

**Sacramento County
Children’s System of Care Committee**

**MINUTES – TELECONFERENCE MEETING
October 27, 2022, 4:00PM – 6:00PM**

Members Present: Silvia Rodriguez and Ann Arneill (staff: Glenda Basina)
Members Absent: None.

AGENDA ITEM
<p>1. Welcome, Introductions and Purpose, Silvia L. Rodriguez, Chair Children’s System of Care</p> <ul style="list-style-type: none">• Chair Rodriguez convened the meeting at 4:03pm and introductions were made.
<p>2. Review of School-Based Mental Health Report: Phase II, Ann Arneill</p> <ul style="list-style-type: none">• Member Arneill shared her screen on the School Referral Study. Read through the report which looked at school personnel access with presentations from groups listed and data from BHS research evaluation and outcomes. A need for school-based mental health services. Report includes descriptions of specialty services in County. Different processes for dispute; BHS developing procedures. Recommendations: Develop family education materials, BHS provide on-line access and resources. BHS and MCPS need to include MOU to provide mental health services while disputes being resolved.• Part of report are disconnects in the school referral process and Access for Tier 3 students. 1st disconnect; parents not aware of referral. 2nd disconnect; parent not following through when Access determines child as eligible. 3rd disconnect; parent/child has to attend appointment when provider reaches out to them. Report is to go through each disconnect and make recommendations. For disconnect 1, presenters said they do warm hand off. Recommendations only to BOS or BHS. BHS staff to make warm hand off to Access. Disconnect 2, variety of barriers described; Access number is blocked and people don’t answer blocked calls. Suggests for other ways such as texting. Lengthy hold times. Access time is hard to address due to serious staffing problems. BHS aggressively recruiting right now. Also on issue with families having only 14-days to go through process but this restraint is due to DHCS timeline. BHS pointed out when closed, easy to open a new one with reference from previous. Recommends BHS communicate with parents using various languages and text. Access to contact school referral source. School clinician educate youth/families on available resources. On disconnect 3, if child is eligible, parent/child to attend appointment. From presenters, prompt scheduling of initial appointments (within 3 days), providing mental health services on campus, referrals to specific providers, families directly accessing community-based agencies. Recommendations: BHS develop best practices to engage with parents within 1st day, schedule appointments within 3 days, do appointments at locations that optimizes parent engagement, home/school telehealth. BHS/SCO develop model MOUs between community-based agencies.• Also looked at special population; LGBTQ+ Youth. Current referral process is parent-centric. Expects parent to make referral but could out LGBTQ, not wanting to make the referral. Access can refer youth old enough to consent confidentially referring them to Child and Adolescent

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services. Other remedies to help youth advocate for themselves: text line, social media direct messaging. Need to provide implicit bias education to teachers; care such as LGBTQ CENTER and other resources. Member Arneill welcomed feedback/questions from the public.

- Public Comment 1: Didn't have much time to review the document. Asked about the Youth Health Network run by Capital Stars an agency in town serving youths 16-17 without parent consent. Operate by chat/phone. Has crisis residential placement and a number of services for any gender entity. A contractor. They have FSP and crisis residential, a full spectrum for TAY. Q Spot has drop in center providing services to youth as young as 13, includes housing resources. Website gives a lot of info on them. Not sure if they make referrals to Access or Capital Stars of what they do when they have an issue.
- Public Comment 2: Part of school advocacy group. Beautiful job on report. Easy to understand. Lots of great recommendations. Thinks texting is the way to go with parents/young people. More education with parents and teachers. Not clear how this is getting done. BHS training teachers but also needed for parents. Also educating young people, present to YAB that can be a partner to spread word out to young people. Also suggests to bring to student wellness collaborative. Asks if this been shared with Chris Williams at SCOE. Good way to reach schools at once. Asks how to support this implementation and to circle back in a year to see of efforts/increase in referrals. Per Member Arneill not yet presented to YAB but they have been in some meetings.
- Public Comment 3: Has 3 community mental health clinics in Houston, Texas. A lot of high end/low income. Implementation has been successful for 5-6 years. Has a lot of procedures/curriculum in place with parental involvement, alternative MH implementation. There are a number of skill-based training. Would like to help. Has experience in training and would like to be a part and contribute. Putting together comprehensive screenings. Pull kids from periods or speak with them during lunch/recess, and do services in class. Low income doesn't have the fortitude. Do it at the home, role playing and building relationships. Public transportation sucks. Take the service to the people, where it is.
- Public Comment 4: On opening new service request from closed request, they need to call Access again. Note this in commentary, not mentioned. One barrier discovered is transportation. A lot do not know that their managed care plan includes transportation for any MediCal/MH care. Might want to include this on the report. Any in managed care plan has this transportation available. Need to book 5 days in advance. Not an urgent system but available to everyone with medical with managed care plans. Parents can use their managed care plan transportation to get to appointments. MediCal quick guide has phone number for transportation line, call the number and make the appointment.
- Member Arneill moved to approve report. Silvia seconded. Motion passed. Member Arneill mentioned a plan to have special MHB meeting in November. Adult committee has report sometime November but not yet scheduled. Invites public to come at the special meeting.

