

**Sacramento County
Mental Health Board (MHB) General Meeting Minutes**
November 1, 2023

Meeting Location
700 H Street
Sacramento, CA 95814

| Attendance | | | |
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| MHB Members | | | |
| Name | Attendance | Name | Attendance |
| Corrine McIntosh Sako, <i>Chair</i> | <input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent | Bradley Lueth | <input type="checkbox"/> Present <input checked="" type="checkbox"/> Absent |
| Paul Wagstaffe, <i>Vice Chair</i> | <input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent | Evan Minton | <input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent |
| William Cho, <i>Secretary</i> | <input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent | Maria Padilla-Castro | <input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent |
| Ryan Gallant | <input type="checkbox"/> Present <input checked="" type="checkbox"/> Absent | Theresa Riviera | <input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent |
| Mykel Gayent | <input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent | Mallika Walsh | <input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent |
| Supervisor Patrick Kennedy | <input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent | Patricia Wentzel | <input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent |
| County Staff to MHB | | | |
| Name | Attendance | Name | Attendance |
| Jason Richards | <input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent | Chris Costa | <input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent |

| Agenda Item | Discussion |
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| I. Welcome and Introductions | <p>Chair Corrine McIntosh Sako called the meeting to order at 6:03 p.m. A quorum was declared, introductions were made, and the Conduct Agreement was acknowledged.</p> <p>Mental Health Board Announcements</p> <ul style="list-style-type: none"> • Chair McIntosh Sako reminded members about the upcoming site visit at El Hogar (600 Bercut Drive) on November 6th, from 2pm-3pm. • The 2024 MHB Annual Retreat will be on Saturday, January 20th, from 9am-3pm, at 7001-A East Parkway, Sacramento. • County Counsel Chris Costa provided guidance for MHB members to refrain from attending subcommittee meetings unless they are part of that particular committee, to avoid potential Brown Act issues. • Mr. William Cho expressed an opinion on the approval process for a CWRT Committee member at the October General Meeting. Mr. Cho stated that the description of the candidate was vague and candidates should come in person to an MHB meeting to be evaluated. |
| II. Public Comment | <p>Public Comment 1: Community member introduced themselves as a gym owner who works with local schools to assist youth with mental health issues. This community member noted improvements in mental health for youth, using gym activities to help build confidence and feel better about themselves.</p> |

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| | <p>Public Comment 2: Community member discussed SB 43, which changes the definition of grave disability for the LPS Act and expands eligibility for conservatorship to members with substance use disorders, among other items. This member advocated for the deferral of implementation, as allowed by law, until January 1, 2026.</p> <p>Public Comment 3: Community member recommended that MHB members proactively educate themselves about the upcoming CARE Court implementation.</p> <p>Public Comment 4: Community member concurred with Public Commenter #1 regarding SB 45, and pointed out the potential danger of this item being used to detain homeless community members. Community member discussed the importance of the CWRT Committee being able to advise without the threat of intimidation or their personal lives being exposed by members of the law enforcement community.</p> <p>Public Comment 5: Community member encouraged the continued advocacy for Psychiatric Advance Directives in Sacramento County.</p> |
| <p>III. Consent Matters: Approval of Minutes</p> | <p>Mr. Paul Wagstaffe moved to approve the October General Meeting minutes and Ms. Patricia Wentzel seconded the motion. (All members voted Aye.) Motion carried.</p> |
| <p>IV. Division of Behavioral Health Services</p> | <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"> • Dr. Quist highlighted November observances, including Dia de los Muertos, Native American Heritage Month, International Stress Awareness Day, World Kindness Day, International Survivors of Suicide Loss Day, Transgender Day of Remembrance, and Methamphetamine Awareness Day. • Dr. Quist highlighted the on-demand Gender Identity and Expression training outlined in the Director’s Report, which are available to MHB members and the public. • Dr. Quist provided an overview of the competitive bid process for an upcoming FSP for justice-involved individuals. • The opioid settlement fund process has now closed. Awardees are planned to be announced within the week. • BHS is in the process of implementing outpatient programs for justice-involved individuals. These programs are known as Thrive initiatives. • The Bridge Housing contract with the State is complete and is planned to be executed any day now. • <u>SB 43</u> – Concerns expressed by community members are consistent with those expressed by CBHDA. SB 43 makes several significant changes to the state’s involuntary detention and conservatorship laws under the Lanterman-Petris-Short (LPS) Act, including: <ul style="list-style-type: none"> ○ Expanding the state’s “gravely disabled” criteria to allow for the involuntary detention and conservatorship of individuals on the basis of a standalone “severe” substance use disorder (SUD) or co-occurring mental health disorder and severe SUD; |

