

# Sacramento County Mental Health Board Retreat

**Sacramento County  
Mental Health Board (MHB) Annual Retreat Minutes**  
January 21, 2023

## Meeting Location

In compliance with County, State, and Centers for Disease Control and Prevention directives related to the COVID-19 public health emergency, this meeting was held remotely via Zoom and Conference Call.

Attendance			
MHB Members			
Name	Attendance	Name	Attendance
Corrine McIntosh Sako, <i>Chair</i>	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent	Bradley Lueth	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent
Paul Wagstaffe, <i>Vice Chair</i>	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent	Maria Padilla-Castro	<input type="checkbox"/> Present <input checked="" type="checkbox"/> Absent
William Cho, <i>Secretary</i>	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent	Theresa Riviera	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent
Ryan Gallant	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent	Patricia Wentzel	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent
Supervisor Patrick Kennedy	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent		
County Staff to MHB			
Name	Attendance	Name	Attendance
Jason Richards	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent	Rob Parrish	<input type="checkbox"/> Present <input checked="" type="checkbox"/> Absent

Agenda Item
<p><b>I. Welcome and Call to Order</b></p> <p>Chair Corrine McIntosh Sako called the meeting to order at 10:02 a.m. and provided an overview of the agenda.</p>
<p><b>II. Mental Health Board Business (Part 1)</b></p> <ul style="list-style-type: none"> <li>• <b>Roll Call</b></li> </ul> <p>Chair McIntosh Sako took roll and established a quorum.</p> <ul style="list-style-type: none"> <li>• <b>Read Conduct Agreement</b></li> </ul> <p>Mr. Paul Wagstaffe read the conduct agreement.</p> <ul style="list-style-type: none"> <li>• <b>Approval of Minutes</b> <ul style="list-style-type: none"> <li>○ <b>November 2022 General Meeting</b></li> <li>○ <b>November 2022 Special Meeting</b></li> </ul> </li> </ul> <p>Mr. Brad Lueth moved to approve the minutes, and Ms. Patricia Wentzel seconded the motion. Motion carried. (All members voted Aye.)</p> <ul style="list-style-type: none"> <li>• <b>Welcome &amp; Reflections from BHS Director</b></li> </ul>

# Sacramento County Mental Health Board Retreat

The BHS Director will be updating the MHB on Behavioral Health items at the February General Meeting.

## III. Team Building Presentation and Exercise

Chair McIntosh Sako presented on the importance of team building for the Mental Health Board, and Ms. Nancy Peña presented on the importance of team building for Behavioral Health systems. Themes included team building through strengths-based appreciative inquiry, what is already working, visions of success, having clear roles, honoring relationships, accountability, personal development, and psychological safety, among others.

Strengths included:

- We are all passionate about mental health.
- An acceptance of differing ideas and reflections.
- A “coming together” of passionate advocates for mental health, rolling up sleeves and doing hard work.
- Great engagement, with all members showing up and participating.
- Diversity of people and opinions.
- Respect.
- Multiple members join in and do what needs to be done. There is a willingness to do rather than seeking the handoff.
- The variety and different perspectives should provide for a comprehensive, well rounded and reasonable direction and policies, instead of an agenda driven by a single ideology, group, or position, for the benefit of all those who need services.
- We come from different backgrounds, professions, and experiences, all of which enrich our discussion and strengthen our outcome.

Growth areas included:

- Keeping a pulse on the moods and priorities of all members.
- Deeper inquiry and broadening of topics members are curious about.
- Disagreement is good. Members would like to continue to work on appreciating our differences of thought and perspective in coming together for the best outcome for our mission.
- Members would like to get to know about other members’ areas of expertise and experience. Curiosity is a valued characteristic of the team.
- Members would like to see themselves and the group increase the capacity to listen and digest disparate opinions without judgement or lecturing. We all need to listen to all points of view to reach the best decisions possible.
- The MHB can be more effective and influential. However, in order to do so, it must professionalize to be more effective and efficient. There are some administrative issues which have been identified which would ease demands on members’ valuable time, make tasks more efficient, enable the board to focus on priorities, and be a greater voice.
- Time management during meetings is a potential area of growth. Respecting people's time respects them as individuals. Suggestions were as follows:

# Sacramento County Mental Health Board Retreat

- Shorter presentations.
- Staying on topic.
- Keeping comments concise and to the point.
- Respecting timeframes as listed on the agenda.
- Acknowledging the Conduct Agreement electronically, rather than taking the time to read it at every meeting.
- Record keeping and continuing the good work of members who have termed out, including writing reports. It was acknowledged that there are several vacant seats on the MHB.
- Communication between members of the public and the MHB, besides public comment.
- Communication between committees and the MHB as a whole.
- Explore/discover/document the systems of care that are “already working” in our county, other counties in CA, and across the USA and Globally.
- Being open to the needs of the full spectrum of populations served by Sacramento County Behavioral Health.
- Transforming high level goals and ideas into concrete actions.

## IV. Mental Health Board Member Orientation

Chair McIntosh Sako and Mr. Wagstaffe provided an orientation on the Mental Health Board. Themes included MHB roles and responsibilities, Brown Act requirements, Robert’s Rules of Order, the MHB Conduct Agreement, the Mental Health Plan, Sacramento County Behavioral Health, and system partners.

## V. Break

A lunch break was held from 12:30 p.m. to 1:30 p.m.

## VI. Mental Health Board Business (Part 2)

### ● Review MHB Committee/Liaison Assignments

Chair McIntosh Sako reviewed the current committee goals, as well as current committee and liaison vacancies. Members to follow up with Chair McIntosh Sako on positions of interest.

### ● Identify MHB 2023 Goals

The Mental Health Board reviewed its current goals, which it will continue to develop in future meetings.

## VII. Unconscious Bias Training

Ms. Adèle James provided a presentation on Unconscious Bias. Themes included awareness that everyone has implicit biases, the value of incorporating diverse points of view, recognition of the contributions of marginalized people, group norms, asking instead of assuming, becoming comfortable with the uncomfortable, the impact of MHB members on the board as a whole, legacy considerations, public/self/institutional stigma, racism as race-based prejudice and power, systemic/structural racism, explicit/implicit/unconscious

# Sacramento County Mental Health Board Retreat

bias, cultural humility, creating a more welcoming and inclusive environment for all, and standing up against everyday bigotry.

## **VIII. Closing Remarks**

Chair McIntosh Sako delivered closing remarks concerning creating a welcoming and inclusive environment for members of the public, system partners, and MHB members. Chair McIntosh Sako thanked MHB members for their willingness to interact with each other for the greater good.

Supervisor Kennedy affirmed the MHB for creating a positive experience at this retreat, as well as their continued advice to the Board of Supervisors concerning mental health.

## **IX. Public Comment**

Public Comment #1: Community member thanked the MHB for this meeting's discussions, and expressed appreciation for the experience.

## **X. Adjournment**

Chair McIntosh Sako adjourned the meeting at 4:04 p.m.