

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

August 5, 2020

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>
Ann Arneill, <i>Chair</i>	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent	Bradley Lueth	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent
Bryan Richter, <i>Vice-Chair</i>	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent	Caroline Lucas	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent
Dan Niccum, <i>Secretary</i>	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent	Mike Nguy	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent
Viva Asmelash	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent	Maria Padilla-Castro	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent
Laura Bemis	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent	Theresa Riviera	<input type="checkbox"/> Present <input checked="" type="checkbox"/> Absent
Mark Hoover	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent	Silvia Rodriguez	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent
Supervisor Patrick Kennedy	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent	Loran Sheley	<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 Ann Arneill called the meeting to order at 6:01 p.m. and introductions were made.
<b>II. Comfort Agreement</b>	Chair Arneill read the MHB Comfort Agreement.
<b>III. Approval of Agenda</b>	Mr. Bryan Richter moved to approve the agenda and Ms. Caroline Lucas seconded the motion. Motion carried.
<b>IV. Approval of Minutes</b>	Mr. Richter moved to approve the minutes and Ms. Laura Bemis seconded the motion. Motion carried.
<b>V. System Partner Updates</b>	<p><b>Advocacy Update</b></p> <p>Ms. Katherine Ferry, Client Advocate Liaison, announced the following:</p> <ul style="list-style-type: none"> <li>• For the latest updates about Cal Voices Sacramento County Programs, such as Expert Pool, support groups, WRAP (Wellness Recovery Action Plan) and the Consumer Operated Warmline, please visit <a href="https://bit.ly/ExpertPoolList">https://bit.ly/ExpertPoolList</a>.</li> <li>• Cal Voices facilitates a free, drop-in, peer-led Mental Health Support Group on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of every month, from 6:30 – 8:00 p.m. For more information, please visit <a href="https://bit.ly/SacMHSupportGroup">https://bit.ly/SacMHSupportGroup</a>.</li> <li>• CalVoices will attend a joint meeting with the Sacramento County Office of Education on August 14<sup>th</sup> to address what distance learning and special education will look like in the coming school year.</li> </ul>

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	<ul style="list-style-type: none"> <li>Katherine Ferry announced that this will be her last MHB meeting, as she will be transitioning to another job. MHB members and BHS Director, Dr. Ryan Quist, wished Katherine well and thanked her for her service.</li> </ul> <p><b>Association of Behavioral Health Contractors</b> No announcements were made.</p> <p><b>Alcohol and Drug Advisory Board</b> Silvia Rodriguez announced that Melinda Avey will be the updated chairperson of the Alcohol and Drug Advisory Board. The Alcohol and Drug Advisory Board will not have a meeting in August and will resume meetings in September.</p>
<p><b>VI. Mental Health Board Business</b></p>	<p><b>Mental Health Board Announcements</b></p> <ul style="list-style-type: none"> <li>Chair Arneill announced that the Children’s System of Care Committee meetings have been well attended. Chair Arneill will be working with Viva Asmelash to facilitate outreach to the community for Adult System of Care Committee meetings.</li> <li>Ms. Asmelash discussed challenges expressed on the Cultural Competence Committee about Board of Supervisors inaction thus far regarding support for services for the African American/Black Community. Ms. Asmelash asked MHB members to reach out to her individually if they have any questions or would like to discuss this issue.</li> </ul> <p><b>Liaison Reports</b> Liaisons reported on the Quality Improvement Committee, First 5 Sacramento Advisory Commission, and Cultural Competence Committee.</p> <p><b>Standing Committee Updates</b></p> <ul style="list-style-type: none"> <li><b>Children’s System of Care Committee:</b> Ms. Silvia Rodriguez and Mr. Mark Hoover reported that the Children’s System of Care Committee met on July 23<sup>rd</sup> and accomplished the following: <ul style="list-style-type: none"> <li>The Committee highlighted school-based mental health services as an MHB and BHS priority.</li> <li>Presentations on school-based mental health services were provided by HeartLand Child &amp; Family Services, as well as River Oak Center for Children.</li> <li>Providers have communicated that existing staff are doing a great job providing services, but that there is a need for more mental health professionals in schools, particularly of different racial and cultural backgrounds.</li> <li>The next Children’s System of Care Committee meeting will be on August 27<sup>th</sup> at 4 p.m.</li> </ul> </li> <li><b>Adult System of Care Committee:</b> Ms. Asmelash reported that the Adult System of Care Committee met on July 28<sup>th</sup> and accomplished the following: <ul style="list-style-type: none"> <li>The Committee has been highlighting two MHB and BHS priorities: advise and collaborate with law enforcement first responder programs &amp; marginalized</li> </ul> </li> </ul>