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| | <ul style="list-style-type: none"> ○ Expanding the definition of grave disability to include individuals who are unable to provide for their basic personal need for personal safety or necessary medical care; ○ Defining “necessary medical care” to mean care that a licensed health care practitioner determines to be necessary to prevent serious deterioration of an existing medical condition which is likely to result in serious bodily injury if left untreated; ○ Modifying hearsay evidentiary standards for conservatorship hearings to expand the array of testimony that can be submitted into conservatorship proceedings without requiring in-person cross examination; and, ○ Requiring counties to consider less restrictive alternatives such as Assisted Outpatient Treatment and Community Assistance, Recovery, and Empowerment Court in conducting conservatorship investigations. ○ SB 43 also expands reporting requirements to align with the new criteria and allows counties to delay implementation until January 1, 2026. <p>Dr. Quist acknowledged that definitions, policies, and standards associated with SB 46 would need to be clarified in order to implement this initiative. No information yet on the County’s official position. More to come.</p> <ul style="list-style-type: none"> • Dr. Quist confirmed support of Psychiatric Advance Directives in terms of being something that Sacramento County could identify and comply with. BHS looks forward to continuing to have conversations on how we can educate and disseminate the availability of this resource to our community, with more information coming soon. • The Behavioral Health Services Act was passed by the legislature and signed by the governor, and will be on the March 2024 ballot as Proposition 1. Dr. Quist will comment more on this topic after confirming with County Counsel what the Behavioral Health Director can and cannot say regarding pending legislation, to comply with lobbying/campaigning rules as a representative of the County. |
| <p>V. System Partner Updates</p> | <p>No announcements were made.</p> |
| <p>VI. Mental Health Board Business</p> | <p>Discussion/Action Item: MHB Member Email Accounts</p> <ul style="list-style-type: none"> • Dr. Jason Richards, BHS Program Planner, reviewed options provided by Sacramento County Department of Technology (DTech) for MHB email accounts. <ul style="list-style-type: none"> ○ <u>Option 1</u>: DTech would create County email accounts and a distribution list for MHB members. MHB members must access their emails through outlook.com. The cost would be \$385 per person, per year, and would be paid by BHS. The ongoing workload of creating/removing MHB email accounts would fall to BHS and DTech staff. ○ <u>Option 2</u>: MHB members would create separate standardized personal email accounts (e.g., gmail), to keep their MHB-related emails separate for the purposes of Public Records Act requests, etc. DTech would create |

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| | <p>County distribution lists using those email addresses. There would be no cost for this option.</p> <ul style="list-style-type: none"> • Mr. Cho advocated for County email addresses as a way to professionalize the MHB. Mr. Cho noted the importance of separating business and personal emails, and reminded members that a judge may compel production of personal email accounts if emails are not separated. <ul style="list-style-type: none"> ○ Public Comment #1: Community member advocated for standardized Gmail accounts. No other public comments were made. • Chair McIntosh Sako moved to approve Option 2, and Ms. Mallika Walsh seconded the motion. (Chair McIntosh Sako, Mr. Minton, Ms. Walsh, and Ms. Wentzel voted Aye. Mr. Wagstaffe, Mr. Cho, Mr. Gayent, and Ms. Riviera voted No. Ms. Padilla-Castro and Supervisor Kennedy abstained.) Motion was not carried. • Mr. Cho moved to approve Option 1, and Mr. Gayent seconded the motion. (Mr. Wagstaffe, Mr. Cho, Mr. Gayent, and Ms. Riviera voted Yes. Chair McIntosh Sako, Mr. Minton, Ms. Walsh, Ms. Wentzel, and Ms. Padilla-Castro voted No. Supervisor Kennedy abstained.) Motion was not carried. <p>Discussion/Action Item: MHB Member Bios & Photos posted on MHB webpage</p> <ul style="list-style-type: none"> • Chair McIntosh Sako discussed the possibility of MHB members posting short biographies and photos to the MHB webpage. • Ms. Wentzel moved that MHB members post bios and photos to the MHB webpage on a voluntary basis, and Mr. Minton seconded the motion. (Mr. Cho and Ms. Riviera abstained. All other members voted Aye.) Motion carried. <ul style="list-style-type: none"> ○ No public comments were made. <p>Discussion/Action Item: Approve Discontinuation of Written MHB Committee Reports and Utilize MHB Committee Meeting Minutes as Recorded by BHS Staff Support Person as Replacement</p> <ul style="list-style-type: none"> • Chair McIntosh Sako discussed the possibility of discontinuing the requirement for MHB Committee Chairs to submit written reports, since BHS staff create and post minutes to report on those meetings. <ul style="list-style-type: none"> ○ Mr. Cho advocated for the continuation of committee reports, to provide context outside of the minutes. Mr. Cho stated his belief that this change was initiated by the Chair due to a personal conflict that she has with Mr. Cho. ○ Chair McIntosh Sako reaffirmed that the reason for this item was to address duplication of efforts, as BHS staff summarize committee information in the minutes. ○ Chair McIntosh Sako reminded Mr. Cho that the conduct agreement encourages members to use respectful language, to focus on issues, and to be mindful of other members' feelings. Ms. Riviera and Ms. Wentzel concurred. ○ Mr. Wagstaffe discussed the importance of minutes being approved by the governing body and not just the person writing the report. • Mr. Minton moved to discontinue the requirement for written committee reports, and Mr. Wagstaffe seconded the motion. (Mr. |

