



**TOWN OF LOS GATOS  
COMMUNITY HEALTH AND SENIOR SERVICES COMMISSION  
OCTOBER 24, 2024  
110 EAST MAIN STREET  
TOWN COUNCIL CHAMBERS  
5:00 PM**

*Eleanor Yick, Chair  
Jeffrey P. Blum, Vice Chair  
Dick Konrad, Commissioner  
George Rossmann, Commissioner  
Pradeep Khanal, Commissioner  
Martha Sterne, Commissioner  
Yilin Fang, Youth Commissioner  
Conner Krawez, Youth Commissioner  
Matthew Hudes, Council Liaison*

**HOW TO PARTICIPATE**

The Town of Los Gatos strongly encourages your active participation in the public process. If you are interested in providing oral comments during the meeting, you must attend in-person, complete a speaker's card, and return it to the staff. If you wish to speak to an item on the agenda, please list the item number on the speaker card. The time allocated to speakers may change to better facilitate the meeting. If you are unable to attend the meeting in-person, you are welcome to submit written comments via email to [clerk@losgatosca.gov](mailto:clerk@losgatosca.gov).

**Public Comment During the Meeting:**

When called to speak, please limit your comments to three (3) minutes, or such other time as the Chair may decide, consistent with the time limit for speakers at a Town meeting.

Speakers at public meetings may be asked to provide their name and to state whether they are a resident of the Town of Los Gatos. Providing this information is not required.

**Deadlines to Submit Written Comments:**

If you are unable to participate in person, you may email [clerk@losgatosca.gov](mailto:clerk@losgatosca.gov) with the subject line "Public Comment Item #\_" (insert the item number relevant to your comment). Persons wishing to submit written comments to be included in the materials provided to the Commission must provide the comments as follows:

- For inclusion in the agenda packet: 11:00 a.m. the Friday before the Commission meeting.
- For inclusion in the agenda packet supplemental materials: by 11:00 a.m. the day before the Commission meeting.
- For inclusion in a desk item: 11:00 a.m. the day of the Commission meeting.

Persons wishing to make an audio/visual presentation on any agenda item must submit the presentation electronically, either in person or via email to [clerk@losgatosca.gov](mailto:clerk@losgatosca.gov) by 3:00 p.m. the day of the meeting.

**CALL MEETING TO ORDER**

## ROLL CALL

**CONSENT ITEMS** *(Items appearing on the Consent are considered routine Town business and may be approved by one motion. Members of the public may provide input on any Consent Item(s) when the Chair asks for public comment on the Consent Items.)*

- [1.](#) Approve the Minutes of the September 26, 2024 Meeting

**VERBAL COMMUNICATIONS** *(Members of the public are welcome to address the Community Health and Senior Services Commission on any matter that is not listed on the agenda and is within the subject matter jurisdiction of the Commission. To ensure all agenda items are heard, this portion of the agenda is limited to 30 minutes. In the event additional speakers were not able to be heard during the initial Verbal Communications portion of the agenda, an additional Verbal Communications will be opened prior to adjournment. Each speaker is limited to three minutes or such time as authorized by the Chair.)*

**OTHER BUSINESS** *(Up to three minutes may be allotted to each speaker on any of the following items.)*

- [2.](#) Cancel or Reschedule the November and December Meetings of the CHSSC
- [3.](#) Discuss if Opportunities Exist for CHSSC Involvement in Community Health Projects
- [4.](#) Reports from Task Force Groups on Senior Roadmap Progress

## ADJOURNMENT

**ADA NOTICE** In compliance with the Americans with Disabilities Act, if you need special assistance to participate in this meeting, please contact the Clerk's Office at (408) 354- 6834. Notification at least two (2) business days prior to the meeting date will enable the Town to make reasonable arrangements to ensure accessibility to this meeting. [28 CFR §35.102-35.104]



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**DRAFT**  
**Minutes of the Community Health and Senior Services Meeting**  
**September 26, 2024**

The Community Health and Senior Services Commission conducted a special meeting in person on Thursday, September 26 2024, at 5:00 p.m.

