

Sacramento County Mental Health Board
Community Wellness Response Team (CWRT) Advisory Committee
ANNOUNCEMENT – IN PERSON MEETING
HYBRID PARTICIPATION OPTION
Tuesday, May 14, 2024
6:00 PM – 8:00 PM

Members Present: Katie Houston, Kaino Hopper, Severine Hollingsworth, Elijah Orr, Sarina Rodriguez (staff: Korlany Roche)
Absent: Mykel Gayent, Adam Wills, Corrine Sako

Agenda Item

I. Welcome and Introductions

- Introductions:
 - Committee Members
 - CWRT Partners
 - Review [MHB Conduct Agreement](#)
 - Announcements by CWRT Advisory Committee Members
-
- Co-Chair Houston commenced the meeting at 6:02pm. Introductions were made and MHB Conduct Agreement was reviewed.
 - No Announcements.

II. Public Comments related to the Community Wellness Response Team (CWRT)

- Public Comment #1: Regarding the vacant MHB position on CWRT, the Committee should consider a consumer who has the ability to bring lived experience as vital to overseeing this program. This person would be best to advocate from the perspective of having lived experience with mental illness and substance use disorder. With CWRT having the ability to do 5150s, it would be best to have someone who sees CWRT as a viable program and that this person doesn't endorse the current paradigm of incarceration. I hope you take this into consideration during your process of selecting a new board member.
- Public Comment #2: Previous commentor stated eloquently that it is important that the Board represents the experience of individuals that are taking advantage of 988 and CWRT services. I am a family member and my son is currently incarcerated and suffers from Schizophrenia. My many years of experience of attempting to get him help so that he could avoid the situation he is currently in. I ask you to consider seriously appointing individuals on the Board who have lived through these experiences as a consumer and someone who has the experience of a family member. We understand the difficulties of people suffering through mental illness and substance use. I hope this is helpful in your decision making process.

III. Action Item: Consider Melinda Avey's Nomination to CWRT Advisory Committee to a Mental Health Board Member Seat

- Co-Chair Houston received information via email; other members might not have received the same information.
- Member Hopper stated she likes Melinda and takes to heart the comments that were made by members of the public. Having been part of the formation of this committee, the intent to have representation from different members of the committee would be the consumer position that she would be filling. This position has brought us a lot of diversity and depth. From my own personal experience, I am a family member of someone who has mental illness and serious substance use and is currently incarcerated. This part of the composition of this board is vastly important to me and that it is loud, clear and safely delivered so that we can hear those circumstances and the dilemmas that are faced. We need that direct voice and my first hope is that we get someone who has been there. I would offer to suspend this for a month and see if there is an appropriate consumer.
- Member Hollingsworth would like to confirm that we have bylaws to have lived experience to be on the Board. This Board is comprised of members that have lived experience with law enforcement involvement. Any member should have lived mental health experience. We need to table it and propose to have an interview with Melinda.
- Co-Chair Houston: we can schedule an interview if we have questions about Melinda's experience.
- Member Hopper motioned to table this item, with a second by Member Hollingsworth. A unanimous

vote to table this item until June was called.

- Co-Chair Houston: in that time we'll reach out to schedule a time to answer questions.

IV. Discussion Item – “How Would You Define Community Safety?” by Community Corrections Partnership Advisory Board (CCPAB)

- Tamara Lacey representing CCPAB. The CCPAB assists the County in developing its annual Public Safety Realignment (AB 109) Plan update. One of the goals of the County's AB 109 Plan is to maintain and improve community safety. To ensure that the County measure success in achieving its goal, it recognizes that it must first develop a definition of “community safety.” The CCPAB desires to ensure that there is ample community input into the process of developing this definition. The Safety Survey is attached to the minutes.
- Contact Laura Foster for any feedback regarding the survey questions. FosterL@saccounty.gov or 916-874-2797.
- Questions from the survey can be answered online; however, we would like to go through each question to ensure it is inclusive. Are there any questions about the questions, or concerns?
- Member Hollingsworth: regarding question number 7, the question is very vague. What do you mean by being involved with the justice system? That question needs to be clarified.
- Member Rodriguez: regarding their neighborhood, is that the primary concern? How would you define community? It is our Sacramento County community, which can include workplace safety. Answer how would you define community for yourself.
- Member Kaino: is there a word count limit to the survey. There is no limit. What does community safety mean to you? How will this be researched, whether qualitative, anecdotally or quantified? Write down whatever comes to your mind and may decide to edit or refine it. Fill out the survey based on how you are feeling in the moment, it is a point in time information that is being gathered. There will be an overlay of responses from the various committees – just be genuinely honest and we will spread that message on your behalf. Appreciate you considering us as stakeholders in this process. We aren't asking about language that may be important. Laura worked with Mary Nakamura to ensure the survey is inclusive of language.
- Survey is due May 20th and may extend it because we are wanting to hear from cross-sections of our community so that we have time to get the information to organizations and individuals. If anyone wants us to take this to other meetings, let us know.

V. Presentation: Sacramento County Community Health Improvement Plan (CHIP)'s Goal related to Mental Health

- Tim Choi, Program Planner with County Public Health, presented on the CHIP. Presentation is attached to the minutes.
- Recently presented at the Human Services Coordinating Council and Public Health Advisory Board.
- Co-chair Houston: which year is the project into? We are 6 months in. It will take us into June 2025. Where are you hoping to get future funding? There are multiple opportunities – if we can show the type of intervention and it is successful, we can possibly get funding through MCPs. Housing funding is used for developing new structures. In the domain of eviction funds, suggest dropping in to the Carol Miller Justice Center to eviction court and see the speed at which the process moves. We would like to look at the mechanisms to prevent or reduce evictions and propose a cost proposal.
- Member Hollingsworth: without housing, it doesn't matter about mental health. Why don't you focus on housing? If you can keep housing, that would be priority. Advocate for 5-day delays between hearings that will have positive benefits and fair for landlords. Appreciate the focus on mental health. 211 is gathering data and calls have skyrocketed around housing and evictions. Is there a way to circulate information back to 988 to ask about housing status and offer more solutions and resources for housing? What are the mechanisms to have in place to address housing and efficient pathways to do it and explore intersection where they can exist together.
- Member Rodriguez: how can this board serve you? Building up that support, we need to enumerate the eviction crisis.

VI. Discussion: CWRT Program Implementation, Including Data & Response Outcomes

- a. Sacramento County Behavioral Health Services CWRT**
- b. 988/WellSpace Health**
- c. Bay Area Community Services (BACS)**

d. 5/13/24 CWRT Program Update here:

<https://dhs.saccounty.gov/BHS/SiteAssets/Pages/Community-Wellness-Response-Team/CWRT%20Timeline%20April%202024.pdf>

Alondra/BHS

- We are at call 400. There has been an increase in call volume.
- Shared a program called Never a Bother through the CA Department of Public Health. People taking the call are teenagers so they can relate. Website: NeveraBrother.org.

Terri/WellSpace

- Shared success story: A young adult called in a crisis due to the recent break-up of a relationship and was feeling suicidal. The caller had not engaged in self-harm or made an attempt yet and was requesting assistance. The Response Team met with the caller and helped the caller prioritize their mental health and seek further assessment to prevent the caller from acting on their suicidal feelings. The caller voluntarily went to the health care provider's emergency room in order to remain safe. During the follow-up call from the Team, the caller stated, "You guys really saved my life. If you hadn't have come out to see me, I don't know what I would have done. The doctor in the Emergency Room was great and helped me a lot." The caller sounded upbeat, had identified better coping skills, and has a plan to move forward in life.
- In April we had 1,550 calls. 61 referrals, there were only 4 missed opportunities due to either team being out or lunch. 96% of calls were resolved over the phone.

Harjit/BACS –

- Shared success story: CWRT received a call from a community member calling of concerns about her adult son living in the home. She called 988 due to her son's escalated and aggressive behavior – reporting she wanted someone to come out and remove her son from the home to place him in a facility. When the team arrived, they found the son was not currently presenting as aggressive and the mother presenting as overwhelmed, frustrated and exhausted. She shared of a recent family death and that her adult son is autistic – nonverbal with some periodic aggressive behaviors. She shared that his father died last year in a tragic accident, and she is just reaching a tipping point today. CWRT spent time with this mom validating her feelings and recent challenges. After initial de-escalation of the mother, they engaged her in exploring self-care and affirmations of her own strengths. CWRT team was able to identify and confirm the adult son's existing service providers and upcoming appointments in order to support the mother in identifying existing layers of support available to her. The mother was able to create a plan for herself, as well as strategies to utilize next time her son becomes aggressive. Mom thanked the team for the support and confirmed her upcoming appointments with existing services.