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	<p>individuals, and advocate for mental health services for the homeless.</p> <ul style="list-style-type: none"> <li>○ The Committee remains mindful of the recent challenges that People of Color have been experiencing with law enforcement.</li> <li>○ Ms. Loran Sheley shared research on alternatives to law enforcement programs, such as the Crisis Assistance Helping Out On The Streets (CAHOOTS) program in Eugene, Oregon.</li> <li>○ Mr. Henry Ortiz gave a presentation on the Trauma Through A Traumatized Perspective Trainings, including how mental health services for the criminal justice population can benefit from involvement of people with lived experience of these issues.</li> <li>○ Ms. Bemis is collecting feedback from mental health consumers with firsthand experience with law enforcement, which will be presented at the August Committee meeting.</li> <li>○ The next Adult System of Care Committee meeting will be on August 25<sup>th</sup> at 4 p.m.</li> </ul> <p><b>Appoint At-Large Member to Executive Committee</b>  Chair Arneill announced that an at-large member for the Executive Committee no longer needs to be appointed, as the position was not vacated.</p>
<p><b>VII. Action Item: Approve Letter to Board of Supervisors with Recommendation on Behavioral Health Services Budget for Fiscal Year 2020-21 Approved by Executive Committee</b></p>	<p>Chair Arneill announced that the MHB Recommendations regarding the BHS Budget for Fiscal Year 2020-21 was submitted to the Board of Supervisors prior to MHB approval, as recommended by the Executive Committee due to timeliness requirements.</p> <p>Ms. Lucas thanked Chair Arneill for her timely submission of the letter and recommended that future budget letters include a cost-benefit analysis of savings resulting from proactive investment in mental health services.</p> <p>Mr. Richter moved to approve the letter and Ms. Lucas seconded the motion. There was no public comment on this motion. Motion carried.</p>
<p><b>VIII. Follow-up on Timeliness Recommendation from MHB Report, "Performance of County Mental Health System, October 2019"</b></p>	<p>Chair Arneill reviewed the timeliness section of the MHB Report, "Performance of County Mental Health System, October 2019."</p> <p>Chair Arneill obtained data for calendar year 2019, which demonstrated that there were still challenges with most timeliness benchmarks based on that data. BHS has taken steps to improve compliance with timeliness requirements, including a Children's Redesign to improve access to mental health services. In addition, the Board of Supervisors approved \$44 million in MHSA funding for BHS to use in an Adult system of care refresh, to improve timeliness in the Adult system of care.</p> <p>Dr. Ryan Quist, Behavioral Health Director, reminded the MHB that the timeliness data has a lag time. For example, the October 2019 report used data from much earlier.</p> <p>Rob Kesselring, BHS Program Manager, outlined recent changes to the Mental Health Access process which have resulted in more timely access to services. Since April 13<sup>th</sup>, Senior Mental Health Counselors</p>

