

**Sacramento County Mental Health Board
Children’s System of Care (CSOC) Meeting
MINUTES – IN PERSON MEETING, HYBRID PARTICIPATION OPTION
Tuesday, October 22, 2024
2:30 PM – 4:00 PM**

Members Present: Corrine Sako, Theresa Riviera, Maria Padilla-Castro, Kesha Harris (Staff: Glenda Basina)

Agenda Item
<p>I. Welcome and Introductions</p> <ul style="list-style-type: none">• Introductions• <u>Acknowledgement of Conduct Agreement</u>• Announcements by MHB CSOC Committee Members <p>Chair Sako commenced the meeting at 2:35pm, introductions were made and the Conduct Agreement acknowledged.</p> <p>Chair Sako announced presenter for Item 4 today had a schedule conflict so no presentation.</p>
<p>II. Public Comments Relating to the Sacramento County Behavioral Health Services Children’s System of Care – Items Not on Agenda</p> <p>No public comment.</p>
<p>III. Presentation and Roundtable Discussion on The Source, a Program of the Sacramento Children’s Home</p> <p>Dan Douglas from Sacramento Children’s Home introduced himself and spoke about The Source, a mental health crisis response/call center, 24/7/365. An actual person reached anytime day/night. Have 4 different staff, mental health rehab specialist, clinicians, certified youth mentors and certified family partners. All youth under age 26 in Sacramento County are eligible. A caregiver of youth can call. Phone support and in person response available. Priority is to foster youth. Objectives/goals of program is to reduce hospital and unnecessary psychiatric utilization. Early prevention intervention. Reduce contact with law enforcement, CPS involvement. Increase outreach education. Assists with links/referrals. Interventions level of care assessments, crisis stabilization plan, connect to services, mediate, peer support. Also support for caregivers. Chair Sako asked if transport is provided. Per Dan, can but usually not necessary. Able to transport to mental health clinic. Referrals/advocacies always updating resources. Coordination of linkage. Support clients for afterhour clinics. MediCal clients emailed to clinics so no one slips through. Youth and caregiver have a voice. Monthly youth events for a fun normative event (baseball, museums, etc) for foster youth. Eblasted/flyers out. Member Padilla-Castro asked if youth are asked what types of events to do. Per Dan, they speak with Youth advocates. They also do caregiver support group monthly; coaching, provide resources, feedback, support, free meal, yoga, massage vouchers. Deals with high-risk situation. If weapon, or took pill, informs to call 911. If imminent, will call law enforcement/EMS. They’re there for intervention. Imminent calls about 2-3 per week. To contact The Source, call, chat or text to 916-Support also on FB Instagram, TikTok. Have social media cards for kids to follow. Not much contact on social media. More text and chat.</p>

Chair Sako. Inquired on average call/text/chat per week. According to Dan, hard to say between 15-25 a day. Member Padilla-Castro asked what time of day? Per Dan, 1-9pm peak. Member Padilla-Castro asked where they were located. Dan responded that they're working out of Sacramento Children's Home on Sutterville since 2019 with some state funds.

Member Harris asked about their outreach and how many children attends; if it's the same kids or if they vary. Per Dan, some of the same come and also have some random people. Numbers vary. 20 youth to 60-70 depending on event. For outreach, built out email list of people who want them. 75% of staff are minorities. Staff do great job. Feedback for outreach mentioned going out to providers to share. Need to extend beyond. Rhapsody mentioned they also reach out to schools throughout the county so they know The Source. They also do quarterly crisis trainings for caregivers and anyone in the public can attend. Outreach is pretty wide. Once a year a phone call to school for interest to present to staff. Considering presenting to an assembly. Member Padilla-Castro asked if presented at school board meetings. If at school board hits all schools. Dan doesn't think so. Have done resource fair. Have good relationship with law enforcement to be there to be able to provide service. Member Riviera suggested to contact/present to Sacramento County Community Review Commission. Also inquired on location of youth event. Per Dan, North Highlands, Carmichael, South Sacramento. They're mindful of location to make it successful. Member Riviera asked about Galt. Dan responded that an effort is done there once a year, though not much calls from there. Member Riviera suggested to advertise via radio, tv commercial. Outreach is important and need to be out there. Reach out to radio stations to get message out. Chair Sako mentioned a great idea for site visit. Member Harris outreach to neighborhood association is great and asked if there's a dedicated outreach team. Per Dan, they have one individual tasked but shared by everyone in the team. The call center, crisis response and outreach are shared by staff. Member Riviera also suggested youth centers. Member Padilla-Castro thanked Dan, The Source for all the work they've done, and gratitude goes out to everyone. It's tough work. Asked what they do for themselves/staff for selfcare. According to Dan, they ask for update from staff, acknowledgement, feed them well, limits on vacation accumulation - need to take time out. Chair Sako asked, since inception what marketing/referral strategy most effective? If commercial tv, radio or billboards. Dan responded that the most effective is the MH providers, school counselor, therapist have been number one. Someone with trust. Per Dan, not a ton of calls from schools. Mostly at home. Chair Sako asked how this committee can support The Source. Per Dan, creative outreach any events, community based. Always looking to get their nose in. Let them know of big group who can be a consumer. Any youth, mental health family based to reach. Member Padilla-Castro asked about Afghan community. Per Dan, they have worked with this community. Call 916-support or email him at Daniel.Douglas@kidshome.org. Chair Sako thanked Dan for his presentation.

IV. Presentation and Roundtable Discussion on Pacific Clinics Programs and Services for Sacramento County Youth

No presentation.

V. Discussion/Action Item: Take Action on Scheduled November & December 2024 MHB CSOC Committee Meetings

Chair Sako for this item, looking to come to consensus if to proceed or go dark until next year? Member Harris suggested site visit in place of meeting. Chair Sako supports idea. Maybe difficult to get people present during holidays. Member Padilla-Castro prefers to go dark. Member Riviera asked what if unable to attend site visit? Per Chair Sako, site visits are not considered a meeting, so quorum is not required. Member Harris motioned for site visits in lieu of meeting, seconded by Member Riviera. Committee voted. Motion passed with a no vote from Member Padilla-Castro.

Chair Sako mentioned to stay tuned for emails.

VI. Adjournment

Chair Sako adjourned the meeting at 3:37pm.