

Sacramento County Mental Health Board Adult System of Care Committee

MINUTES – TELECONFERENCE MEETING Tuesday, November 22, 2022 4:00PM – 6:00PM

Attendees: Corinne McIntosh-Sako, William Cho and Ann Arneill (staff, Glenda Basina)
Absentees: Laura Bemis

- I. **Welcome and Introductions**, Corrine McIntosh Sako, Chair
 - Chair Sako convened the meeting at 4:03pm and introductions were made.
- II. **Conduct Agreement**, Laura Bemis, Vice Chair
 - Chair shared her screen and Member Arneill read the Conduct Agreement
- III. **Presentation on Sacramento County Peer Support Specialist Certification Implementation**, Andrea Crook, MS – BHS Health Program Manager, Mental Health Services Act
 - Andrea dropped resources in the chat and shared her powerpoint slides on peer certification onscreen. Per Andrea, flyers sent to all stakeholders on scholarships to be a certified peer specialist. CalMHSA doing testing and oversight, not giving scholarship. Individuals interested in the scholarship must email mhsa@saccounty.gov no later than Nov. 30. Grandparent or Initial Path certificate, each path has an allotment. Once awarded, has until 12/31 to use the scholarship. Expired scholarship will be forfeited. No extensions granted for expired scholarships, a DHCS requirement. Expired scholarship is returned to general inventory for redistribution to applicants on waitlist. To date 96 individuals for grandparent and 64 applied for initial path. 21 have not yet specified which to take. Staff following up on them. 8 days left on utilizing them all.
 - Sac County BHS looking at peer services across the system of care and putting finishing touches on survey; adult services and youth/parent/teachers. Based on feedback, will host a public session on 12/15. Save the date coming out after holiday. Also just launched a survey for MHSA innovation funds. Looking to implement 1-2 innovative programs. Would love for all to take the survey and share with everyone: <https://dhs.saccounty.gov/BHS/Documents/Advisory-Boards-Committees/Mental-Health-Services-Act-Committee/FL-BHS-MHSA-Innovation-Survey-flyer.pdf>
- IV. **Presentation from Adult Consumer Advocate Liaisons**, Angelina Woodberry & Robin Barney, Cal Voices
 - Angelina shared slides on screen. Robin provided background on Cal Voices and their mission, working with individuals and families with mental health challenges. Handles adult intakes to BH department to make experience better for adult consumers.
 - Client Family Voice (CFV) program is a partnership with County BHS and MHSA. Connects consumers/families to services; mental health support group, training services (expert pool, group facilitation, peer empowerment).
 - Chair Sako inquired if mental health support group is open to anyone or do they need to be in Avatar? Per Angelina, it is open to anyone. To participate, contact

- either Robin/Angelina and flyer with meeting link will be sent to them.
- Robin shared Calvoices successes and Angelina spoke on their challenges: CORE programs recovery support not fully operational – services interrupted with lack of peer-led support groups, daily activities (structured routine). Lack of housing. Long emergency room stays. Family and support systems disconnected during inpatient stays.
 - Member Arneill thinks worth asking each center on vacancies and their plan on filling them. Per Angelina, there's a workforce of peers embedded in their programs, frustration is the lag time from stop to start of programs. Looking at end of January/February when all is up and running.
 - Per Robbin, lack of housing is a challenge for recovery. County has been working on this and spoke of things coming up. Board and care closing and nothing opening up; unable to afford with high insurance and strict state requirement. Propose rent control ordinances to ease up on board and care regulations.
 - Long emergency room stays is another challenge; people waiting 72 hours to get mental health care. ER Staff has limited knowledge of mental health. Need to educate ER staff on patients' rights to advocate services, etc.
 - Last challenge is family and support systems disconnected during inpatient stays. Psychiatric hospitals cannot confirm/deny admission. Families/support are not informed on how to locate their person. Individuals sometimes discharged without their family/support being informed.
 - Member Arneill appreciates the work that CalVoices does and great having them as a resource.

V. Identify ASOC 2023 Goals, Corrine McIntosh Sako, Chair

- Chair Sako shared the 2022 goals on screen, reading goals to be moved forward to 2023. With Members Arneill and Bemis terming out the end of this year and Chair Sako and Member Cho remaining, new members may have new ideas/goals to bring. A lot of subject and new perspective from new members may be brought in.
- Member Cho thinks the goals themselves appear to be okay. Only concern is structuring the committee. Perhaps to prioritize and focus on just a few things. Also, establish metric to gauge success/progress. Chair Sako agrees. Member Arneill commented monitoring is more difficult to measure versus providing specific recommendations to the Board of Supervisors and effectiveness of board is better discussed at the Executive Team meeting. Chair Sako asked Member Arneill on her feedback for goals to continue. Per Member Arneill, doesn't see any dropping off. Member Cho commented that he's not advocating for any to be dropped off, but just to focus with the amount of time to meet. Member Arneill suggests to do a workplan on scheduling meetings, prioritize in part with workplan and getting prioritization from new members. Chair Sako to table discussion with new members and will be mindful of time, to be most effective.

VI. Public Comment (3 minutes per person), Members of the Public

- Public Comment 1: Thanks the committee on the powerful subject matter. Thanks Angelina/Robin for a careful and understanding report and grateful for the work they do. Thankful they aired the need of board and care homes as well as the frustration of families not knowing where their family member is.

- Public Comment 3: Tonight was informative and great. Wishes everyone a happy holiday. This is a hard time for a lot of people and support group is in place. Feel free to refer people to CalVoices.
- Chair Sako asked the members if they are around on 12/27 at 4pm to meet or any committee business to be done before the end of year though considering ASOC not meeting in December. Member Arneill stated she is available if needed. Member Cho doesn't really know.

VII. Adjournment, Corrine McIntosh Sako, Chair

- Chair Sako grateful to everyone and hope everyone have a wonderful week and holiday. Adjourned the meeting at 5:51pm.