

Sacramento County Mental Health Board Retreat

**Sacramento County
Mental Health Board (MHB) Retreat Minutes**
January 22, 2022

Meeting Location

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.

Attendance			
MHB Members			
Name	Attendance	Name	Attendance
Loran Sheley, <i>Chair</i>	<u>Present</u> Absent	Bradley Lueth	Present <u>Absent</u>
Corrine McIntosh Sako, <i>Vice-Chair</i>	<u>Present</u> Absent	Jasmine Morales	<u>Present</u> Absent
Laura Bemis, <i>Secretary</i>	<u>Present</u> Absent	Silvia Rodriguez	<u>Present</u> Absent
Ann Arneill	<u>Present</u> Absent	Lourdes Santana-Sanchez	<u>Present</u> Absent
William Cho	<u>Present</u> Absent	Maria Padilla-Castro	Present <u>Absent</u>
Ryan Gallant	Present <u>Absent</u>	Theresa Riviera	Present <u>Absent</u>
Supervisor Patrick Kennedy	<u>Present</u> Absent	Paul Wagstaffe	<u>Present</u> Absent
County Staff to MHB			
Name	Attendance	Name	Attendance
Jason Richards	<u>Present</u> Absent	Rob Parrish	Present <u>Absent</u>

Welcome and Call to Order

Chair Loran Sheley called the meeting to order at 10:02 a.m. and provided an overview of the agenda.

Mental Health Board Business

- **Approval of Minutes from past meetings**
 - **November 2021 - General Meeting**
 - Dr. Corrine McIntosh Sako moved to amend Page 4 to reflect that Mr. William Cho and Mr. Ryan Gallant voted no for Ms. Laura Bemis.
 - Mr. Paul Wagstaffe moved to amend Page 3 to reflect that he voted yes for Chair Sheley.
 - Ms. Laura Bemis moved to approve the amended minutes, and Dr. Ann Arneill seconded the motion. Motion carried. (Ms. Silvia Rodriguez, Ms. Lourdes Santana Sanchez, and Ms. Jasmine Morales abstained. All other members voted Aye.)
 - **December 2021 - Special Meeting**
 - No amendments were made.

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- Ms. Bemis moved to approve the minutes, and Dr. McIntosh Sako seconded the motion. Motion carried. (Mr. Cho abstained. All other members voted Aye.)
- **Mental Health Board Discussion/Action Item: Review and Approve Data Notebook (continued from November 2021 General Meeting)**
 - Chair Sheley reviewed the updated slides for the 2021 Data Notebook.
 - With a focus on Questions 12, 14, and 20, the MHB reflected on the importance of context for the available options (e.g., excellent, very good, good, fair, poor). Feedback on this issue will be provided upon submission of the 2021 Data Notebook.
 - Racial Demographics will be updated to reflect the most current makeup of the MHB.
 - Dr. McIntosh Sako moved to approve the Data Notebook as amended, and Dr. Arneill Seconded the motion. (Mr. Cho abstained. All other members voted Aye.)

2022 Mental Health Board Retreat – Morning Session

- Purpose of the Meeting
 - Chair Sheley noted the purpose of the MHB Retreat, as outlined in Handout #1:
 - Continue work on the MHB's effectiveness in processes and work products it undertakes in fulfillment of mandated responsibilities.
- Meeting Objectives
 - Chair Sheley outlined the meeting objectives:
 - Gain an understanding of the characteristics of effective Mental Health Boards and Commissions.
 - Discuss values and characteristics to guide and strengthen MHB role clarity, responsibilities, and group effectiveness.
 - Review last retreat meeting, receive updates on current goals, and plan next steps. Discuss goals for 2022.
- Chair Sheley introduced Dr. Nancy Peña as the retreat consultant/facilitator.
- Supervisor Kennedy expressed appreciation for the work of MHB members and continued support for behavioral health issues in Sacramento County.
- Dr. Ryan Quist, Behavioral Health Director, welcomed participants and provided reflections as follows:
 - Dr. Quist thanked MHB members for their time and efforts on behalf of Sacramento County communities.
 - Covid continues to affect Sacramento County communities, including a workforce crisis for behavioral health providers. We made it through 2020 and 2021 and will continue to be resilient into 2022.
 - Dr. Quist discussed how our public interactions affect how providers and consumers interact as well. Setting a positive tone as we approach conflict and listening for understanding were discussed, with the goal of encouraging recovery and resiliency.

