

**Sacramento County
Behavioral Health Commission (BHC)
General Meeting Minutes
January 21, 2026**

Meeting Time

Wednesday, January 21, 2026
6:00 PM – 8:00 PM

Meeting Location

2200 Front St.
Sacramento, CA 95818

Meeting Invitees

- Behavioral Health Commission
- General Public

Attendance			
Behavioral Health Commission (BHC) Members			
Name	Attendance	Name	Attendance
Donald Scherschligt	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent	Judith Mummert	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent
Sarah Weber	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent	Jennifer Churchill	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent
Tyler Welter	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent	Bradley Lueth	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent
Ryan Raftery	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent	Laura Asay-Bemis	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent
Mykel Gayent	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent	Theresa Riviera	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent
Patricia Wentzel	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent	Javon Williams	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent
Cassidy Paige	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent	Rosario Rodriguez	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent
Corrine McIntosh Sako	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent	Emily Halcon	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent
Melinda Avey	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent	John Durbin	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent
Michael Grabow	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent		
County Staff to Behavioral Health (BHC) Commission			
Name	Attendance	Name	Attendance
JaQuay Butler	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent	Christopher Costa	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent

Agenda Item	Presenter
I. Welcome and Introductions	Chairperson Sarah Weber called the meeting to order at 6:00PM. Roll call was conducted and a quorum was declared.
II. Meeting Minutes Review	The December 2025 draft meeting minutes were reviewed and approved.
III. Behavioral Health Services Directors Report	<p>Dr. Ryan Quist provided updates across Behavioral Health Services (see attachment: Director's Report – January 2026).</p> <p><u>BHC Comments/Questions</u></p> <ul style="list-style-type: none"> • Commissioner McIntosh-Sako asked about the public comment timeline in the Integrated Plan (IP) approval process. <i>A draft IP will be submitted in March; DHCS will provide feedback and public comment will occur once this draft is posted.</i> • Commissioner Durbin asked whether the 83.81% figure in the Behavioral Health Bridge Housing projects section of the Director's Report referred to funding or bed-space capacity. <i>The figure reflects bed capacity. One site experienced challenges and the program is visiting the option of using double-occupancy rooms to increase utilization.</i>

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	<ul style="list-style-type: none"> • Commissioner Gayent asked whether the evaluation team had been assembled. <i>Yes.</i> • Commissioner Paige asked about available housing capacity, referral processes, and whether family-specific housing options will be available. <i>The HEART team is the initial point of contact for accessing available housing resources.</i> • Commissioner Wentzel requested an update on the changes to the hours of operation at the Mental Health Urgent Care Clinic (MHUCC). <i>As of December 2025, hours changed to 8:00 AM–12:00 AM (weekdays) and 8:00 AM–10:00 PM (weekends) due to low after-hours utilization.</i> • Commissioner Mummert noted that the Crisis and Justice Involved Committee meeting date changed to 2/5/2026 due to a holiday. • Commissioner Rivera asked whether names of Evaluation Committee members could be provided. <i>Names are not released to avoid potential influence.</i> • Chairperson Weber asked whether BHC members may participate on the Evaluation Committee. <i>Yes, but the current procurement review process has concluded; staff will follow up on future opportunities.</i>
<p>IV. Discussion Item/Action Item: Review and Approve Data Notebook</p>	<p>Chairperson Weber reviewed the California Data Notebook Survey, which is an annual requirement of the California Behavioral Health Planning Council.</p> <p><u>BHC Comments/Questions</u></p> <p><u>Motion</u> Commissioner Patricia Wentzel moved to approve the California Data Notebook Survey. The motion was seconded by Commissioner Jennifer Churchill.</p> <p><u>Public Comment</u> None</p> <p><u>Results</u> The motion passed with 17 votes, with Commissioners Riviera and Welter abstaining.</p>

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V. Discussion/Action Item: Review and Approve BHC Member Conduct Agreement	Commissioners raised concerns about the need for a Member Conduct Agreement. They decided to table the item and return to it at the retreat.
VI. Administrative Barriers to Behavioral Health Services	<p>A panel of behavioral health providers presented administrative barriers to accessing and delivering co-occurring services. Panelists represented Turning Point CORE, Telecare, River Oak Center for Children, AKUA Behavioral Health, and Stanford Sierra Youth & Families (SSYF).</p> <p>What is working well in your delivery of co-occurring services?</p> <ul style="list-style-type: none"> • Turning Point CORE: Onsite SUD counseling, weekly SUPT assessments, and the ability to request same-day assessments. • Telecare: Organization-wide training to ensure all staff are co-occurring capable by March. • River Oak: Comprehensive youth assessments, Seven Challenges counseling, and trauma-informed services. • AKUA: Full continuum of care, strong clinical collaboration, and weekly trauma-informed training. • Stanford Sierra Youth & Families: Integrated behavioral health and substance use services, with level-of-care assessments and Alcohol and Drug (AOD)counseling. <p>What challenges are you encountering?</p> <ul style="list-style-type: none"> • Turning Point CORE: Referral time frames; need for stronger cross-system relationships. • Telecare: Supporting families and clients through long recovery timelines and navigating natural supports. • River Oak: Referral support needs. • AKUA: Residential waitlists and limited Medi-Cal provider availability. • Stanford Sierra Youth & Families: Youth in FSPs often cannot meet Intensive Outpatient Program hour requirements; need for stronger cross-agency communication. <p>BHC Comments/Questions</p> <ul style="list-style-type: none"> • Commissioner Mummert asked whether Turning Point or Telecare planned to expand on-site Substance Use Disorder services similar to HOPE Cooperative. <i>No current plans are known.</i> • Commissioners Durbin and Avey invited panelists to the Adult Prevention & Treatment & Youth Prevention & Treatment committee meetings to continue the discussion. • Commissioner Churchill asked whether Turning Point’s Substance Use Disorder Counselors are registered and full-time, and whether Seven Challenges is facilitated by credentialed staff.