Member Comments:

- Member Hollingsworth asked whether individuals can be taken to MHUCC – yes, but individual had private insurance and it was appropriate to go to their health plan's emergency room.
- Member Hollingsworth – shared that her friend was de-escalated after calling 988. Appreciate the work that CWRT does.
- Co-Chair Houston – shared that her school has a system that monitors the internet activity of students and sometimes we get flags about students who are looking up ways to harm themselves. The system takes screen shots of what is happening. One student got a bad grade and the next screen shot was how to kill themselves. The next screen shot showed the student was calling 988, and then last screen shot was back to doing homework. The progression of the screen shots showed that 988 helped the student.
- Houston – read comments that were emailed and would like these to be addressed:
 1. From 4/16/24: "I got a call today from someone who had a friend who had called 988 and the CWRT came out to see her son who is living in a non-functional vehicle and has been refusing to eat for several weeks. The team that came out on Friday talked to the individual and told the family they were writing a report that would be submitted to someone (the family didn't know who) and told the family there would be a follow up call to them on Monday morning. No one called them. They tried calling 988 and were told that 988 couldn't reach CWRT by phone – that they didn't answer and that there was nothing 988 could do for them unless the person called for himself."
 - Alondra was unable to locate this call from 4/16/24. We will have to check the phone logs from 988 and follow up.
 2. I had direct involvement with referring someone to call CWRT who had reached out expressing concern regarding loved ones – they called the direct CWRT line at 7:25pm on 4/19/24 (they were initially referred to 988 and were uninterested in going that route), spoke to someone for 5 minutes, and was told that they would be going out the family. This community advocate reached out to me the next morning to report that the family said no one ever showed.
 - Alondra shared the team followed up via phone and they declined to respond by phone

and in person because they had family there to support.

3. On 5/1/24, a man called CWRT regarding someone at McKinley Park that was in distress and was told by the CWRT representative that they would not come out due to the caller not being able to report the individual in distress' name.

- Alondra shared our protocol is to gather the individual's name to enter into the EHR, but leadership is trying to reach back out to the third party caller and trying to give back information.
- Co-Chair Houston – kids that have used 988 say that the surveys are discouraging because it takes so long to do that part before they get to a person. The text intervention can last between 1 hour to 2 hours from the entire process. Terri - we will use the feedback – this is regarding the chat feature. It's not something that Sac County that developed but will look into it.
- Alondra: appreciate the success stories and challenges. We appreciate the trust that is building. Thank you for the feedback.
- Member Hollingsworth: regarding marketing – why don't we have every Sacramento County provider have a graphic and should be in every bathroom stall. 988 in the schools, counselor's office, needs to be in every public space.
- Terri: we have our community engagement worker who will be able to bring them supplies. For example, court house, any public building.

VII. Adjournment

Next CWRT Advisory Committee Meeting Scheduled for Tuesday June 11, 2024 6pm-8pm

Co-Chair Houston adjourned the meeting at 7:52 pm.

Defining Community Safety Survey

Sacramento County's Community Corrections Partnership Advisory Board (CCPAB) assists the County in developing its annual Public Safety Realignment (AB 109) Plan update. One of the goals of the County's AB 109 Plan is to maintain and improve community safety. To ensure that the County can measure success in achieving this goal, it recognizes that it must first develop a definition of "community safety." The CCPAB desires to ensure that there is ample community input into the process of developing this definition.

Participation in this survey is voluntary and all information shared will remain anonymous. Thank you for anything you are willing to share!

Questions

1. How would you define "Community Safety"?
2. What is one (1) thing that contributes to you feeling safe in your community?
3. What is one (1) thing that contributes to you feeling unsafe in your community?
4. If you could do one (1) thing to make your community a safer place, what would that be?

Prefer to Complete the Survey Online?
Visit <https://tinyurl.com/CCPSafetySurvey>
or scan the QR Code.



Demographic Questions (Optional)

5. **How did you learn about this survey?** (Check all that apply.)

- Community Corrections Partnership Advisory Board
- Alcohol and Drug Advisory Board
- Community Planning Advisory Council (Please Identify which CPAC Under "Other")
- Community Review Commission
- Community Wellness Response Team Advisory Committee
- Disability Advisory Commission
- Mental Health Board
- Public Health Advisory Board
- Public Safety and Justice Agency Advisory Committee
- Other: _____

6. **Please provide your Zip Code:** _____.

7. **Do you have lived experience with the justice system?**

- Yes
- No

8. **What is your current age?**

- Under 18
- 18-24 Years Old
- 25-44 Years Old
- 45-64 Years Old
- 65+ Years Old

9. **Which of the following best describes your ethnicity?** (Check all that apply).

- Asian
- Black or African American
- Hispanic/Latinx
- Native American or Alaskan Native
- Native Hawaiian/Pacific Islander
- White or Caucasian
- Multiracial or Biracial
- Prefer Not To Answer
- Other: _____

10. Which of the following best describes your gender identity? (Check all that apply)

- Agender
- Woman
- Man
- Non-Binary
- Genderqueer
- Genderfluid
- Transgender Woman
- Transgender Man
- Two-Spirit
- Questioning or Unsure
- Prefer Not To Answer
- Other: _____

11. Personal History (Check all that apply)

- Disability/Physical Health Condition or Illness
- Financial Instability (Poverty)
- Gang Affiliation
- Housing Instability (Homelessness)
- Juvenile Dependency (Foster Care)
- Juvenile Justice System Involvement (Juvenile Hall)
- Mental Health Condition or Mental Illness
- Significant Trauma (Child Abuse, Sexual Abuse, Domestic Abuse, etc.)
- Military Service/Veteran
- Substance Use
- Victim of a Crime
- Other: _____

Thank you for sharing your opinions and experiences!

Your responses are helping Sacramento County's Community Corrections Partnership Advisory Board (CCPAB) develop recommendations to improve the County's AB 109 Public Safety Realignment Plan. This plan supports the programs and services that will best improve and maintain community safety, reduce use of jail housing, and reduce recidivism. To learn more about Sacramento County's CCPAB, please visit

<https://saccoprobation.saccounty.gov/Pages/CCPAB.aspx>.

SACRAMENTO COUNTY



**PUBLIC
HEALTH**

Promote • Prevent • Protect



**PUBLIC HEALTH
ADVOCATES**

Sacramento County

COMMUNITY HEALTH IMPROVEMENT PLAN

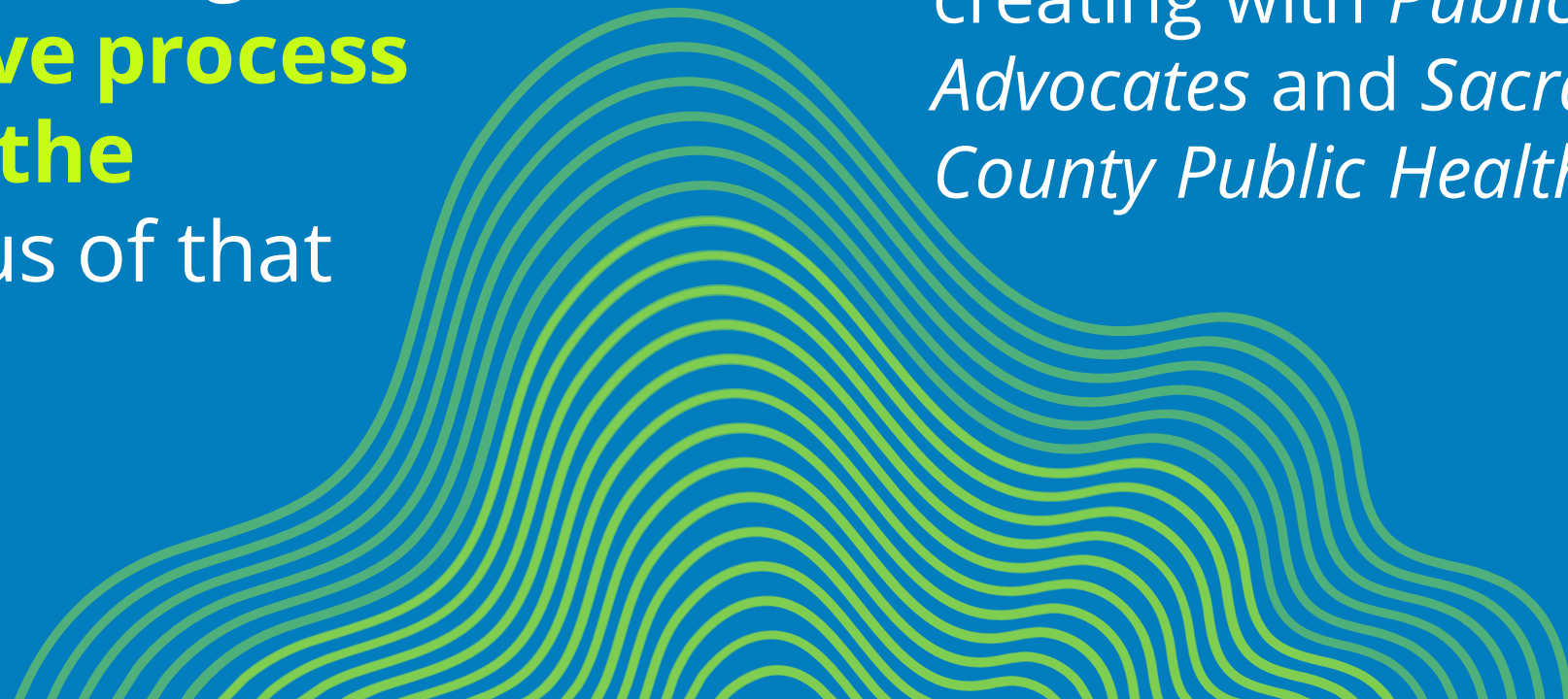


CHIP OVERVIEW

Systematic Effort

- Define the **vision** for the health of the community through a **collaborative process** to **improve the health** status of that community

- Happening in health jurisdictions all around the **country**
- **Community partners** co-creating with *Public Health Advocates* and *Sacramento County Public Health*





VISION

Building **healthy communities** where all residents have the **resources** to be healthy, a **voice** in shaping their future, and **the ability to remain** in their community as it improves.