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- CalAIM initiatives continue to move forward (payment reform, enhanced care management, etc.). Dr. Quist will be updated the MHB on CalAIM initiatives with an in depth presentation at a 2022 MHB meeting.
- CalAIM, AOT, and MHSA Expansion initiatives were highlighted to kick off 2022 as an exciting new year for behavioral health in Sacramento County.
- Wellness Crisis (formerly known as Alternatives to 911) will be a top priority in 2022. Dr. Quist affirmed MHB members in their advisory role on this polarizing issue, and encouraged strengths based discussions to help bring people together as we move forward. Supervisor Kennedy highlighted the intent of this initiative, which is to help people.
- Mental Health Board Member Introductions
 - Dr. Peña outlined appreciative inquiry as a strengths based approach to today's work.
 - Dr. Peña facilitated a discussion of group-defined ground rules/etiquette and reaching consensus. Highlighted items included "listen respectfully and appreciatively," "speak to the question or issue, not in response to a person," "be open-minded and objective," "be informed by your expertise – decide based on evidence," "practice active listening," "be brief, stay on point," and "allow the facilitator to direct speaking traffic."
 - MHB members introduced themselves and provided insights on why they chose to be on the MHB. Themes included having a passion for behavioral health, a commitment to volunteering, family member experiences, and helping others.
 - MHB members discussed strengths and interests that they bring to the MHB. Themes included having an educational background in behavioral health, real world experiences related to behavioral health, and passion for behavioral health, among others.
- Presentation on Effective Mental Health Boards
 - Dr. Arneill introduced Theresa Comstock, the Executive Director of the California Association of Local Behavioral Health Boards and Commissions (CALBHB/C).
 - Ms. Comstock provided a presentation on characteristics and activities of effective boards and commissions. Highlighted characteristics included active listening, focus on issues rather than people, and using person-first language, among others. Ms. Comstock also discussed MHB duties and obligations in the context of county behavioral health.
- Chair Sheley adjourned the meeting for a lunch break from 1:30 p.m. – 2:15 p.m.

2022 Mental Health Board Retreat – Afternoon Session

- 2021 Goals
 - Chair Sheley outlined the MHB's 2021 Goals and progress made, as outlined in Handout #2.
 - Adult System of Care Committee
 - Goal: Develop an actionable goal regarding Assisted Outpatient Treatment (AOT)/Laura's Law once the stakeholder process is announced. Informally research/survey what other MHBs have done with regard to AOT/Laura's Law and produce a briefing/short report.

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- The Mental Health Board approved a Letter of Recommendation to the Board of Supervisors regarding Sacramento County's implementation of AOT. This letter included results from consulting with behavioral health staff from neighboring counties that have already implemented AOT/Laura's Law.
 - The committee also hosted presentations on County homelessness and mental health services in September 2021.
 - Children's System of Care Committee
 - Goal: Complete school based mental health services report by the end of the year.
 - A draft of the report has been approved by the committee and agendaized for full Mental Health Board review and approval at the February 2022 MHB General Meeting.
 - It was noted that the Children's System of Care Committee would revisit the topics of Child Welfare and Probation in 2022.
 - Executive Committee
 - Goal: Clarify board member expectations
 - The MHB approved Minimum Mental Health Board Member Duties that were drafted by the Executive Committee at its October 2021 meeting.
 - It was noted that additional items regarding MHB member accountability may be added in 2022, with each member's County Supervisor being informed as the appointing authority only if clear, reasonable expectations are unmet. The MHB's role in advocating for marginalized individuals was highlighted as a consideration.
 - Goal: Create a mental health effectiveness core value document/checklist, which would be used to guide deliverables and be made available to the public.
 - The Executive Committee drafted and approved a mission and values statement for discussion and approval at a future MHB General Meeting. Once approved, the committee will draft an effectiveness core value document/checklist, which would be used to guide deliverables and be made available to the public.
 - Goal: Develop a tool to track goals and progress that can be shared with members and the public.
 - In progress (work to be continued in 2022).
 - Racial Equity
 - Adopted goal to advance racial equity in the MHB's work.
 - Formed an ad hoc workgroup to define this goal. Will continue this work in 2022.
- 2022 Goals
 - 2022 goals were determined by each committee, as follows:
 - Adult System of Care Committee
 - Improve vocational rehabilitation services for consumers provided by Full Service Partnerships (FSPs) in Sacramento County.

