

**Sacramento County  
Mental Health Board (MHB) General Meeting Minutes**

August 4, 2021

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.

<b>Attendance</b>			
<b>MHB Members</b>			
<b>Name</b>	<b>Attendance</b>	<b>Name</b>	<b>Attendance</b>
Loran Sheley, <i>Chair</i>	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent	Supervisor Patrick Kennedy	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent
Silvia Rodriguez, <i>Vice-Chair</i>	<input type="checkbox"/> Present <input checked="" type="checkbox"/> Absent	Bradley Lueth	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent
Laura Bemis, <i>Secretary</i>	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent	Corrine McIntosh Sako	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent
Ann Arneill	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent	Maria Padilla-Castro	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent
William Cho	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent	Theresa Riviera	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent
Ryan Gallant	<input type="checkbox"/> Present <input checked="" type="checkbox"/> Absent	Paul Wagstaffe	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent
<b>County Staff to MHB</b>			
<b>Name</b>	<b>Attendance</b>	<b>Name</b>	<b>Attendance</b>
Jason Richards	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent	Janice Snyder	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent

<b>Agenda Item</b>	<b>Discussion</b>
<b>I. Welcome and Introductions</b>	Chair Loran Sheley called the meeting to order at 6:02 p.m. and introductions were made.
<b>II. Comfort Agreement</b>	Dr. Corrine McIntosh Sako read the MHB Comfort Agreement.
<b>III. Approval of Minutes</b>	Dr. McIntosh Sako moved to approve the minutes from the MHB Annual Retreat and Dr. Ann Arneill seconded the motion. (Ms. Theresa Riviera abstained.) Motion carried.
<b>IV. System Partner Updates</b>	<p><b>Advocacy Update</b> Ms. Stephanie Ramos, Ms. Robin Barney, and Ms. Agelina Woodberry announced the following:</p> <ul style="list-style-type: none"> <li>• BHS and CalVoices have been working to further integrate Peer partners within County programs.</li> <li>• Community meetings are coming up to discuss the Sacramento County Children’s Report Card. Ms. Ramos to send the flyer to Dr. Jason Richards for distribution to MHB Members.</li> <li>• CalVoices support groups remain ongoing at this time.</li> <li>• The Expert Pool event is coming up on August 13<sup>th</sup>, with speakers to be announced.</li> <li>• Behavioral Health Concepts is recruiting clients and family members for a part time Peer support position.</li> <li>• A Peer Advocate Council is in the process of being created, for Peer support workers throughout the behavioral health system to make recommendations regarding behavioral health.</li> </ul>

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	<ul style="list-style-type: none"> <li>• MHB member Laura Bemis received an award for her work as a peer volunteer. Congratulations Laura!</li> </ul> <p><b>Association of Behavioral Health Contractors</b>  Ms. Diane White noted that active Covid-19 cases are on the rise. Behavioral health providers are reporting that their clients are being affected accordingly. Ms. White reminded members to take precautions to slow the spread of Covid-19.</p>
<p><b>V. Mental Health Board Business</b></p>	<p><b>Liaison Reports</b>  Liaisons reported on the Quality Improvement Committee, Human Services Coordinating Council, First 5 Sacramento Advisory Commission, and Behavioral Health Racial Equity Collaborative.</p> <p><b>Standing Committee Updates</b></p> <ul style="list-style-type: none"> <li>• <b>Adult System of Care Committee:</b> Dr. Arneill reviewed the Homelessness Fact Sheet and Homeless Deaths Fact Sheet, as detailed in Handouts #7 and #8. <ul style="list-style-type: none"> <li>○ Ms. Bemis asked about sexual orientation data for homeless youth. Dr. Arneill outlined special population information.</li> <li>○ Dr. Arneill reminded MHB members that information presented is not comprehensive, as it is based on the Point in Time Count. Next year's report will be based on an updated Point in Time Count.</li> </ul> </li> <li>• <b>Children's System of Care Committee:</b> Dr. Arneill reported that she is working with CSOC Chair Silvia Rodriguez to prepare the CSOC's School Based Mental Health Services report for submission to the Board of Supervisors.</li> </ul> <p><b>Recap – July 17, 2021 MHB Annual Retreat</b></p> <ul style="list-style-type: none"> <li>• Chair Sheley provided an overview of the MHB Annual Retreat which occurred on July 17, 2021, as detailed in Handout #2.</li> <li>• Chair Sheley discussed the MHB's goals for the remainder of 2021, as determined at the retreat: <ul style="list-style-type: none"> <li>○ Adult System of Care Committee <ul style="list-style-type: none"> <li>▪ Make recommendations to BHS and the Board of Supervisors for increased services to individuals experiencing homelessness.</li> <li>▪ Develop an actionable goal regarding Assisted Outpatient Treatment (AOT)/Laura's Law once the stakeholder process is announced.</li> </ul> </li> <li>○ Children's System of Care Committee <ul style="list-style-type: none"> <li>▪ Complete the school based mental health services report by the end of the year.</li> </ul> </li> <li>○ Executive Committee <ul style="list-style-type: none"> <li>▪ Develop a tool for tracking MHB goals and progress.</li> <li>▪ Create an MHB core values document/checklist, which would be used to guide deliverables.</li> </ul> </li> </ul> </li> <li>• Committee and Liaison appointments were made as follows:</li> </ul>