PRINCIPLES

Nothing about us without us

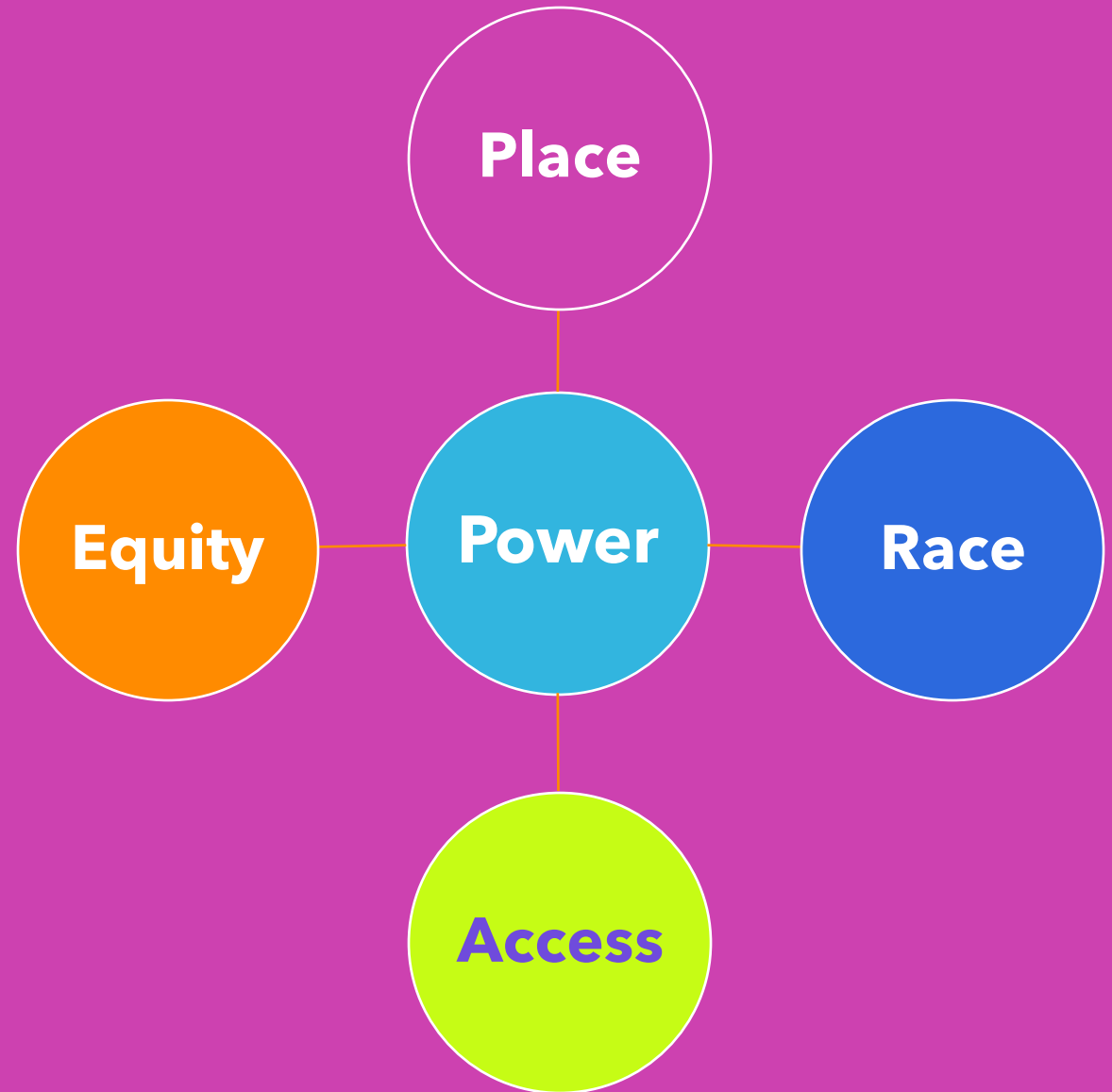
Mile deep, inch wide

Moving at the speed of trust

Building on strengths

CHIP LENS

Conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks

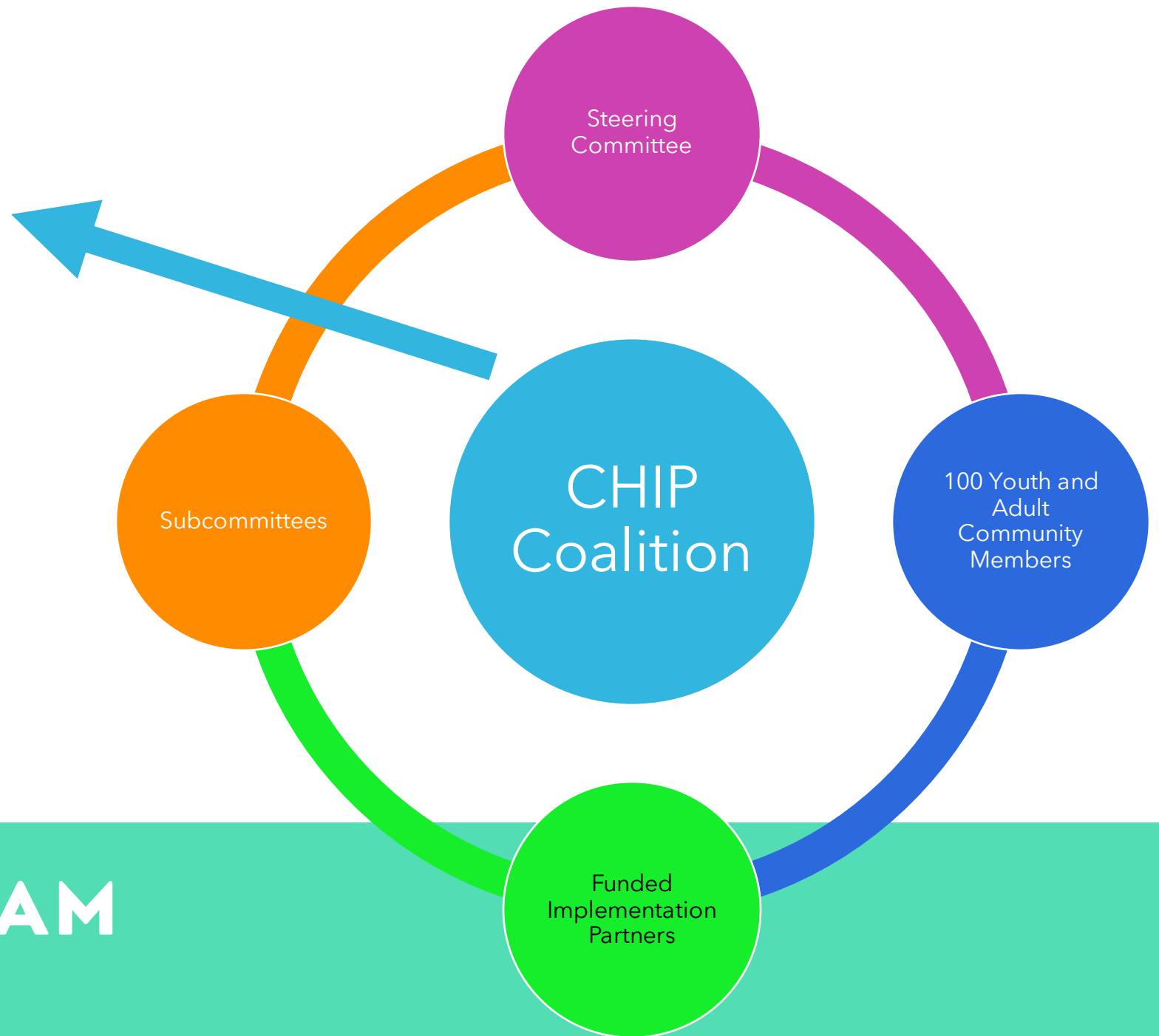




THE CHIP TEAM

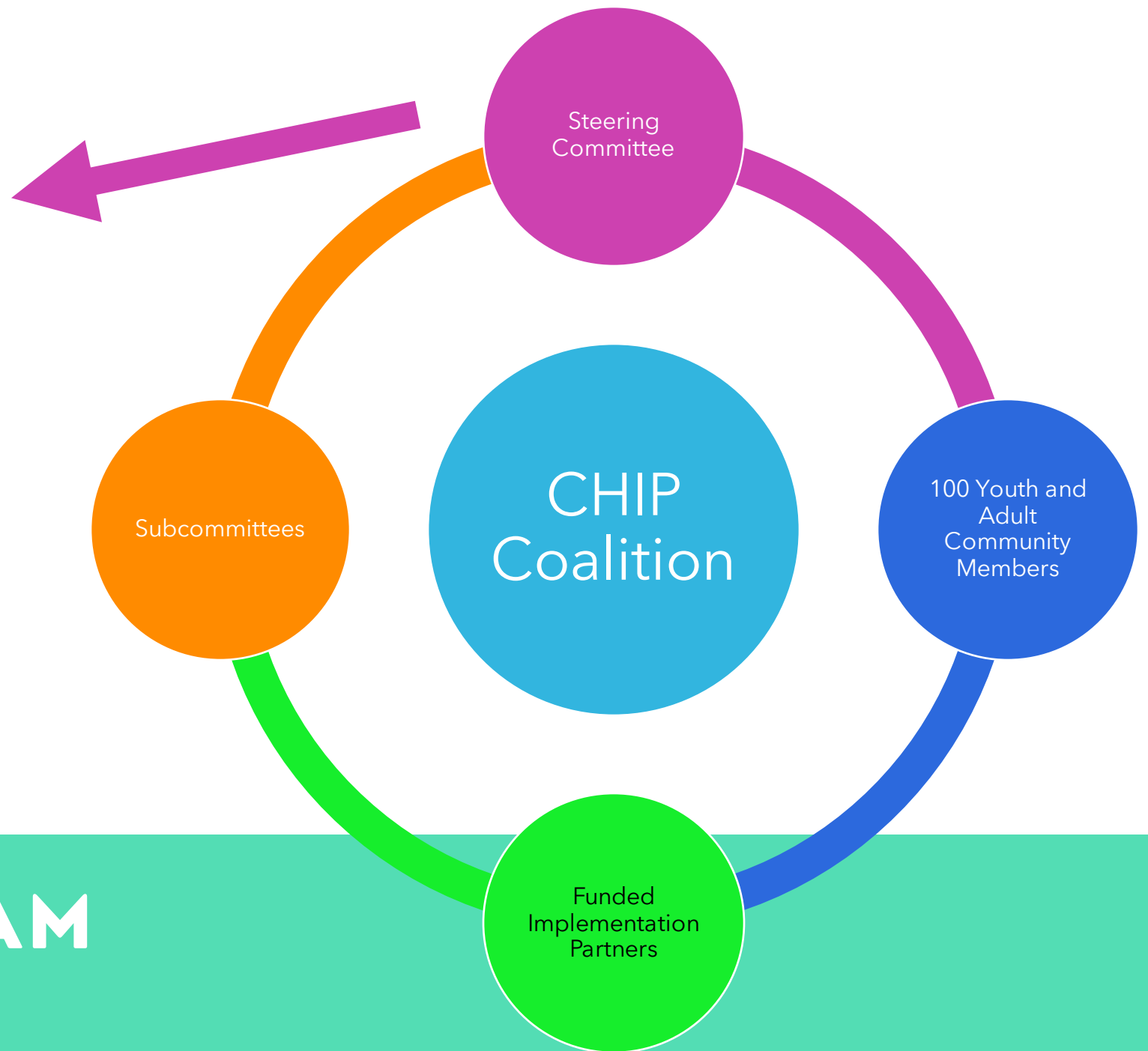
This is the big group:

Community members, agencies, organization partners, and residents that meet monthly to help guide the CHIP planning process and implementation



THE CHIP TEAM

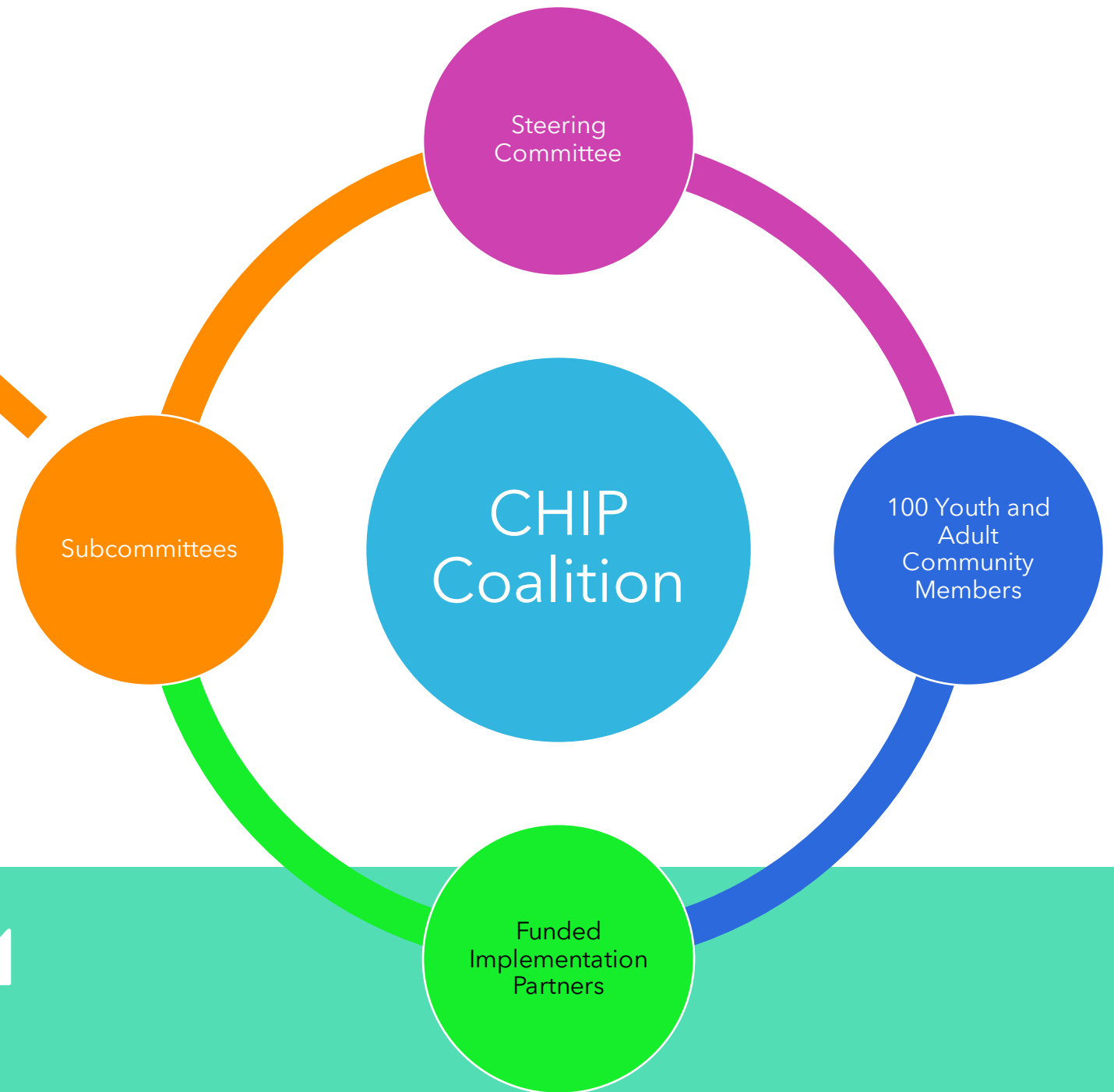
Steering Committee:
A 9-member subset of the **Coalition** that meets alternating weeks to provide strategic leadership for the CHIP and make funding decisions



THE CHIP TEAM

Subcommittees:

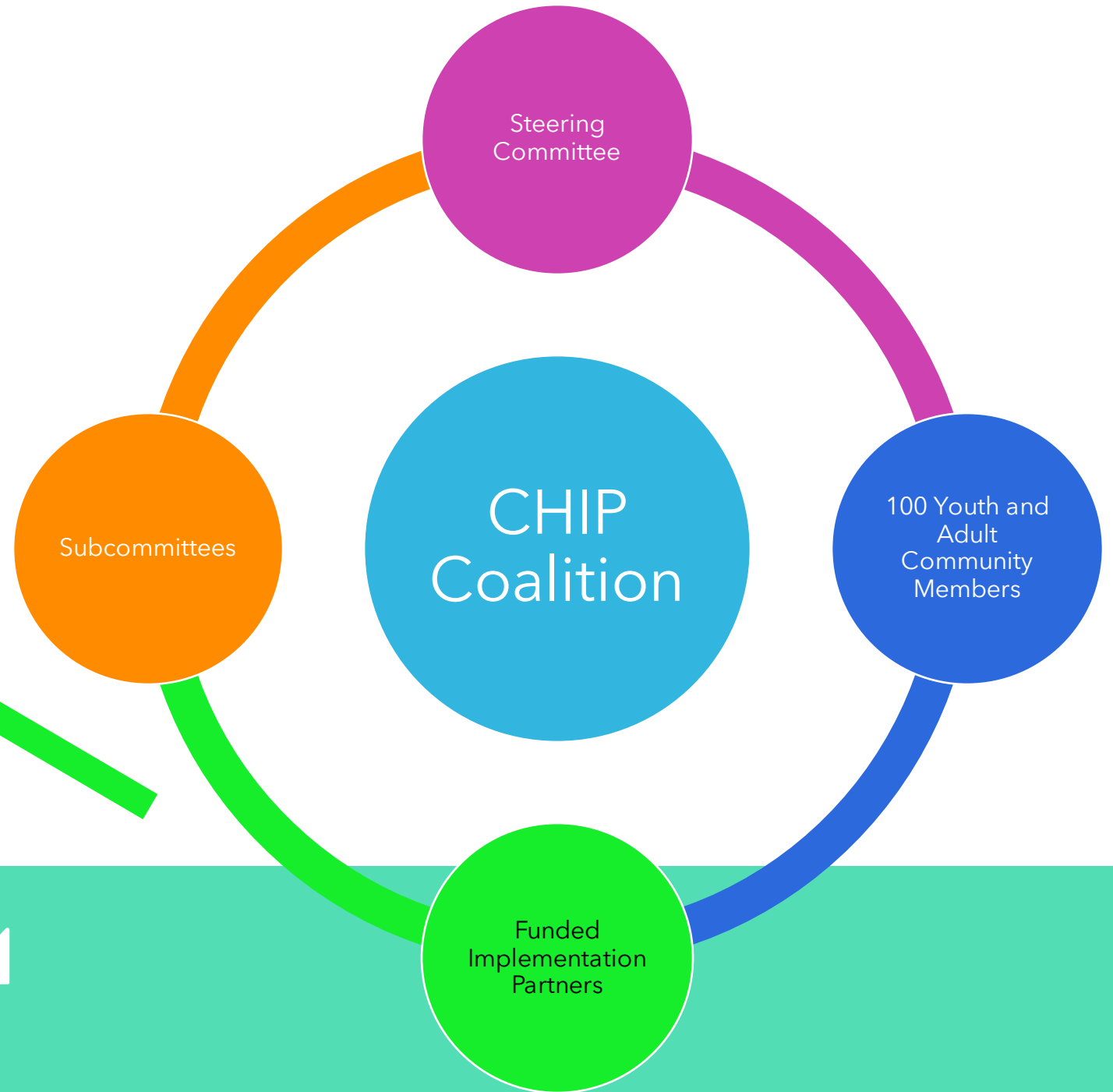
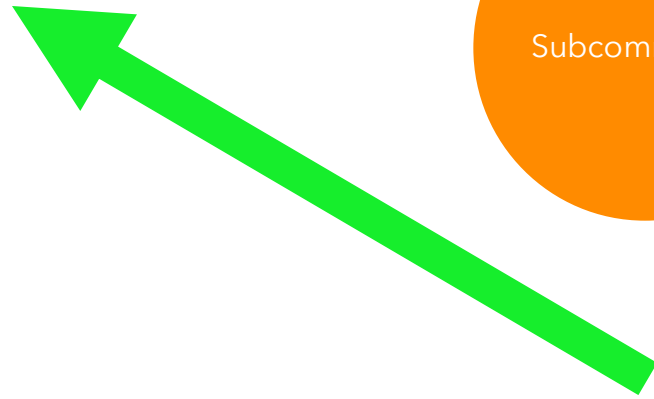
A subset of the **Coalition** members focused on one of the three selected priorities – will meet as needed to focus on the goals within that topic



THE CHIP TEAM

Funded Partners:

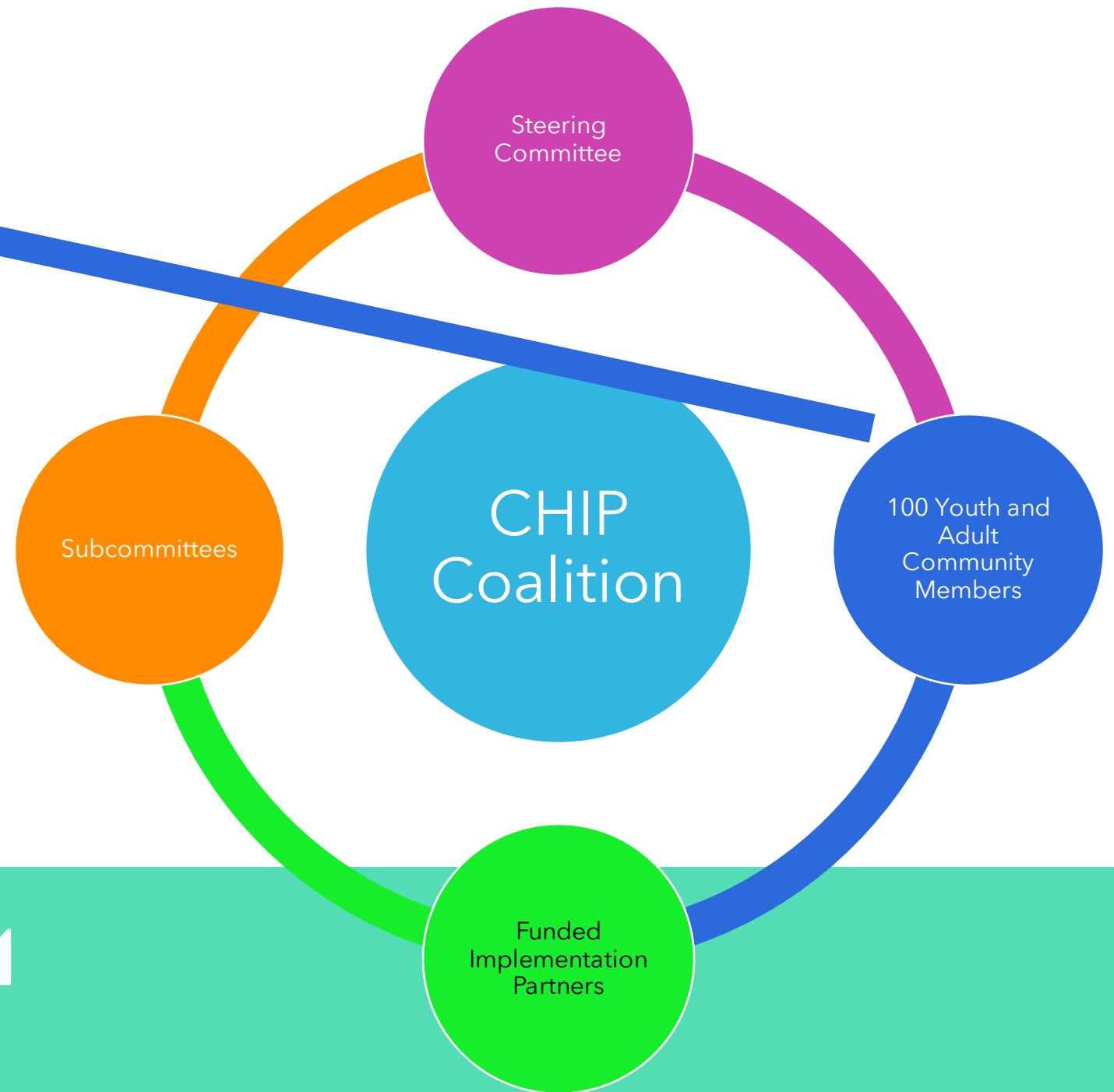
Coalition members who apply for CHIP funding to implement CHIP activities.



THE CHIP TEAM

100 Youth/Adults:

Community members
- primarily in 44.01 -
who are trained in
community organizing
and policy advocacy
and execute the policy
development and
community outreach
activities for the CHIP



THE CHIP TEAM



CHA

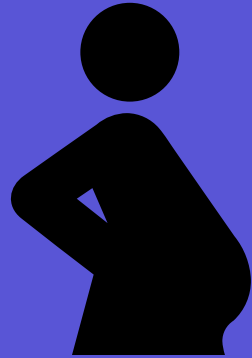
- **Community Health Assessment Data**

CHIP PROCESS

CHA THEMES



INFECTIOUS DISEASE
COVID-19, STDS



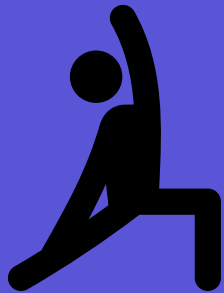
MATERNAL AND CHILD HEALTH
INFANT MORTALITY,
OBSTETRIC MORTALITY



CHRONIC DISEASE
OBESITY, HEART
DISEASE, CANCER



INJURY
GUN VIOLENCE, TRAFFIC,
SUBSTANCE USE/MISUSE, SUICIDE



SOCIAL DETERMINANTS OF HEALTH
FOOD ACCESS, CRIME/SAFETY,
HOUSING INSECURITY, EDUCATION,
INCARCERATION



ALZHEIMER'S DISEASE



MENTAL HEALTH

CHA

- Community Health Assessment Data

Priority Selection

- Communities Review Data and Select

CHIP PROCESS

2 MEETINGS TO SELECT PRIORITIES

124 community participants

- Community Organizations
- County Boards
- Other Government
- Health System
- Individuals
- Non-Profit
- Schools
- **76 attended a meeting**
- **56 submitted a ballot**

Public Health Advocates, Sacramento County Public Health and other partners are bringing together community members to create a **COMMUNITY HEALTH IMPROVEMENT PLAN** that defines the vision for community health in Sacramento County. Attend a meeting this month to help create the plan.