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	<p>at Access have been providing the first part of the assessment process over the phone, which has streamlined the time between service requests and the first service. Before this change, the average time to first service was 30 days. Since that time, 1113 Adults have been assessed, with 587 following up with outpatient treatment. The average time for Adults to receive an Access assessment was 1.4 days, with 19.1 days to outpatient treatment. Similarly, 1101 Children have been assessed during that time period, with 620 following up with outpatient treatment. The average time for Children to receive an Access assessment was 2 days, with 13.5 days to outpatient treatment.</p> <p>Ms. Bemis asked if the procedure made the difference or if more staff were hired to facilitate this improvement. Mr. Kesselring clarified that no additional staff were hired, and that the new assessment process resulted in this improvement. Dr. Quist explained that previously, outpatient providers would need to find a 2 hour time period on their schedules for each intake. Now that the assessments are started by Access, outpatient providers can see clients more quickly because they only need to find a 1 hour time slot.</p> <p>Ms. Maria Padilla-Castro asked how many clinicians provide these assessments at Access. Mr. Kesselring explained that 13-15 clinicians do assessments each day, resulting in 8-10 assessments per clinician per day. In addition, 8 administrative staff answer and route incoming calls. Dr. Quist clarified that BHS has set the standard that consumers should be seen within the first 14 days.</p> <p>Ms. Bemis asked if there are walk-in options for consumers. Mr. Kesselring stated that there are outstationed clinicians at several sites to provide walk-in mental health services.</p> <p>Ms. Bemis asked about the operating hours for Access. Mr. Kesseling stated that Access operates from 8:00 a.m. – 4:45 p.m., Monday – Friday, and that clinicians at the Mental Health Treatment Center answer calls 24/7 during the times that Access is closed.</p> <p>Chair Arneill asked about BHS strategies to improve timeliness from the time of outpatient assessment to psychiatric services. Dr. Quist clarified that the methodology in measuring timeframes for psychiatric services can be challenging, since most consumers are not immediately referred for psychiatric services, as other interventions are usually tried first. Mr. Richter asked what methodology would be preferred to obtain a more accurate measurement of timeliness on this issue. Dr. Quist stated that a more useful metric would be from the time of referral to psychiatric services, not from the time of the initial assessment.</p> <p>Ms. Rodriguez expressed concerns about consumers being able to articulate which services they need. Dr. Quist clarified that the purpose of the assessment is to determine what type of care the consumer needs, and that consumers would not need to specifically request psychiatric services.</p> <p>Ms. Asmelash and a community member asked about the availability of timeliness data for different demographic groups. Dr. Quist stated that he wasn't sure if the data is currently available with a focus on specific demographic groups, but that this data will be proiritized moving forward.</p>

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<b>IX. Presentation – Sacramento County Office of Patients’ Rights</b>	Meghan Stanton, Executive Director of the Consumer Self-Help Center, provided a presentation on patients’ rights in Sacramento County.
<b>X. Division of Behavioral Health Services</b>	<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 thanked Katherine Ferry for her work in Sacramento County. Katherine has continued to make our system better and we hope that she will always see herself as an advocate, even in her new role.</li> <li>• Counties across the state are experiencing challenges with ensuring that the behavioral health workforce is as racially and linguistically diverse as the population they serve. BHS is working with the State of California’s Office of Statewide Health Planning and Development (OSHPD) to address this issue. Under this program, the State will pay \$2 for every \$1 that the County commits to incentivizing culturally diverse individuals to join the behavioral health workforce.</li> <li>• A recent press release announced PEI program funding, in the amount of \$9.69 million, for organizations in Sacramento County working on prevention and early intervention programs. Dr. Quist highlighted the diverse populations that these programs will serve.</li> <li>• Approval for the African American/Black Community Trauma Informed Wellness Program has been scheduled for the Board of Supervisors meeting on Tuesday, August 11<sup>th</sup>.</li> <li>• Currently, counties need to opt in to Assisted Outpatient Treatment (AOT) under Laura’s Law. AB 1976 is proposed legislation that would require Counties to opt out of AOT and provide justification. This legislation was passed unanimously in the Assembly and is expected to pass in the Senate.</li> </ul>
<b>XI. Public Comment</b>	<p>Public Comment 1: Community member discussed being impressed with the Consumer Self Help organization going out to inspect board and care facilities to advocate for patients’ rights.</p> <p>Public Comment 2: Community member advocated for the continued need for mental health services for the African American/Black Community in Sacramento County, and thanked Dr. Quist for informing participants about the African American/Black Community Trauma Informed Wellness Program Board item on August 11<sup>th</sup>.</p> <p>Public Comments 3 - 5: Three additional community members seconded the comments made by Public Commenter #2.</p>
<b>XII. Adjournment</b>	Chair Arneill adjourned the meeting at 8:00 p.m.