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	<p><i>Counselors are full-time and CADC-certified. Stanford Sierra Youth & Families and River Oak confirmed that Seven Challenges is facilitated by trained AOD counselors, mental health professionals, and a Certified Peer Advocate.</i></p> <ul style="list-style-type: none"> <p>• Commissioner Rodriguez asked what happens to youth who do not qualify for a program due to mental health needs outside the provider’s scope. <i>AKUA explained that as an adult provider, they refer youth to appropriate resources and ensure safe placement before discharge.</i></p> <p>• Commissioner Paige emphasized the importance of lived experience in recovery support and highlighted the challenges parents face when caring for youth with high-acuity needs who fall through service gaps. <i>Stanford Sierra Youth & Families noted that they have a Peer Support Specialist within the Resilient Youth Safe & Empowered Abode Program to support youth and families.</i></p> <p>• Commissioner Wentzel asked about challenges in stepping clients up or down through levels of care. <i>Providers reported that stepping clients down in care generally works smoothly but stepping clients up to higher-level or residential programs can be difficult due to limited availability and placement barriers. Youth programs noted that transitions occur through referral and can be adjusted as needs change, with some youth remaining in programs longer to ensure stability.</i></p> <p>• Commissioner Raftery asked panelists to estimate the percentage of justice-involved individuals they serve and how youth assessed at a residential level of care are supported when no residential programs are available. <i>Justice-involved representation varies by program, ranging from roughly 20% to nearly 100% depending on the population served. When residential programs are unavailable, providers coordinate with Sacramento County, conduct American Society of Addiction Medicine assessments, and work with the courts to determine appropriate placement.</i></p> <p>• Commissioner Riviera asked which languages each program is able to serve. <i>Providers collectively serve a wide range of languages through in-house multilingual staff, interpreter services, AI-supported translation, and County linguistic resources, ensuring language access across programs.</i></p> <p>Public Comment None</p>

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VII. Discussion/Action Item: Committee Membership and Participant Policy	<p>This item was tabled at the previous meeting and was brought back for discussion as previously recommended.</p> <p><u>BHC Comments/Questions</u></p> <ul style="list-style-type: none"> • Commissioner McIntosh-Sako emphasized the importance of equitable workload across committees and suggested considering smaller committee sizes to support quorum and respect members’ time and County resources. • Commissioner Wentzel recommended capping committee membership at four, noting the time commitment required and inconsistent attendance. • Commissioner Avey supports a cap of eight members, noting that an eight-person cap feels reasonable. <p><u>Motion</u> Commissioner Welter moved to set a cap of eight (8) members per committee which was seconded by Commissioner Churchill.</p> <p><u>Public Comment</u> None</p> <p><u>Results</u> Motion passed. All commissioners were present and voted in favor except Commissioners Wentzel, McIntosh-Sako, and Asay-Bemis, who abstained.</p> <p>Chairperson Weber noted that the Adult Prevention and Treatment Committee is full and reminded commissioners that openings remain on the Crisis and Justice Involved Committee and the Youth Prevention and Treatment Committee.</p>
VIII. Brown Act Presentation	<p>Christopher Costa, Supervising Deputy County Counsel, provided an overview of key Brown Act updates (see attachment: Brown Act Presentation – January 2026).</p> <ul style="list-style-type: none"> • Meetings must be open to the public with agendas posted in advance (72 hours for regular meetings; 24 hours for special meetings). • No action may be taken on items not listed on the agenda. • Public comment must be allowed before decisions. • Remote participation is permitted under updated rules for disability or just-cause circumstances, with limits and disclosure requirements. • All votes must be taken publicly.

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<p>IX. General Public Comment Public comments on matters not on the posted agenda (3 minutes per person)</p>	<p>Public Comment 1: The Vice Chair of the Behavioral Health Youth Advisory Board (BHYAB) provided updates on their policy brief, Youth Substance Use Prevention and Education, which will be presented to the Sacramento County Office of Education on February 13. The brief is informed by several months of data collection and youth listening sessions. BHYAB is also recruiting members ages 14–24 from Districts 1–5, except District 4, which is full.</p>
<p>X. Adjournment</p>	<p>Chairperson Weber adjourned the meeting at 8:25 PM.</p>