

Sacramento County Mental Health Board Executive Committee

SPECIAL MEETING

MINUTES – TELECONFERENCE MEETING

Tuesday, December 6, 2022

12:00 pm

Attendees: Laura Bemis, Corrine Sako, William Cho, Paul Wagstaffe and Ann Arneill (staff, Glenda Basina)

Absent: None.

Agenda Item
<p>I. Welcome and Introductions, Chair Sako convened meeting at 12:03pm and introductions were made.</p> <p>II. Conduct Agreement Chair Sako shared her screen and Member Bemis read the Conduct Agreement.</p>
<p>III. Discussion Item – MHB Retreat Planning Chair Sako shared her screen on MHB Retreat Planning – 2023 and reminded committee that Jason sent availability poll for January 23 & 28, via zoom 4-5hr meeting. Nancy Pena to facilitate, teambuilding, committee/liaison assignments, goals/site visits for 2023. Chair to work with committee on timing of agenda items and opened feedback to members.</p> <p>Member Arneill commented new CSOC member may not want to do goals for CSOC at retreat. Member Wagstaffe likes idea for goal setting and new members observing. Member Cho commented that the board has limited time with amount of meetings in 2023. Member Arneill suggested looking at the past year to see movement in priorities, some are in the Executive Team goals</p> <p>Member Cho questions the committee’s effectiveness, useful to be able to see productivity. Need a management tool to track and maintain documents. Chair Sako brought this to Dr. Quist and was referred to webpage, not user friendly. Chair Sako also brought to County Counsel who recommended putting it on the website. Member Arneill suggests to put proposal in writing for submission to County Counsel. Member Wagstaffe agrees for Chair and Member Cho to meet with County Counsel rather than discussing item at retreat. Member Arneill stated to keep with Executive Team until it firms up.</p> <p>Chair asked if re-examining the board’s mission and values should be included at the retreat. Member Bemis commented approving at retreat may be quick but writing the language will take time. Member Arneill agreed and rewriting will be tedious. Maybe better to have an ad-hoc committee. Member Cho concurred with Member Bemis.</p> <p>Per Chair, majority of time for retreat will be teambuilding, reviewing member duties, liaison/goals and unconscious biased training is an hour and half.</p> <p>Member Cho suggests for breakout group/rooms.</p>

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Member Wagstaffe commented unconscious/implicit biased is needed, if mandated but wouldn't mind doing this at his own time. Per Chair, with a presenter, there can be dialogue, teambuilding done at retreat. Member Wagstaffe likes the idea and Member Arneill agrees it should be a presenter so it's more engaging and maybe CIBHS can give Adele James or she have someone that can do this training. Member Cho shared in chat: <https://www.nsb.com/mental-health-Speakers> and <https://keynotespeakers.info/mental-health-speakers/#primary>.

Chair Sako to block 5 hours with two 5-minute breaks which would allow members to have remaining day on their own. Chair Sako hopes to have retreat schedule by the end of the week.

IV. Public Comment (3 minutes per person)

None.

V. Adjournment

Chair Sako reminded that December 20 is the next Executive Team meeting which will just be a report back of what was put together for the retreat. Meeting adjourned at 1:01pm.