**MEETING CALLED TO ORDER 5:00 P.M.**

**ROLL CALL**

Present: Chair Yick, Vice Chair Blum, Commissioner Khanal, Commissioner Konrad, Commissioner Rossmann, Commissioner Sterne (phone-in), Council Liaison Hudes (entered 5:13p.m.)

Absent: Youth Commissioner Fang, Youth Commissioner Krawez

Staff Present: Director Baker

**CONSENT**

1. Approve the Minutes of the August 22, 2024 Special Meeting.

The following changes to the minutes were noted:

The first sentence under item two should be recorded in the motion format. Motion Blum, Second Konrad, All in favor.

Item 4 motion maker of the motion should be changed to Chair Yick.

**MOTION:**      **Motion by Vice Chair Blum** to approve the minutes of August 22, 2024 with changes as mentioned. **Seconded by Commissioner Konrad.**

**VOTE:**          **Motion passed 6-0.**

**VERBAL COMMUNICATIONS**

Opened public comment.

Closed public comment.

**OTHER BUSINESS**

2. Discuss Council Input on CHSSC Annual Report

The Commission discussed the item as it pertains to the assigned goal task forces.

3. Cancel or reschedule the November and December meetings of the CHSSC.

4. Discuss if opportunities exist for CHSSC involvement in community health projects.

**MOTION:** Motion by Chair Yick to table items 3 and 4 to the October meeting. **Seconded** by Vice Chair Blum.

**VOTE:** Motion passed 6-0.

5. Prioritize proposed Senior Coordinator duties.

The Commission discussed the desired roles of the position.

Opened public comment.

Closed public comment.

**MOTION:** Motion by Chair Yick to recommends that the primary /core area of focus of the Senior Services Coordinator position should be on moving the implementation of the Senior Services Roadmap to the next level. The following very broad areas of implementation were identified:

- Senior Services Landscape Assessment
- Metric Development and Monitoring
- Service Integration and Streamlining
- Community Engagement

**Seconded** by Commissioner Khanal.

**VOTE:** Motion passed 6-0.

6. List of FY24-25 Community Grant recipients.

The list was received. No discussion occurred.

Opened public comment.

Closed public comment.

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SUBJECT: Draft Minutes of the Community Health and Senior Services Commission  
Meeting of September 26, 2024

DATE: October 24, 2024

**ADJOURNMENT**

The meeting adjourned at 6:18 p.m.

Respectfully Submitted:

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Ryan Baker, Library Director



**TOWN OF LOS GATOS**  
**COMMUNITY HEALTH AND SENIOR SERVICES**  
**COMMISSION AGENDA REPORT**

MEETING DATE: 10/24/2024  
ITEM NO: 2

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DATE: September 16, 2024  
TO: Community Health and Senior Services Commission  
FROM: Ryan Baker, Library Director  
SUBJECT: Cancel or Reschedule the November and December Meetings of the CHSSC

**RECOMMENDATION:**

Cancel or reschedule the November and December meetings of the CHSSC.

**DISCUSSION:**

The CHSSC's regular meeting in November is scheduled for Thanksgiving Day. The CHSSC's regular meeting in December is scheduled for the day after Christmas. Town offices will be closed on both of these days.

Staff recommends that the meetings be officially canceled, or rescheduled.

Available alternative dates are November 18, November 21, and November 25.

No alternative dates are available in December.

**PREPARED BY:** Ryan Baker  
Library Director



DATE: September 16, 2024  
TO: Community Health and Senior Services Commission  
FROM: Ryan Baker, Library Director  
SUBJECT: Discuss if Opportunities Exist for CHSSC Involvement in Community Health Projects

**RECOMMENDATION:**


Discuss if opportunities exist for CHSSC involvement in community health projects.

**BACKGROUND:**



The Chair has requested that the Commission discuss opportunities for involvement in community health. The following excerpt outlines the one goal and seven polices addressing health that were adopted by Town Council as part of the 2040 General Plan:



**6.13 Healthy Community**


A healthy community promotes a positive physical, social, and economic environment that supports the overall well-being of its residents. While other parts of the General Plan also touch on aspects of health and quality of life, the purpose of section is to promote a healthy lifestyle and improve residents' quality of life.


