

# Sacramento County Mental Health Board Retreat

Sacramento County  
Mental Health Board (MHB) Annual Retreat Minutes  
January 20, 2024

**Meeting Location**  
7001-A East Parkway  
Sacramento, CA 95823

## Agenda Item

### I. Welcome and Call to Order

Chair Corrine McIntosh Sako called the meeting to order at 9:12 a.m. and provided an overview of the agenda.

### II. Mental Health Board Business (Part 1)

- **Roll Call** – Chair McIntosh Sako took roll and established a quorum:
  - **Members Present:** Supervisor Kennedy, Mykel Gayent, Kesha Harris, Brad Lueth, Maria Padilla-Castro, Corrine McIntosh Sako, Mallika Walsh, Patricia Wentzel
  - **Members Absent:** Theresa Riviera, Evan Minton, William Cho
  - **Support Staff:** Jason Richards
- **Read Conduct Agreement** – Ms. Wentzel read the conduct agreement.
- **Announcements:**
  - Chair McIntosh Sako welcomed MHB members and members of the public and thanked them for coming to this year’s Annual Retreat.
  - Chair McIntosh Sako announced the resignation of MHB member Ryan Gallant and highlighted current vacancies.
    - Current MHB members and vacancies are kept up to date at: <https://dhs.saccounty.gov/BHS/Pages/Advisory-Boards-Committees/Mental-Health-Board/BC-Mental-Health-Board-Current-Members.aspx>
  - Chair McIntosh Sako announced that the next Assisted Outpatient Treatment (AOT) meeting will be on Thursday, January 25th, from 3pm-5pm at this same location.
  - Ms. Wentzel announced that NAMI Sacramento will be offering a neutral informational session on Proposition 1, on February 12<sup>th</sup> at 7pm. Ms. Wentzel to email Dr. Richards information on this meeting to forward to MHB members.
- **Approval of Minutes - November 2023 General Meeting**

Ms. Padilla-Castro moved to approve the minutes, and Ms. Wentzel seconded the motion. Motion carried. (Mr. Lueth and Ms. Harris abstained. All other members voted Aye.)

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## III. Public Comment: Comments Regarding the Sacramento County Mental Health System (3 minutes per speaker)

Public Comment #1: Community member expressed difficulty in housing a family member when in-home services were not enough. This community member advocated for avenues to seek treatment for a family member besides restraining orders and kicking them out of the home.

Public Comment #2: Community member relayed their experience as the mother of an unhoused, undiagnosed, and unfunded individual. This community member stated that the only time their family member gets services is when he goes to jail. This community member advocated for more housing and mental health services in Rancho Cordova. This community member advocated for awareness of the need for services for people who decline them but still need them in order to avoid having a mental health crisis or ending up in jail.

Public Comment #3: Community member advocated for a more intensive Psychiatric Advance Directives (PADS) effort in Sacramento County. This community member advocated for the hiring of more peers for PADS outreach and support, as well as a career ladder for peers at the supervisory level and above.

Public Comment #4: Community member spoke as a family member of a recipient of mental health and substance use disorder services. This community member stated that their family member was originally in mental health court with no violence or drug issues at the time, which resulted in him being in jail for 6 months without a psychological assessment. The family member ended up working with a criminal defense attorney to get out of jail because of the long wait, which resulted in a relapse. This community member stated that she was seeking information on how to get him the behavioral health help that he needs. Deputy Director Kelli Weaver spoke with her at the break to follow up on getting help for this family member.

Public Comment #5: Community member thanked the MHB for all the great work that they do. This community member raised awareness of a report on the Mays Consent Decree which did not prioritize mental health services for individuals who need them. This community member advocated for a review of compliance with the Mays Consent Decree to meet the mental health needs of community members.

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## IV. Team Building Presentation and Exercise

Ms. Adèle James presented on strengthening the effectiveness of the working relationships between MHB members and the implementation of member responsibilities, prioritizing the concept of equity. Themes included making the invisible visible, land acknowledgement for native individuals, recognition of the contributions of people of color, BHS's equity vision that all community members should thrive and have access to optimal behavioral and emotional wellness, BHS's core values as related to equity, and intentionality in planning for the MHB's legacy.

MHB members participated in an activity where they wrote down two items: 1) what they are passionate about in mental health advocacy work, and 2) what they want their legacies to be as advisory board members. These responses were placed in envelopes and will be returned to members for reflection at the next MHB Annual Retreat.

Examples of responses were shared, including: transforming systems, decriminalizing mental illness, mental health information and outreach provided to people of color, expansive equitable mental health services in a timely manner, prioritizing community member voices, message that mental health symptoms are not character flaws, being a voice for the community, providing better access and streamlining services, help for parents navigating services for their children, trauma informed treatment and resources, we all have lived experience and people close to use with lived experience that can inform solid outcomes and solutions, service delivery directly to those who need them so that families do not have to seek them out and find them, appropriate and timely services particularly to youth, mental health clinicians having access to every school in the county, making sure the public is well informed that mental health resources are available to them, making sure Behavioral Health Services has the resources it needs to provide these services, the importance of personal mental health journeys of family members and loved ones, meeting the mental health needs of people who are incarcerated, implementation and ease of access for Psychiatric Advance Directives, and appropriate staffing and implementation of mental health services in the jails.