ATTEND ONE OF THE MEETINGS HELD ON:

1 | Thursday, August 24 - 9am - 12pm
Sacramento Area Sewer District
10060 Goethe Road, Sacramento, CA 95827

OR

2 | Wednesday, August 30 - 6pm - 8pm
Virtual via Zoom



JOIN US!

Our collaborative process will address the strengths, weaknesses, challenges, and opportunities that exist in the community to improve the health outcomes of our people.

Register at: <http://bit.ly/SacCHIP>



SELECTED CHIP PRIORITIES

**FOOD
ACCESS**



**HOUSING
INSECURITY**



**MENTAL
HEALTH**



CHA

- **Community Health Assessment Data**

Priority Selection

- **Communities Review Data and Select**

Goal Setting

- **Committee Develops Goals and Objectives in coordination with existing related plans**

CHIP PROCESS

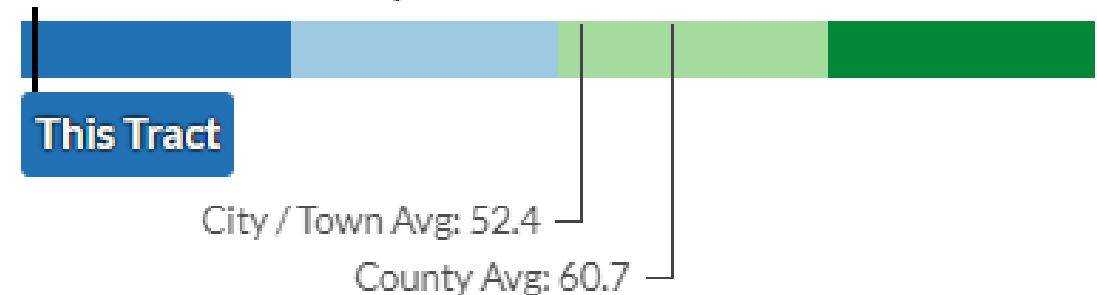
FOCUSING ON CENSUS TRACT 44.01

Feedback from CHIP meetings

- Typically focus “**mile wide and inch deep**”
- 3 priorities have **heavy overlap in root causes**
- Focus on **lowest HPI** Score in the County
- Can be a **model** for expansion

HPI Score (3.0): 1.4 percentile

Less → More healthy conditions



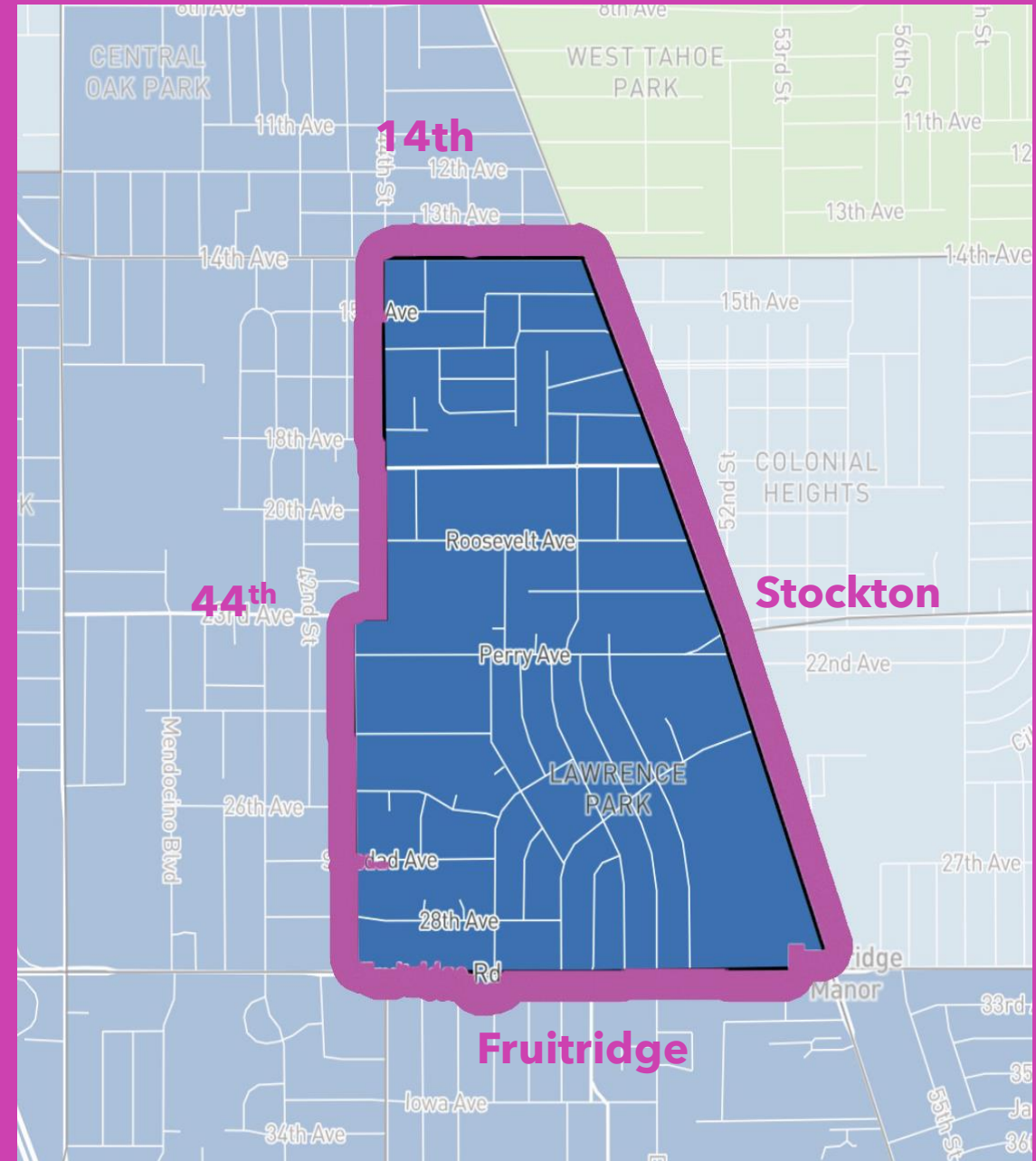
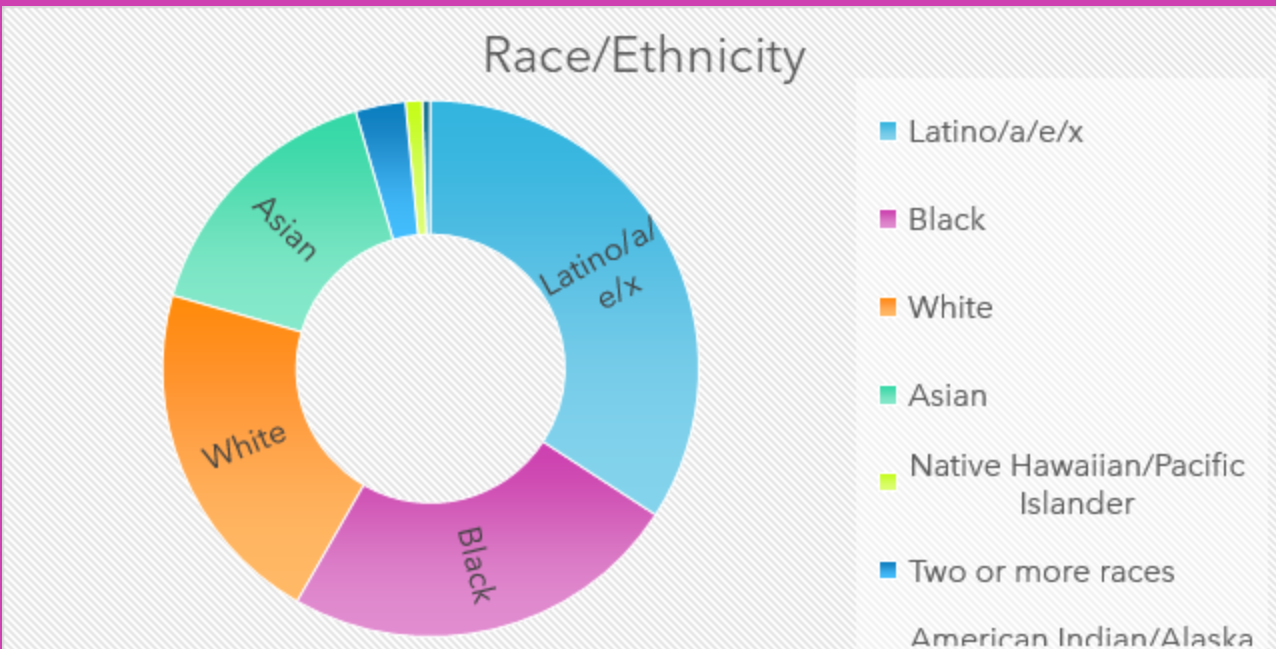
This Tract has healthier community conditions than 1.4% of other California Tracts.