 *Outdoor activity is also part of a healthier community. Bicycle and pedestrian options are covered in Section 5.2 (Bicycle and Pedestrian Facilities) in the Mobility Element and in Section 6.2 (Parks and Recreation) in the Open Space, Parks, and Recreation Element.*

The following goal and policies address health in Los Gatos.

**PFS-26** Ensure all residents have access to healthy foods, including plant-based options.  
 

**PFS-26.1 Healthy Food Options**  
  Encourage farmer's markets and healthier food options within neighborhoods or near child-oriented uses (e.g., schools, day care, and parks).

**PFS-26.2 Limit Concentrations of Alcohol and Tobacco**  
 Establish zoning code requirements to guide locations and restrict concentrations of businesses selling alcohol and tobacco near sensitive land uses.

**PFS-26.3 Healthier Diet Options**  
 Support programs that guide healthier diet and plant-based eating options within the community.

**PREPARED BY:** Ryan Baker  
Library Director

**PFS-26.4**

EJ HC

**Support Santa Clara County Efforts**

Support Santa Clara County efforts and public health programs that improve access to healthy foods, address food inequities, and provide food education to help residents make healthier food choices.

**PFS-26.5**

EJ HC

**Support Acceptance of Government-Issued Vouchers**

Support the acceptance of Government-issued food vouchers (such as WIC and Cal FRESH) via an Electronic Benefit Transfer (EBT) card at food retailers and farmers markets.

**PFS-26.6**

HC

**Healthy Food at Government-sponsored Events**

The Town shall provide healthy foods at Town-sponsored meetings and events when food is provided.

**PFS-26.7**

HC

**Nutritional Vending Machine Options**

The Town shall encourage nutritional options for vending machines in Town-owned and leased locations.

If the CHSSC wishes to be involved in any of these adopted policies, staff will present the request to the Town Council for direction.

Additionally, the Chair has asked for a 2023 CHSSC Mental Health Report (Attachment 1), and the Vice Chair has asked for the supplemental mental health program and class information (Attachment 2) to be included with this document as background information only. Staff notes that mental health falls under the purview of the County, so these attached documents are to be received as informational.

Attachments:

1. 2023 CHSSC Mental Health Report
2. Program and Classes to Assist Youth



## LOS GATOS BEHAVIORAL HEALTH REPORT

Prepared by the Community Health and Senior Services Committee (CHSSC)

Commissioner George Rossmann and Commissioner Jeff Blum

February 28, 2023

### I Background

During the past several years there has been a significant decline in behavioral health (BH), including mental health (MH) and substance use (SU), throughout our county across all age groups. Community Health Needs Assessments (CHNAs) by numerous health care providers and the Santa Clara County (SCC) Public Health Department captured that decline. Locally, according to a recent survey of Older Adults in Los Gatos (CASOA) conducted by SASCC, 21% of the respondents reported mental health challenges. Another county survey found that about 30% of residents over age 60 live with depression and 80% said they do not have access to quality mental health care. Mental health issues also affect early adult and middle age residents, the missing middle, who struggle to find therapists. CASSY and ASPIRE have reported a significant increase in depression among Los Gatos students.

### II Local Needs Assessment

Service providers and community organizations are doing heroic work every day to support the mental health of youth, adults, and seniors. While different groups address different parts of the problem and implement different solutions, all of them face significant challenges. A number of these groups were interviewed over the past few months to help answer the following basic questions:

- What initiatives should Los Gatos undertake to advance behavioral health in our community?
- How should the town respond to the increasing demand for services across all demographics?
- Are there things the Los Gatos community can do to destigmatize mental health issues?
- What community outreach programs work?

Interviews were held with the following individuals and typically lasted an hour per interview.