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- Continue to monitor the development of BHS's plan to implement SB 803 Peer Support Specialist training, and make appropriate recommendations if necessary.
- Continue to monitor the development and implementation of BHS's AOT program.
- Continue to monitor and make appropriate recommendations regarding BHS's Adult Mental Health Outpatient System Transformation.
- Continue to monitor and make appropriate recommendations regarding BHS programs for individuals experiencing homelessness.
- Monitor and make appropriate recommendations regarding services provided to criminal justice-involved individuals in Sacramento County jails.
- Children's System of Care Committee
 - The CSOC committee will be preparing a phase 2 assessment of school-based mental health in Sacramento County.
 - Create a plan to further the recommendations of the school-based mental health report from 2021, such as facilitating outreach to youth, finding opportunities for youth involvement in mental health, etc.
 - Child welfare and juvenile justice were also discussed as priorities during 2022.
- Executive Committee
 - Finalize MHB mission and values statement, make it public, and develop a checklist to guide work product.
 - Continue work on a tool to track goals and progress that can be shared with members and the public.
 - Engage MHB members for input on presentations at 2022 general meetings.
 - Executive Committee will prioritize presentations at future meetings.
 - Develop a recommended training plan for MHB members.
 - Coordinate 2022 site review schedule (when/if appropriate).
- Budget Committee
 - Review budget the day after it is issued by the Board of Supervisors.
 - MHB to review new programs or budget cuts with Dr. Quist or designee.
 - Budget committee to draft recommendation letter for MHB review and approval (use knowledge of MHB's priorities) to submit for June Board of Supervisors Budget meeting.
 - Lead development of other budget-related recommendations for MHB review and approval such as feedback related to a request from the County Executive on budget priorities for FY 2022-23 in September 2021.
 - It was noted that Budget items may have a short turnaround time.
- Chair Sheley made the following new committee appointments:
 - Budget Committee: Ann Arneill
 - Children's System of Care Committee: Lourdes Santana-Sanchez

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- No changes to MHB liaison assignments were made at this meeting. Chair Sheley to follow up with members who were not present.
- The Racial Equity Ad Hoc Workgroup and Psychiatric Advance Directives Ad Hoc Workgroup will meet regularly in 2022.
 - Mr. Wagstaffe was appointed to the Psychiatric Advance Directives Ad Hoc Workgroup.
- Member Reflections & Discussion
 - Members agreed that they met their goals for this retreat.
 - Chair Sheley to complete a word cloud composed of member feedback.
 - Dr. Arneill and Mr. Wagstaffe expressed that having this year's goals set by the committees was helpful.
 - Members discussed etiquette for meetings, including expectations regarding expressing hurt feelings and responding to other members.
 - Dr. McIntosh Sako advocated for members to be able to acknowledge their feelings and explain intent behind statements.
 - Mr. Cho advocated for equal and respectful treatment of MHB members regardless of viewpoint.
 - Ms. Bemis discussed the possibility of reviewing the current comfort agreement and updating it if needed.
 - Dr. Arneill proposed a merger of rules of etiquette and the comfort agreement by the Executive Committee, which would be brought back to the MHB for approval. Chair Sheley concurred.
- Public Comment
 - No public comments were made.
- Chair Sheley adjourned the meeting at 4:47 p.m.