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## **V. Break**

A break was held from 10:17 a.m. to 10:31 a.m.

## **Team Building Presentation and Exercise – Continued**

MHB members discussed the results of a survey they took regarding the board's strengths and areas for potential growth (Handout #7).

MHB members identified the following top priorities moving forward:

- Accountability for deliverables
- Consensus rather than individual agendas
- Review and approve procedures to ensure citizen and professional involvement at all stages of the planning process
- Experience and knowledge of Mental Health

## **VI. Mental Health Board Member Orientation & Training**

Chair McIntosh Sako and Vice Chair Padilla-Castro provided an orientation on the Mental Health Board. Themes included MHB roles and responsibilities, Brown Act requirements, Robert's Rules of Order, and the MHB Conduct Agreement (Handout #4).

## **VII. Lunch Break**

A lunch break was held from 11:55 a.m. to 12:25 p.m.

## **VIII. Overview of Sacramento County Behavioral Health System**

Dr. Ryan Quist, Behavioral Health Director, provided an overview of the Sacramento County Behavioral Health Services System of Care, including the role of State government, the role of County government, and the Sacramento County BHS Continuum of Care (e.g., Adult Mental Health, Youth & Family Mental Health, Substance Use Prevention & Treatment, Mental Health Services Act) (Handout #8).

## **IX. Mental Health Board Business (Part 2)**

### **• Review Status of 2023 Goals**

Chair McIntosh Sako reviewed the status of 2023 goals (Handout #9). The MHB and associated committees will continue and work on remaining goals and new goals as detailed below.

### **• Identify Top Areas of Focus for MHB 2024 Goals**

MHB members identified top areas of focus for 2024, including:

- Adult System of Care – crisis continuum of care – safety, discharge housing, experienced contracts, quality improvement
- Adult System of Care – full service partnerships (FSPs) – medication support,

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housing

- Children’s System of Care – school based behavioral health services, including collaboration with the Behavioral Health Youth Advisory Board and recruitment of youth MHB members
- Children’s System of Care – FIT programs, housing
- Children’s System of Care – Support for parenting and pregnant people
- Ad Hoc Committees (potentially) – CARE Court, SB 43, Collaborative Courts, Jail Services/Mays Consent Decree, Psychiatric Advance Directives, BHS Assessments
  - It was suggested that “justice” “justice-involved” or “justice/incarceration” language be used instead of “criminal justice”

- **Establish 2024 Standing and/or Ad Hoc Committees to Study Identified Areas of Focus for MHB 2024 Goals**

2024 Standing and/or Ad Hoc Committees to be determined based on confirmation of goals by existing committees, as well as advice of County Counsel on Ad Hoc Committee requirements in compliance with the Brown Act.

- **Identify Site Visits that Correspond to Top Areas of Focus for MHB 2024 Goals**

Site visits to be determined based on committee goals.

- **Review MHB Committee/Liaison Assignments**

Chair McIntosh Sako reviewed committee and liaison assignments and vacancies.

Updated committee membership was determined as follows:

- Adult System of Care
  - Mr. Cho
  - Mr. Lueth
  - Ms. Wentzel
  - Ms. Walsh
- Children’s System of Care
  - Chair McIntosh Sako
  - Ms. Padilla-Castro
  - Ms. Riviera
  - Ms. Walsh
- Executive Committee
  - Chair McIntosh Sako
  - Ms. Padilla-Castro
  - Mr. Minton
  - Ms. Wentzel
- Budget Committee
  - Chair McIntosh Sako
  - Ms. Wentzel
- CWRT Advisory Committee
  - Chair McIntosh Sako
  - Mr. Gayent

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- Mr. Minton
- Community members as appointed
- Justice Committee (if approved)
  - Chair McIntosh Sako
  - Ms. Padilla-Castro
  - Ms. Walsh
  - Ms. Avey
- CARE Court (if approved)
  - TBD – will be discussed again once more learning occurs on this topic.
- SB 43 (if approved)
  - TBD – will be discussed again once more learning occurs on this topic.

## **x. Break**

This scheduled break was not held, due to time limitations.

## **xi. Presentation – How to be an effective Mental Health Board**

Ms. Adèle James provided a worksheet for establishing committee goals, including an example of the completed worksheet from the Budget Committee. MHB members will use this worksheet to establish goals at their respective committee meetings.

## **xii. Closing Remarks**

Chair McIntosh Sako thanked staff, MHB members, and Ms. Adèle James for their participation at this retreat.

## **xiii. Adjournment**

Chair McIntosh Sako adjourned the meeting at 2:40 p.m.