Marico Sayoc, Executive Director of CASSY  
Joseph Sandoval, Jonathan Cowan, and Lauren Johnson, El Camino Hospital  
Jeannie Anderson, Good Samaritan Hospital  
Matt Savage and Joe Simitian, Santa Clara County Supervisor's Office  
Margaret Obilor and Elania Reis, SCC Behavioral Health Services Department  
Vic Ojakian, National Alliance on Mental Illness  
Jere King, Children's Health Council  
Jason Noriega, Momentum for Mental Health  
Anna Nguyen, ACT for Mental Health

In addition to these interviews, an extended discussion with service providers was held at a Los Gatos/Saratoga Service Providers Quarterly Meeting to explore services and resources needed. The SASCC Health Fair 2022, Stop The Stigma, gave us the opportunity to engage with additional providers as they endeavored to respond to questions and concerns raised by attendees.

### III Behavioral and Mental Health Ecosystem in Los Gatos, a Service Assessment

After gathering data from the array of sources summarized above, the Commission analyzed the results and determined that Los Gatos, and in fact the entire West Valley, needed to improve access to mental health care. Our current assessment is that there is:

- Insufficient provision of behavioral health services
- Insufficient live therapy sessions, which are important for building trust
- Inadequate supply of licensed clinicians, social workers, and case managers
- Difficult to navigate county service tools and no tools available in Los Gatos
- After school programs, long term counseling, and parent workshops need expansion

### IV Summary of Suggestions from Needs Assessment

- Consider ways to make services better known, easier to access, and feel “local” - hubs, fairs, flyers, forums, webinars.
- Find ways to optimize service provider assignment to leverage scarce resources.
- Develop a physical location in town to serve as a mental health resource center. Include a physical setup for telehealth operations.
- Develop programs that teach older adults how to navigate the mental health landscape and select a mental health provider.
- Find ways to structure financial partnerships with mental health service providers.
- Deepen youth and family support programs, programs that educate parents, and those that enable long term counseling.
- Support the development of after school counseling programs such as ASPIRE and allcove.
- Encourage the expansion of respite care and storytelling for seniors.
- Increase collaboration by affiliating with regional entities and jointly sponsoring activities.
- Seek funding from county/state/MHSA sources for pilot programs to advance MH services.
- Expand county MH outreach with an access point or satellite operation in Los Gatos.
- Expansion of outpatient therapy would have a significant impact.
- Facilitate the development of peer-based support groups – widows, drug users, jail moms, etc.

### V. Potential Funding Sources and Collaborations

In an October memorandum, SCC Supervisor Simitian requested that the Board of Supervisors develop options for improving access to mental health care in the West Valley. This could include partnering with one of more community organizations and SCC financing of pilot studies through the Mental Health Services Act. The possibility of such a partnership has taken a major step forward recently with the announcement of the county undertaking a feasibility study to bring a Valley Health Center clinic to the De Anza Community College campus in Cupertino.

The El Camino Hospital Foundation expressed an interest in fundraising initiatives and special events that would support mental health programs such as ASPIRE. El Camino offered to present some of these ideas to the CHSSC and town council.

CASSY has expressed an interest in creating a program in Los Gatos similar to the one it developed in Ravenswood with support from donors and developers.

The Los Gatos Senior Services Committee has proposed establishing a 501(c)3 nonprofit to support fundraising for seniors services. A similar approach could be utilized for mental health services.

## VI Recommendations

Some of the suggestions can be implemented with little additional cost to the town. Others require investment, but there are means to limit its extent. For example, the Los Gatos Town Council created a Senior Services Committee over a year ago to examine the longer-term needs of its older adult community. It developed a 10-year roadmap for revitalizing senior service in Los Gatos. With support from Santa Clara County, surrounding communities, and engaged service providers, a similar plan could be developed for mental health services in the West Valley. The town should encourage and become actively involved in any effort to develop such a plan. There is already evidence of momentum at the county level.

The CHSSC should take the initiative by creating a subcommittee to prepare a mental health services roadmap. The subcommittee ought to invite expert guests from the County Behavioral Health Services Department and the population of local service providers to contribute. Some key elements of the roadmap will be education, outreach, and service integration. The CHSSC should also assist CASSY in developing a proposal for improved case management of youth mental health services in Los Gatos.