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3. Kick-Off Youth Mental Health Conference, Silvia L. Rodriguez
- Chair Rodriguez opened up by asking if any youths in attendance. Sac County Youth Commission Vice-chair and YAB representative present. Need agreement on youth conference and agree tentatively on date. Goal today is to kick-off and who does what on this recommendation of a youth conference for youths by youths. Adults to support in this endeavor. Is this doable? Report recommendation based on suicidal ideation and youth not aware of resources. Thought conference would help. Trepidation is Chair Rodriguez and Member Arneill are both terming out in December and need adults/agency to say they can help and do this. Chair opened item for discussion.
 - Public Comment 1: NAMI CA had a presentation by a Sacramento group, a really good presentation by group of youth from Sacramento active in a charter school and wondering if they aware of this proposal. Per Chair she has reached out to almost all youths, trying since May to do this but running out of time with terming out. Encourages for people to submit application to continue CSOC.
 - Public Comment 2: Likes the idea and agrees it'll take a lot of time. Has a MH subcommittee in their commission, to get some action there.
 - Public Comment 3: Loves proposal. If project in timeline for a good few months, it would work with YAB timelines. Right now, not wanting to overwhelm the members. If something with slower start and move forward, thinks YAB would be interested in hearing and participating. Per Chair Rodriguez an effort of this magnitude takes months. Like to start a kick off statement with by and when. Need some commitment today for youth by youth. Commitment from youth and adults to support it is the concern. Open to recommendations and willing to contemplate a motion to pause with Chair and Member Arneill executing this recommendation to see if any future CSOC can pick it up. Motion for CSOC to pause the implementation of the youth mental health conference and recommend that any future CSOC pick it up in advancing school mental health-base phase 1. Member Arneill motioned that CSOC not implement the recommendation to sponsor a youth mental health conference this year and recommends the committee consider implementing it next year. Chair seconded. Motion passed.
 - Public Comment 4: With timing and school schedule, seems sensible to wait.
 - Public Comment 5: Postponing makes sense. Asked if County is willing to sponsor some money. Putting a conference is a lot of work and if anyone can be contracted to put it together. Thinks it helpful to understand/articulate what objective is for the conference. Chair Rodriguez stated this was in response to recommendation/finding in the School-Based MH Report Phase 1 identifying suicide ideation. Also cited survey that youth did not know where to get services. With regards to funding, entities have funding for outreach (ie. to do a booth for fairs) and venue in the past is the most expensive ticket item along with entertainment. But SCOE has venues (the schools and auditorium). The willingness is what's needed. Second would be food and exit prizes to incentivize youths to stay throughout. Most importantly is the

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willingness and bringing people together. Member Arneill added if people are together, an ad-hoc committee can be made.

- Public Comment 6: It's a capacity issue. Good to learn if any conferences next year with youth component in it. Feels there's opportunity to get MH into schools, can get lots of students.
- Public Comment 7: Asked for age of children's youth and asked if already reached out to NAMI at Sac State. Member Arneill responded at end of TAY and Chair Rodriguez reached out to youth committees and advisories.

4. Other Announcements and Reminders, Silvia L. Rodriguez

- Next meeting is scheduled during the week of Thanksgiving. No CSOC meeting in November
- Also December meeting is on the 22nd which is very close to the holidays and Member Arneill is out of town, so no quorum. Therefore this is Chair Rodriguez and Member Arneill's last meeting and will just submit report to overall board in November for formality.
- Chair Rodriguez expressed her honor and pleasure to serve and thanked all for the support.
- Member Arneill expressed this is an important committee of the mental health system serving/advocating for children. She hope they've done their best.
- Public Comment 8: Interested in getting on the board. Asked for Chair and Member Arneill's contact information. Chair responded to contact Glenda. Chair also reminded that there's no pay in doing this. It's volunteer because they care and want to do things to transform the system.

5. Adjournment, Silvia L. Rodriguez

- Member Arneill adjourned the meeting at 5:27pm.