

Sacramento County Behavioral Health Commission Youth Prevention & Treatment Committee

May 2026 Meeting Minutes

Meeting Time

Monday, May 4, 2026
6:00 PM – 7:30 PM

Meeting Location

7001-A East Parkway
Sacramento, CA 95823
Conference Room 1

Meeting Invitees

- Youth Prevention & Treatment Committee
- General Public

Behavioral Health Commission (BHC) Youth Prevention & Treatment Committee Attendance

Present: Melinda Avey, Mykel Gaynet, Javon Williams

Absent: Cassidy Paige, Sara Weber

BHC County Staff/Liaisons Attendance

Present: Desiree Andres, Stephanie Dasalla, Kimberly Grimes, Melissa Herrera, Jamie Lathrop, Melissa Viscarra, Trevor Wallace

Absent: Sheri Green

Welcome and Introductions

Participants: Javon Williams, Melinda Avey

Meeting Logistics

Roll Call & Administration

- Chair Williams called the meeting to order at 6:03 PM.
- Roll call was conducted; quorum declared
- Remote participation: None
- March 2026 Meeting Minutes Approval: Minutes were generated and maintained by Behavioral Health Services staff as required by Article VI, Section 4, of the bylaws. No corrections were requested; minutes were deemed accurate and approved.

1. Public Comment on Matters Not on the Posted Agenda

Participants: Members of the Public

Public Comment

No public comment

2. Prevention 101

Presenters: Shari Egeland, Omni Youth

Presentation

Summary of Presentation

- Prevention focuses on reducing risk factors, strengthening protective factors, and involving the community.
- Uses data, evidence, and the Strategic Prevention Framework to guide assessment, planning, and long-term sustainability.
- Upstream approaches address root causes like environment, access, family influence, and

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community conditions.

- Youth substance use trends include vaping, mental health challenges, high-potency cannabis, and risk of fentanyl.
- Early use greatly increases addiction risk, so prevention emphasizes education, positive supports, and substance-free activities.

Committee Discussion about Presentation

- What trends are being seen: Schools are seeing fentanyl risks, cocaine (sometimes contaminated), vaping, and growing mental health concerns. Social media shows youth how to hide substances, increasing accessibility. Prevention efforts focus on teaching young people about brain development, showing brain-scan impacts, and explaining overdose and withdrawal signs. Messaging focuses on overall effects of all substances on mental health, not just one drug. Positive supports like mentorship, peer-to-peer programs, and youth-led events are highly effective.

Public Comment

No public comment

3. Chair Report/Announcements

Participants: Youth Prevention & Treatment Committee

Discussion/Action Item

Summary of Discussion

- Closing of George Washington Charter School and the impact on the youth.
- Youth are more open about mental health but face added pressure from social media, FOMO, and peers.
- Constant technology use affects learning and well-being, prompting more tech-free and outdoor school activities.
- Teens often worry about their younger siblings' exposure to harmful influences.
- Prevention focuses on overall well-being rather than individual substances, since trends change quickly.
- Youth-led events, mentorship, and peer support remain highly effective.

Public Comment

No public comment

4. BHS Updates

Participants: Stephanie Dasalla, Kimberly Grimes, Melissa Herrera

Discussion/Action Item

Summary of Discussion

- Substance Use Prevention, Treatment, and Recovery Services Block Grant (SUBG)
- Prevention application is underway with a May 20 deadline and a proposed \$7M annual

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allocation.

- New state allocation process, with 26/27 contract language due July 1, and work ongoing on monitoring tools and the Sober Living Environment (SLE) contracts.
- Resource binder (SUPT and Mental Health combine) is being aligned for the new commission; Jamie Lathrop and Melissa Viscarra will collaborate.
- Mental health and substance use are integrated in practice but separated in funding, creating challenges.
- Referrals are increasing (80 in April), with vaping still the biggest concern; staff are doing intervention work.
- A pilot MOU is moving forward to place onsite clinicians (Add where) and peers for screening, assessment, and linkage.
- Cocaine use is emerging alongside vaping;
- Justice-involved family supports and peer stories are being incorporated.
- BHBH is preparing to serve families at Grow Florin, including families experiencing housing instability.
- FSPW closed on 4/10 and is in the evaluation stage
- County-operated clinics are being trained in EMDR to expand access to this EBP.

Public Comment

No public comment

5. Future Agenda Items

Participants: Youth Prevention & Treatment Committee

Discussion

- Sheri Green presenting Suicide Data for June
- Resource Binder Review

Meeting Conclusion

Presenter: Chair Williams, Co-Chair Avey

Meeting Logistics

- Commissioner Announcements:
- Chair Williams adjourned the meeting at 7:36 PM.
- Recurring Meeting Schedule: First Monday of every Month, 6:00 PM – 7:30 PM (unless specified otherwise).

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For more information regarding the Sacramento County Behavioral Health Commission, please visit our website at [Behavioral Health Commission](#). If you plan to attend a meeting and need to arrange for an interpreter or a reasonable accommodation, please contact Gail Brosnan prior to the scheduled meeting at (916) 709-1653 or at BrosnanG@sacounty.gov.