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	<ul style="list-style-type: none"> <li>○ Ad hoc committee to work on the goal – “Advance the racial equity lens” <ul style="list-style-type: none"> <li>▪ Corrine McIntosh Sako</li> <li>▪ Silvia Rodriguez</li> <li>▪ Ryan Gallant</li> <li>▪ Paul Wagstaffe</li> <li>▪ Theresa Riviera</li> <li>▪ Loran Sheley</li> </ul> </li> <li>○ Alcohol and Drug Advisory Board <ul style="list-style-type: none"> <li>▪ William Cho (Alternate)</li> </ul> </li> <li>○ Cultural Competence Committee <ul style="list-style-type: none"> <li>▪ Theresa Riviera</li> </ul> </li> <li>○ Mental Health Services Act Steering Committee <ul style="list-style-type: none"> <li>▪ Brad Lueth</li> <li>▪ Laura Bemis (Alternate)</li> </ul> </li> <li>○ Budget Committee <ul style="list-style-type: none"> <li>▪ Paul Wagstaffe</li> </ul> </li> <li>○ Adult System of Care Committee <ul style="list-style-type: none"> <li>▪ Corrine McIntosh Sako</li> <li>▪ William Cho</li> </ul> </li> </ul> <p>● Chair Sheley discussed next steps, including setting meeting dates for the Ad Hoc Committee and Executive Committee, and the Adult System of Care Committee selecting its Chairperson at the next meeting.</p> <p><b>Mental Health Board Announcements</b></p> <ul style="list-style-type: none"> <li>● Ms. Bemis encouraged participants to spread the word regarding the open Peer position for a consumer or family member with Behavioral Health Concepts.</li> </ul>
<p><b>VI. Mental Health Board Discussion and Action Item</b></p> <p>Review and approve letter to Board of Supervisors regarding Mental Health Board vacancies and recruiting and appointing community members to reflect the ethnic diversity of the client population in the county</p>	<p>The MHB reviewed their letter to the Board of Supervisors regarding Mental Health Board vacancies and recruiting and appointing community members to reflect the ethnic diversity of the client population in the County (Handout #9).</p> <ul style="list-style-type: none"> <li>● Supervisor Patrick Kennedy announced that the vacant seat for District 2 listed in the letter has since been filled.</li> <li>● Ms. Janice Snyder clarified the statutory language in the letter.</li> <li>● Ms. Riviera asked about the difference between race and ethnicity in its inclusion/exclusion of the Hispanic population. Dr. Quist clarified that the County uses the same race and ethnicity categories as the US Census, so that comparisons can be made.</li> <li>● MHB members decided to amend the letter to state that racial and ethnic categories discussed are based on US Census methodology.</li> </ul> <p>Dr. Arneill moved to approve the letter as amended. Ms. Bemis seconded the motion. Motion carried. Votes were as follows:</p> <ul style="list-style-type: none"> <li>● Yes: Chair Sheley, Supervisor Kennedy, Mr. Lueth, Ms. Bemis, Dr. Arneill, Dr. McIntosh Sako, Ms. Riviera, Mr. Wagstaffe</li> <li>● No: Mr. William Cho</li> <li>● Abstain: Ms. Padilla-Castro</li> </ul> <p>Public Comment:</p>

