

MARIN HEALTHCARE DISTRICT

100-B Drake's Landing Road, Suite 250, Greenbrae, CA 94904

Telephone: 415-464-2090

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Website: www.marinhealthcare.org

Email: info@marinhealthcare.org

BOARD OF DIRECTORS LEASE & BUILDING COMMITTEE THURSDAY, APRIL 29, 2021 @ 4:00 P.M.

Committee:

Chair: Ann Sparkman, RN/BSN, JD

Member: Brian Su, MD

Executive: David Klein, MD, CEO

Support: Louis Weiner, Executive Assistant

Location:

Via Zoom video conference:

<https://mymarinhealth.zoom.us/join>

Meeting ID: **994 5343 6737**

Passcode: **94904**

Or via Zoom telephone conference:

1-669-900-9128

AGENDA

		<u>ATTACHMENT</u>
1.	Call to Order / Roll Call / Approval of the Agenda (action)	Sparkman
2.	Approval of the Minutes of the MHD Lease & Building Committee Meeting of April 5, 2021 (action)	Sparkman #1
3.	Public Comment <i>Any member of the audience may make statements regarding any item NOT on the agenda. Statements are limited to a maximum of three (3) minutes. Please state and spell your name if you wish it to be recorded in the minutes.</i>	Sparkman
4.	Review of Community Health Webinar on April 21, "Teen Mental Health in the Time of COVID"	Sparkman #2
5.	Discussion of Topics of Future Community Health Webinars	Sparkman #3
6.	Adjournment	Sparkman

The agenda for the Meeting will be posted and distributed at least seventy-two (72) hours prior to the meeting. In compliance with the Americans with Disabilities Act, if you require accommodations to participate in a District meeting, please contact the District office at 415-464-2090 at least 48 hours prior to the meeting. Meetings open to the public are recorded and the recordings are posted on the District web site.

Tab 1

MARIN HEALTHCARE DISTRICT

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Board of Directors Lease and Building Committee Monday, April 5, 2021 @ 5:00 pm VIA WEBEX

MINUTES

1. Call to Order

Chair Sparkman called the meeting to order at 5:01 pm.

2. Roll Call / Approval of Agenda / Approval of Minutes

Committee members present via Webex: Ann Sparkman, RN/BSN, JD, Chair; Brian Su, MD

Staff members present: David Klein, MD, CEO; Louis Weiner, Executive Assistant

Guests present: Kara Connors; Jessica Colvin; Michelle Mazza, MD

Agenda approval: It was moved, seconded and carried to approve the agenda as presented.

Minutes approval: It was moved, seconded and carried to approve the minutes of the meeting of March 24, 2021.

3. Public Comment

There was no public comment.

4. Planning Next Community Health Webinar: “Teen Mental Health in the Time of COVID”

Ms. Sparkman explained that the webinar will be on Wednesday, April 21 at 5:30 for one hour. 3 panelists would each speak for 15 minutes, with a 15-minute Q&A period at the end. She proposed:

1. Heather Johnson of Huckleberry Youth Programs, on day-to-day management and preventative care during the pandemic;
2. Kara Connors of Marin HHS, on crisis and suicide ideation;
3. Dr. Michelle Mazza on post-crisis and Dialectical Behavior Therapy;
4. Jessica Colvin, Tam HS District, to offer comments during the above units.

All agreed on this format. The panelists agreed to meet virtually within the next week to come up with the agenda.

The webinar will be on Zoom. Mr. Weiner will manage organization, communication, production, and publicity.

5. Adjournment

Ms. Sparkman adjourned the meeting at 5:30 pm.

Tab 2

Community Health Webinar Series

Teen Mental Health in the Time of COVID

You're Invited...

As if adolescence wasn't stressful enough, the challenges teens have faced over the past year and continue to confront during the COVID crisis are unprecedented and can be extremely overwhelming. Families, friends and the community are often at a loss how to understand and offer support for mental health problems that are becoming increasingly common. If you care for a teen, or are concerned about your own well-being, please join this event.

In this presentation, our speakers will discuss:

- Day-to-day management and preventative care during the pandemic
- Depression, crisis events, and suicidal ideation
- Post-crisis care and DBT (Dialectical Behavior Therapy)
- Anxiety and substance abuse
- Communication strategies in the home and community
- Confronting the stigma of mental illness
- Support resources

We'll also have time for Q&A at the end of the presentation.

Featured Speakers

Heather Johnson, MS, LMFT

Clinical Supervisor, Marin, Huckleberry Youth Programs

Kara Connors, MPH

Marin HHS Senior Program Manager for Suicide Prevention

Michelle Mazza, MFT

MindFit DBT (Dialectical Behavior Therapy) Center

Jessica Colvin, MSW, MPH, PPSC

Wellness Director, Tamalpais Union High School District

About Our Community Health Seminar Series

Marin Healthcare District's Community Health Seminar Series offers periodic educational forums for the Marin community on relevant health-related issues.



**WEDNESDAY,
APRIL 21
5:30 – 6:30 pm**

Via Zoom

Click Here to Join

Meeting ID: 916 5412 2141

(Virtual room will open 15 minutes before the event. Be sure to mark your calendar!)

***This FREE event
is open to all.
RSVP is not required.***

Please submit questions in advance to Jennifer.Rienks@marinhealthcare.org

Tab 3



Creating a healthier Marin together.

04/2021

COMMUNITY HEALTH SEMINARS

SUGGESTED TOPICS

Suggestions from discussions in Lease & Building Committee meetings 2018-20

- Dementia
- Health effects of climate change
- Mental Health: PTSD/depression/stress
- Domestic violence
- Breast health
- Teen health
- Obesity
- STDs
- Diabetes
- Hepatitis A and the homeless
- Medicinal cannabis
- Perinatal mood and anxiety disorders



Creating a healthier Marin together.

COMMUNITY HEALTH SEMINARS

2017

October 4: End of Life Options Act

2018

January 30: Prescription Opioid Epidemic

June 19: Vaccines, Immunizations, and Public Health

October 16: Men's Health

2019

March 26: Suicide Prevention and Supports

October 14: Social Connection: The Key to Aging Well

2020

March 4: Women and Cardiometabolic Health

June 30: COVID-19: What is Happening & How is Marin Responding?

September 23: The Latest on COVID-19 in Marin

2021

February 10: COVID-19 Vaccinations

April 21: Teen Mental Health in the Time of COVID