ABOUT 44.01

Population: 4,046

Size: 0.5 square miles

Geography: "The Finger" in City and Unincorporated County Sacramento



OVERARCHING GOALS

Sacramento County

COMMUNITY HEALTH IMPROVEMENT PLAN

Goal 1: Build leadership capacity and power through place-based training, strategic policy development, and community engagement

Goal 2: Increase income through program eligibility and employment to reduce poverty

FOOD ACCESS



Goal 3: Promote access to and consumption of culturally appropriate healthy foods through education, advocacy, and community engagement

...by creating a county-wide Food Action Plan

HOUSING INSECURITY



Goal 4: Reduce the number of people becoming unhoused in Sacramento County

...by reducing the number of evictions in Census Tract 44.01 by 50%

MENTAL HEALTH



Goal 5: Reduce barriers to physical and mental healthcare

...by increasing the number of people who are insured to 95%, aware of and participating in community mental health services by 10%, and utilizing health plan services by 5%.

CHIP PROCESS



- Community Health Assessment Data



- Communities Review Data and Select



- Committee Develops Goals and Objectives in coordination with existing related plans

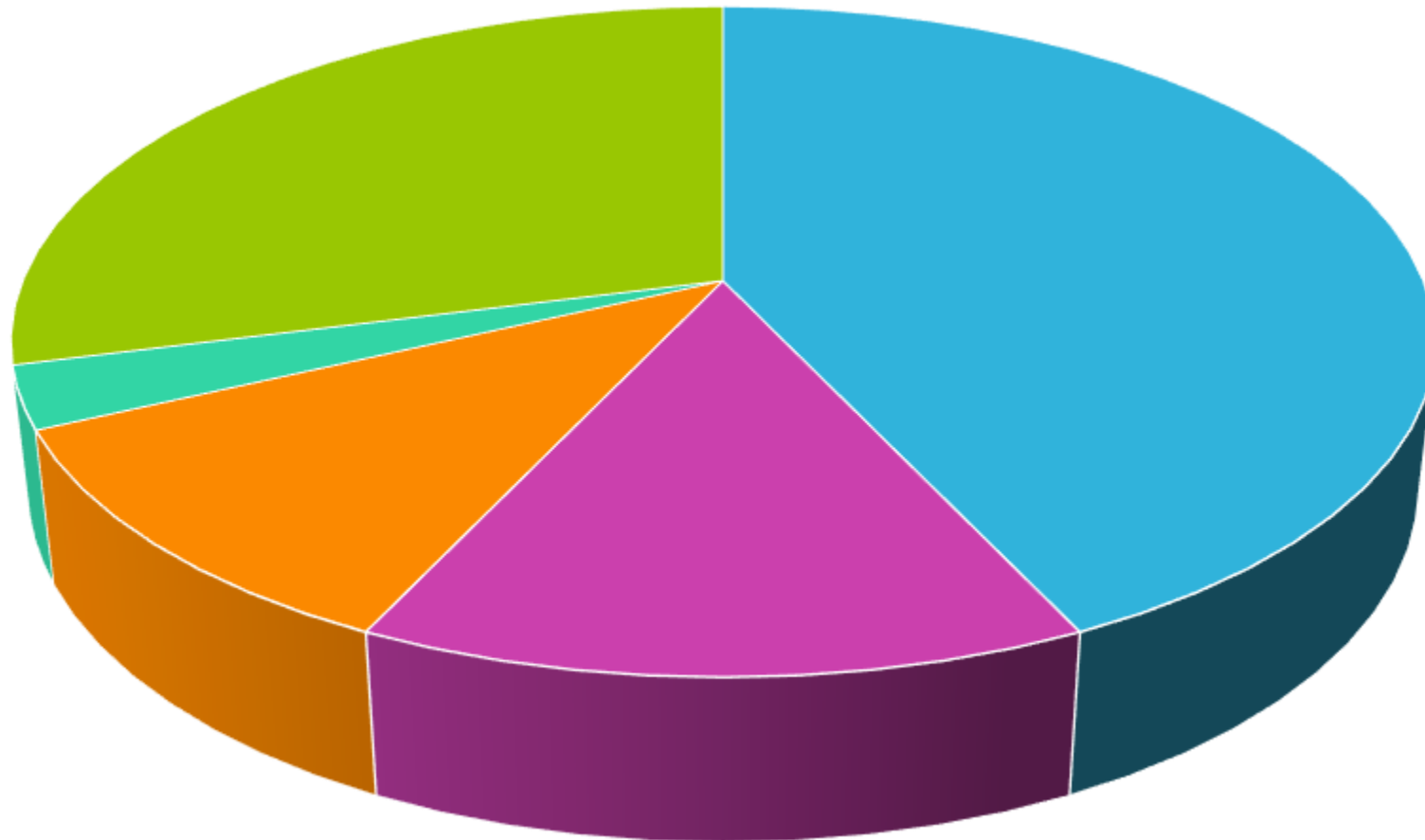


- Implementation through Policy and resource allocation

2024 - CHIP Activities

Research / Local Data	Coalition Building	Community Mobilization	Policy Maker Education	Media Advocacy	Policy Selection & Development
<p>Food Action Plan</p> <ul style="list-style-type: none"> • Finish food system assessment with <i>Food Policy Council</i> • Convene partners to review data, research policy options and develop plan outline <p>Q2-2024</p> <p>Baseline data for evaluation</p> <p>Q3-2024</p>	<p>Asset Mapping</p> <ul style="list-style-type: none"> • Identify additional Coalition members <ul style="list-style-type: none"> ◦ Focus on food sovereignty and justice <p>Q2-2024</p> <p>Release RFP for Community Leadership</p> <p>Q2-2024</p>	<p>Community Leadership</p> <ul style="list-style-type: none"> • Launch Trainee Program for 44.01 Community Members <p>Q3-2024</p> <p>Rolling Community Grants</p> <p>Q3-2024</p> <p>Host outreach event for jobs, education, program enrollment (ongoing/annual)</p> <p>Q4-2024</p>	<p>Target City and County CHIP Champions</p> <ul style="list-style-type: none"> • Amplify CHIP process • Public Opinion Poll • Build relationships <p>Q3-2024</p>	<p>Branding</p> <ul style="list-style-type: none"> • Develop Initiative Name and Logo • Launch Website <p>Q2-2024</p> <p>Develop communications narrative for Food Action Plan</p> <p>Q4-2024</p>	<p>2025</p>

\$700,000

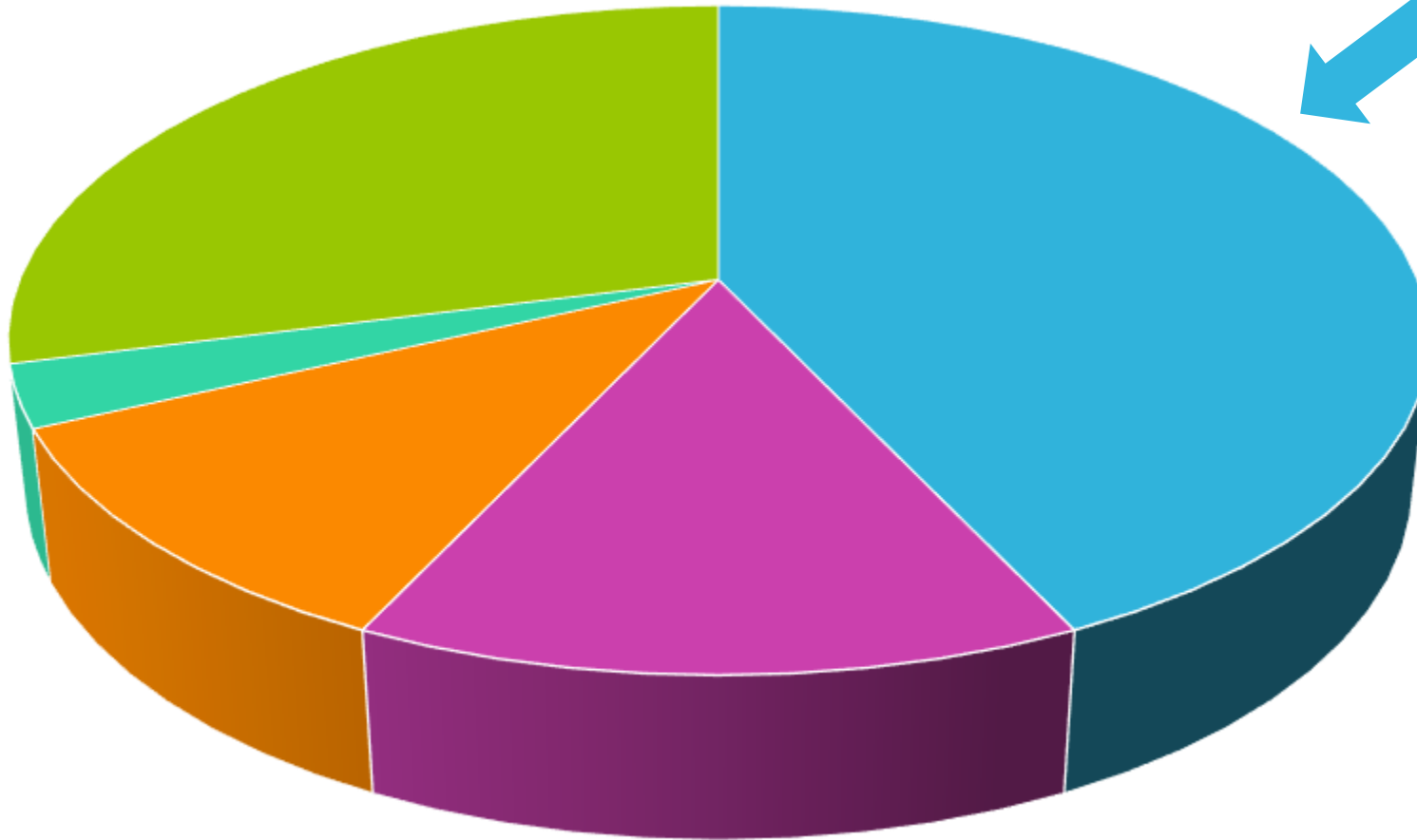


- Community Leadership**
- Rolling Grants**
- Food Action Plan**
- Community Media & Awareness**
- Policy Acceleration**