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	<ul style="list-style-type: none"> <li>Community member recommended collecting crossover data between race and ethnicity (e.g., which race someone of a particular ethnicity identifies with).</li> </ul>
<p><b>VII. Division of Behavioral Health Services</b></p>	<p>Dr. Ryan Quist, Behavioral Health Director, provided a written report on the status of Behavioral Health Services (BHS). He also provided verbal updates and answered questions as follows:</p> <ul style="list-style-type: none"> <li>Dr. Quist acknowledged the dramatic increase in Covid cases in Sacramento County – “We all want to be done with Covid, but Covid is not done with us.”</li> <li>Starting next Monday, provider facilities including BHS facilities will be required to document their staff’s vaccination status. This will likely further impact workforce challenges, but promotes safety in the workplace.</li> <li>Masks are again mandated in indoor County facilities for everyone regardless of vaccination status.</li> <li>Behavioral Health workforce issues have devolved considerably due to Covid, and now represent a workforce crisis.</li> <li>Community listening sessions for the Wellness Crisis Call Center and Response program are coming up, as listed in Handout #15.</li> <li>Additional AOT/Laura’s Law community listening sessions are planned in the immediate future. More information to come.</li> <li>Mobile Crisis Support Teams successfully recruited for and began a new MCST in the City of Rancho Cordova.</li> <li>BHS continues to work with providers and community members on the Behavioral Health Racial Equity Collaborative, as detailed in the Director’s Report.</li> <li>A number of Behavioral Health topics will be presented at the Board of Supervisors meeting on August 24th: <ul style="list-style-type: none"> <li>The week of September 5th through 11th, 2021, is National Suicide Prevention Week, a time in which individuals, organizations, and communities around the country join their voices to amplify the message that suicide can be prevented.</li> <li>August 31, 2021, is International Overdose Awareness Day. The intent of this day is to raise awareness of drug overdose and reduce the stigma of drug-related deaths.</li> <li>September is National Recovery Month. Our local celebration, Recovery Happens, will be held on the West Steps of the California State Capitol on September 1 (Handout #18).</li> </ul> </li> <li>Ms. Riviera recommended that flyers for future events be prepared and distributed in multiple languages.</li> <li>Ms. Riviera asked for clarification if homeless encampment data is being collected from cities and unincorporated areas is being collected. Dr. Quist clarified that data is being collected from both city and unincorporated areas.</li> <li>Ms. Riviera asked about recruitment efforts for behavioral health professionals. Dr. Quist clarified that funds from the American Rescue Plan are being used as a bridge to facilitate</li> </ul>

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	<p>recruitment, and that efforts are planned to continue into the future.</p> <ul style="list-style-type: none"> <li>• Ms. Padilla-Castro asked about vaccine and testing protocols to protect behavioral health employees. Dr. Quist discussed validating employees' vaccination status, and testing requirements for staff who are not vaccinated. These requirements do not apply to employees who work remotely 100% of the time. Dr. Quist affirmed that BHS is following protocols from the State.</li> <li>• Ms. Padilla-Castro asked which behavioral health classifications are experiencing recruitment challenges. Dr. Quist clarified that all classifications have been impacted, with clinical staff experiencing the greatest staffing challenges at this time. Nurses and Psychiatrists were also noted as experiencing considerable shortages.</li> <li>• Ms. Padilla-Castro asked about the purpose of the community listening sessions for the Wellness Crisis Call Center and Response program, since the MHB voted to make itself the advisory group for this program. Dr. Quist discussed the lengthy process of amending the MHB's bylaws to include community members on a committee with voting rights, which would take several months. This was discussed at the time of the MHB's vote on this issue. BHS is conducting community listening sessions to continue gathering community feedback during the interim, to ensure that community voices are taken into account in the decision making process.</li> <li>• Ms. Bemis asked if BHS will be hiring Peers in the future, given the approval of the County's Peer Support classifications. Dr. Quist affirmed that the County continues to move forward to hire Peers in the future, with the current topic of discussion being the role of Peers within the County system.</li> <li>• Community member asked if the County is working with CalMHSA to implement peer certification. Dr. Quist clarified that CalMHSA is putting together a peer certification process in collaboration with the State, but that the County is working independently at this time. A decision will be made on this topic once the peer certification information from CalMHSA is released.</li> <li>• Dr. McIntosh Sako highlighted the national, widely encompassing nature of the behavioral health workforce shortage.</li> <li>• Dr. McIntosh Sako asked if individuals providing recommendations at the community listening sessions for the Wellness Crisis Call Center and Response program will be included on the MHB committee for that purpose. Dr. Quist and Ms. Woodberry clarified that community feedback at the listening sessions will be separate from MHB committee recommendations, and both will be included in the final reports and decisions made. All information and reports will be available to the public.</li> <li>• Ms. Bemis asked if the upcoming 988 number will be going to the Office of Emergency Services, similar to 911. Dr. Quist stated that developments are still in process, and the County</li> </ul>

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	will be developing its own call center staffed by clinicians regardless of the outcome of 988.
<b>VIII. Public Comment</b>	Public Comment 1: Community member encouraged transparency in the community planning process for the Wellness Crisis Call Center and Response program.
<b>IX. Adjournment</b>	Chair Sheley adjourned the meeting at 7:54 p.m.