

Sacramento County Mental Health Board Children's System of Care Committee

MINUTES
Thursday, December 16, 2021
4:00PM – 6:00PM

Members Present: Silvia Rodriguez, Ann Arneill, Theresa Riviera (staff: Glenda Basina)
Members Absent: Maria Padilla-Castro, Jasmine Gairud

AGENDA ITEM	PRESENTER	TIME
1. Welcome and Introductions <ul style="list-style-type: none"> • Chair Rodriguez convened the meeting at 4:02pm and introductions were made. 	Silvia L. Rodriguez	4:00PM-4:05PM
2. Overview of Report <ul style="list-style-type: none"> • Chair provided background on CSOC and their research and recommendations on the School-based Mental Health Services report. • Report includes national data on suicide, Healthy Kids survey, effect of covid on children, initiatives on school-based mental health, the governor's budget FY21-22 for children/youth in the behavioral health sphere. Also provided school-based mental health initiatives in Sacramento area and current expenditures of mental health services act prevention and early intervention on school-based mental health programs. Provided SCOE health services and collaboration as well as efforts with Youth Advisory Board and peer support specialist effort taking place currently. Highlighted Behavioral Health workforce and workforce shortages and ended with recommendations. 	Co-Presenters Silvia L. Rodriguez Ann Arneill	4:05PM-4:50PM
3. Public Comments and Input <ul style="list-style-type: none"> • Public Comment 1. Thankful to the committee for amount of time and effort put in the report. Agrees to all recommendations and just had a few enhancements to offer for consideration and 2 additional recommendations for considerations. So much funding coming out of the state. Hopes for the collaboration and dialogue among the county, school district, Sacramento County Office of Education (SCOE) and community providers to strategically target funding 	Public	4:50PM-5:45PM

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<p>sources and collaborate to best leverage the money. Love the youth voice recommendations and advises to create the right capacity in the County to engage at the middle school level. Love the idea with working/partnering with the youth and reaching out in relevant ways. Suggests looking at additional summer school program for youth leadership for more selection of youth to serve in the CSOC board and activate for involvement with the other boards.</p> <ul style="list-style-type: none">• Public Comment 2. Commends the group for the amazing work done with the report. Has already shared the report with districts around the state as well as with other educational institutions/groups and the California Mental Health Commission. Stresses on behavioral health workforce in the schools. SCOE bringing on peer review folks for their project and lessons learned can be taken to expand to other school districts and other county agencies. Use funding for planning and early intervention. Use Telehealth for practitioners to talk to kids as well as supervision to the workforce. Match Medi-Cal with money coming from the feds.• Public Comment 3. Expressed thanks in behalf of the youth. Inquired about the homeless youth who experiences mental health not knowing where to sleep and what to eat.• Public Comment 4. Commented on the report regarding more peer support systems. As a youth, feels more comfortable talking with their peers about mental health needs. More of this is necessary. Mentioned a national chapter that has Challenge Day that unites students in a day where barriers can be torn down and gain support for their mental health from their peers, an outlet and safe environment for students to turn to in times of need. Recommends more wellness centers in the schools to calm/recharge students feeling anxious from the loud and crowd of schools.		
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<ul style="list-style-type: none"> • Public Comment 5. Thankful for the time to speak. Proposes peer support system providing safe space for and by students to allow youths to support each other in the campuses. Also agrees to expanding services to elementary/middle schools. • Public Comment 6. Thanks everyone for the work done as well as the youths who spoke. Just wanted to speak on two points; 1) when talking about having staff/resources to provide mental health services, even with the funding, it's very difficult to find people and while addressing this, the needs of the kids are not being met. 2) Important for committee to follow up on the recommendations and continue to pursue what has been done with the recommendations. • Public Comment 7. Appreciates the opportunity to speak. Hopes the board takes in the youths voices. Peer to peer support is highly recommended and early prevention includes education. Wellness center should be run peer by peer for inclusivity (a feel of belonging) and have youth advocates in each school. 		
<p>4. Final Comments</p> <ul style="list-style-type: none"> • Member Riviera – Thanks all for the public comments. Impressed with the youths who spoke. • Member Arneill – Appreciates the youths who made the time to attend as well as the Ad-Hoc Mental Health Collaborative involved in the process who were indispensable with their expertise in educating the board with the report. • Chair Rodriguez on next steps - Looking at submitting the report to the general Mental Health Board (MHB) on February 2. The committee needs to evaluate the input received and create an ad-hoc committee to comb through all the input between Christmas and New Year's. Proposes to come together the first week of January to present the final to the community (Glenda to do survey monkey to the committee for January 4, 5, or 6 to come back and present any additions to the report) then 	<p>Silvia L. Rodriguez</p>	<p>4:45PM-5:50PM</p>

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<p>send to the general MHB the week of January 17 to digest for approval at the February meeting. Thankful to the experts as well as the youths who voiced their concerns. Special thanks to Ann. While describing the various tier systems, Tier 3 is not clear and will look further into the children in the purview of the County and will report back on this in January along with the other recommendations.</p> <ul style="list-style-type: none"> • Public Comment 8. Youth Advisory Board (YAB) intends to stay active with CSOC and hopefully develop their own letter of support. • Public Comment 9. Thanks the CSOC committee and allowing the youth to speak and taking their comments into consideration. • Public Comment 10. Thanks the committee for putting the report together. Requests to know about the committee's plan after February. Chair Rodriguez responded that the report would be submitted to the Board of Supervisors (BOS) with the ask to make the recommendations a priority and include it in the budget. Member Arneill added that the recommendations will also go to SCOE. • Public Comment 11. Thanks all and commends the work done. Agrees to what the youths said; have a well space, more resources or peer support in campus would make a difference and hope all these will be included in the programs. • Member Riviera is in agreement with all the asks to the BOS. 		
<p>5. Adjournment</p> <ul style="list-style-type: none"> • Chair Rodriguez adjourned the meeting at 4:55pm. 	<p>Silvia L. Rodriguez</p>	<p>6:00PM</p>