- \*Continue to advocate for an adequate number of in-patient treatment beds (placements) in county-accessible mental health residential facilities (Quality of Care Committee)