The town ought to actively explore the possibility of a local service network by allocating space for a county satellite operation and providing a facility to support telehealth operations.

## **Programs and Classes to Assist Youth with Mental Health Issues**

Here are some programs and classes that can equip college students and adults to support young people's mental health:

### **Mental Health First Aid (MHFA)**

- **Youth Mental Health First Aid (YMHFA):** This program teaches individuals how to identify, understand, and respond to signs of mental illness and substance use disorders in young people.
- **Mental Health First Aid for Adults:** Similar to YMHFA, this program focuses on adults who may be experiencing mental health issues.

### **Crisis Intervention Training (CIT)**

- **CIT:** This training provides individuals with the skills to de-escalate situations, recognize signs of crisis, and connect people in crisis with appropriate resources.

### **Peer Support Training**

- **Peer Support Training:** This training helps individuals develop the skills to provide emotional support and guidance to others.

### **Counseling and Psychology Programs**

- **Counseling and Psychology Programs:** Many universities offer counseling and psychology programs that include coursework on child and adolescent development, mental health, and therapeutic techniques.

### **Online Courses and Certifications**

- **Online Courses:** Platforms like Coursera, edX, and Udemy offer online courses on mental health, crisis intervention, and related topics.
- **Certifications:** Organizations like the American Red Cross and the National Council on Alcoholism and Drug Dependence offer certifications in mental health first aid and crisis intervention.

### **Organizations Offering Training**

- **National Alliance on Mental Illness (NAMI):** NAMI offers a variety of training programs, including Mental Health First Aid and Family-to-Family Education.

- **Crisis Text Line:** Crisis Text Line offers training for volunteers to provide support via text message.
- **The Jed Foundation:** The Jed Foundation offers a variety of programs and resources to help prevent suicide and promote mental health on college campuses.

### **Federal Programs**

- **Substance Abuse and Mental Health Services Administration (SAMHSA):** SAMHSA offers grants to states and territories to support the development and implementation of youth mental health programs, including volunteer training.
- **Department of Education:** The Department of Education often funds programs in schools that provide mental health support, including volunteer training for school staff and community members.

### **State and Local Programs**

- **Department of Mental Health:** State departments of mental health often offer training programs for volunteers who want to work with youth experiencing behavioral health issues.
- **Community Mental Health Centers:** These centers, usually funded by state or local governments, often provide volunteer training programs and opportunities.
- **Schools:** Many schools offer volunteer programs or partnerships with community organizations that provide training for volunteers to work with students.
- **Youth Development Programs:** Programs like Boys & Girls Clubs or YMCA may offer volunteer training related to mental health support.
- **West Valley Community College offers several courses that could be relevant for individuals interested in working with youth who have behavioral health issues.**
- While the college doesn't have a specific program dedicated to youth mental health volunteering, the following courses could provide valuable knowledge and skills:

- **Psychology courses:** These courses can offer a foundational understanding of human behavior, mental health, and developmental psychology.
- **Counseling courses:** Courses like Counseling Theory and Practice can provide insights into counseling techniques and therapeutic approaches.
- **Child development courses:** These courses can help you understand the developmental stages of children and adolescents, as well as potential behavioral issues that may arise.
- **Social work courses:** Social work courses can provide knowledge about social systems, human services, and advocacy for vulnerable populations.

## **Course Template: Training Volunteers to Assist Youth with Behavioral Health Issues**

### **Course Title: Youth Mental Health Support Volunteer Training**

#### **Course Objectives:**

- To provide volunteers with a basic understanding of common mental health issues in youth.
- To equip volunteers with effective listening and communication skills to build rapport with young people.
- To teach volunteers how to provide support and resources to youth experiencing mental health challenges.
- To promote empathy, understanding, and non-judgmental attitudes towards youth.