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| | <p>Cho voted No. Supervisor Kennedy abstained. All other members voted Aye.)</p> <p>Liaison Reports Written liaison reports were provided for the Alcohol and Drug Advisory Board and MHSA Steering Committee.</p> <p>Committee Reports Written committee reports were provided for the Adult System of Care Committee, Children’s System of Care Committee, Executive Committee, and Community Wellness Response Team Advisory Committee.</p> <p>Election of Officers for Calendar Year 2024 Chair McIntosh Sako reviewed MHB officer roles and election procedures. Elections proceeded as follows:</p> <ul style="list-style-type: none"> • Chairperson <ul style="list-style-type: none"> ○ Ms. Padilla-Castro nominated Chair McIntosh Sako ○ Votes: <ul style="list-style-type: none"> ▪ Chair McIntosh Sako (Mr. Cho voted No. Ms. Riviera abstained. All other members voted Aye.) • Vice-Chairperson <ul style="list-style-type: none"> ○ Ms. Wentzel nominated Ms. Padilla-Castro ○ Votes: <ul style="list-style-type: none"> ▪ Ms. Padilla-Castro (Mr. Cho and Ms. Walsh voted No. Mr. Gayent and Ms. Riviera abstained. All other members voted Aye.) • Public Interest Secretary <ul style="list-style-type: none"> ○ Ms. Padilla-Castro nominated Mr. Minton ○ Votes: <ul style="list-style-type: none"> ▪ Mr. Minton (Mr. Cho voted No. Ms. Walsh abstained. All other members voted Aye.) • Final Election Results: <ul style="list-style-type: none"> ○ Chairperson: Dr. Corrine McIntosh Sako ○ Vice-Chairperson: Ms. Maria Padilla-Castro ○ Public Interest Secretary: Mr. Evan Minton |
| <p>VII. Discussion/Action Item: Review and Approve Data Notebook</p> | <p>MHB members reviewed the 2023 Data Notebook, which is distributed by the California Behavioral Health Planning Council to collect information from California counties on an annual basis (Handout #20).</p> <p>MHB members thanked BHS managers for collecting and presenting this data.</p> <p>Ms. Riviera suggested that future data notebooks include the topic of outreach for rural communities. Ms. Riviera and Chair McIntosh Sako affirmed Dr. Quist for BHS’s continued efforts in this regard.</p> <p>Ms. Wentzel suggested that a question be added in the future about whether MHB meetings are in-person or hybrid.</p> <p>Mr. Minton suggested that more breakdown of outreach demographics be provided.</p> |

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| | <p>Mr. Wagstaffe suggested that information be added regarding co-occurring disorders.</p> <p>Public Comment #1: Community member thanked BHS and the MHB for thoughtful consideration of the Data Notebook and the thoroughness of answers presented. This community member discussed law enforcement's history of withholding data. This community member advocated for higher pay for County peers.</p> <p>Public Comment #2: Community member suggested that information be included in the Data Notebook regarding substance use treatment.</p> <p>Public Comment #3: Community member suggested that information be included in the Data Notebook regarding co-occurring disorders and how success is measured.</p> <p>Ms. Wentzel moved to approve the 2023 Data Notebook including the feedback provided above, and Ms. Walsh seconded the motion. (All members voted Aye.) Motion carried.</p> |
| VIII. Adjournment | Chair McIntosh Sako adjourned the meeting at 8:46 p.m. |

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