#### **Course Outline:**

##### **Module 1: Introduction to Youth Mental Health**

- Definition of mental health
- Common mental health issues in youth (e.g., anxiety, depression, ADHD, eating disorders)
- The impact of mental health on young people's lives
- Stigma and discrimination associated with mental health

##### **Module 2: Effective Communication and Listening Skills**

- Active listening techniques

- Empathetic responses
- Non-verbal communication
- Building rapport and trust

### **Module 3: Understanding and Addressing Youth Needs**

- Recognizing signs and symptoms of mental health distress
- Providing support and encouragement
- Offering resources and referrals
- Crisis intervention and safety planning

### **Module 4: Self-Care and Burnout Prevention**

- The importance of self-care for volunteers
- Recognizing signs of burnout
- Strategies for managing stress and maintaining well-being

### **Course Activities and Methods:**

- Lectures and presentations
- Group discussions and role-playing
- Case studies and scenarios
- Guest speakers (e.g., mental health professionals, youth advocates)
- Interactive workshops and activities

### **Course Evaluation:**

- Pre- and post-course assessments
- Participant feedback surveys
- Observation of volunteer interactions with youth

### **EXAMPLE:**

#### **Lecture Topic: The Impact of Social Media on Youth Mental Health**

#### **Introduction:**

- Brief overview of the increasing prevalence of social media use among young people
- Discuss the potential benefits of social media (e.g., connection, information, entertainment)
- Highlight the potential risks and negative consequences of excessive social media use

## **Body:**

- **The Impact of Social Comparison:**
  - Discuss the concept of upward social comparison and how it can contribute to feelings of inadequacy and low self-esteem
  - Explore the role of curated online identities and the unrealistic expectations they can create
  - Highlight the importance of fostering positive body image and self-acceptance
- **Cyberbullying and Online Harassment:**
  - Define cyberbullying and its different forms (e.g., flaming, trolling, impersonation)
  - Discuss the psychological impact of cyberbullying on victims, including anxiety, depression, and suicidal thoughts
  - Emphasize the importance of bystander intervention and reporting harmful online behavior
- **FOMO (Fear of Missing Out):**
  - Explain the concept of FOMO and how it can lead to constant comparison and feelings of isolation
  - Discuss the negative effects of excessive social media use on sleep, attention span, and academic performance
  - Encourage healthy social media habits, such as setting limits and taking breaks
- **Privacy and Safety Concerns:**



- Discuss the risks of sharing personal information online and the importance of privacy settings
- Highlight the dangers of online predators and the need for digital literacy skills
- Emphasize the importance of parental supervision and guidance in online safety

### **Conclusion:**

- Summarize the key points discussed in the presentation
- Encourage healthy social media habits and responsible online behavior
- Emphasize the importance of seeking help and support if experiencing negative mental health effects

### **Additional Resources:**

- The Jed Foundation: <https://jedfoundation.org/>
- The Trevor Project: <https://www.thetrevorproject.org/>
- Common Sense Media: <https://www.commonsensemedia.org/>

### **Activity Ideas:**

- **Group discussion:** Divide participants into small groups and ask them to discuss the positive and negative impacts of social media on their own lives.
- **Case study analysis:** Present a case study of a young person struggling with social media-related issues and have participants discuss potential solutions and interventions.
- **Role-playing:** Have participants act out different scenarios involving social media (e.g., cyberbullying, FOMO) and discuss appropriate responses.

This lecture content provides a comprehensive overview of the impact of social media on youth mental health and offers practical strategies for promoting healthy online behavior.



**TOWN OF LOS GATOS**  
**COMMUNITY HEALTH AND SENIOR SERVICES**  
**COMMISSION AGENDA REPORT**

MEETING DATE: 10/24/2024  
ITEM NO: 4

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DATE: October 9, 2024  
TO: Community Health and Senior Services Commission  
FROM: Ryan Baker, Library Director  
SUBJECT: Reports from Task Force Groups on Senior Roadmap Progress

**RECOMMENDATION:**

Reports from Task Force groups on Senior Roadmap progress.

**BACKGROUND:**

Task Force groups may wish to report on their progress of Senior Roadmap goals.

**PREPARED BY:** Ryan Baker  
Library Director