CHIP IMPLEMENTATION BUDGET

\$700,000

Community Leadership
\$300,000

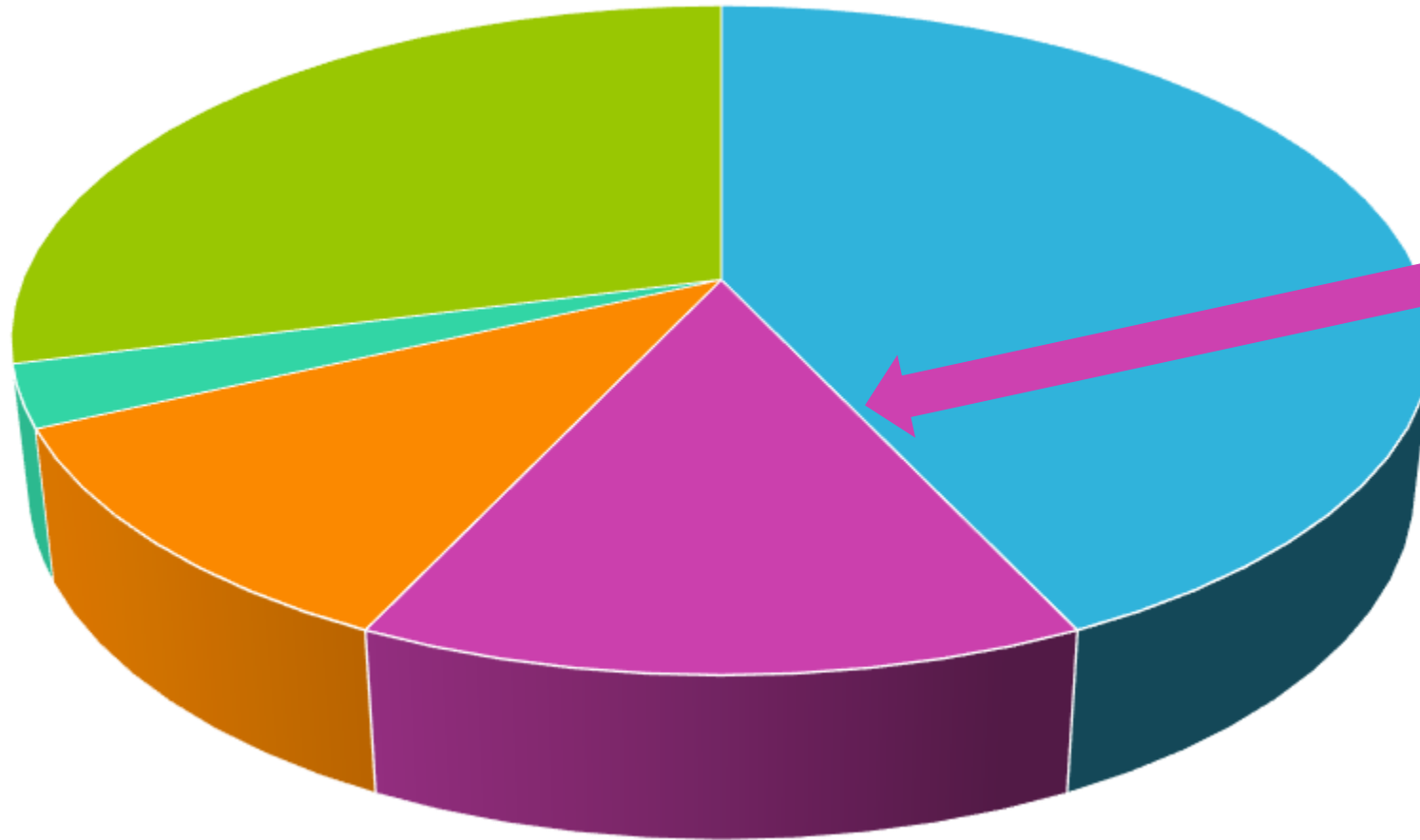


For:

1. Organization(s) to lead outreach and engagement of 100 Youth and Adult Community Members
2. Stipends for Trainees
3. Stipends for Fellows

CHIP IMPLEMENTATION BUDGET

\$700,000



Rolling Grants
\$100,000

For:

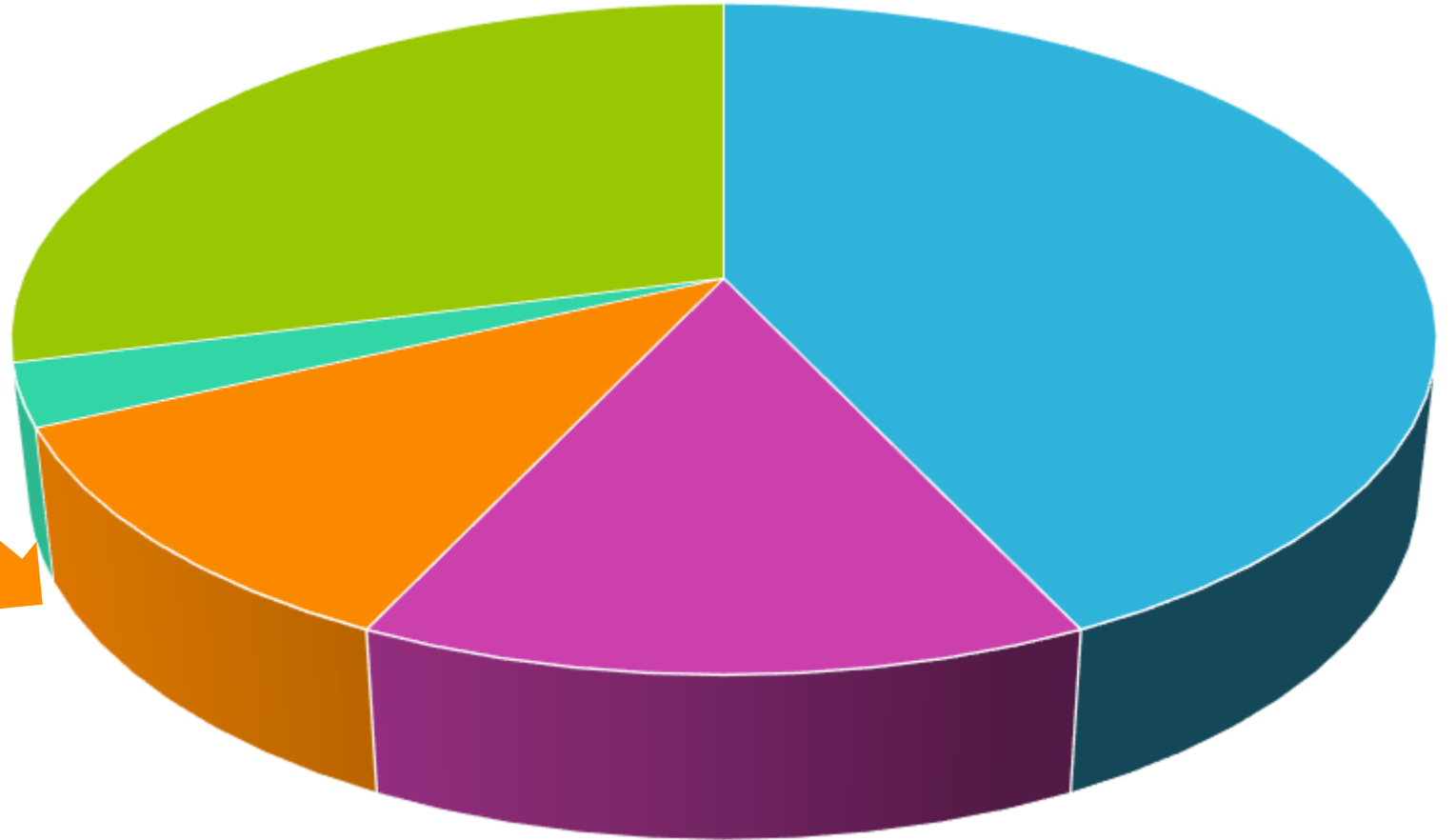
Up to \$5,000 for in-progress projects furthering the CHIP goals

CHIP IMPLEMENTATION BUDGET

\$700,000

**Food Action Plan
\$75,000**

For:
Implementation of the
Food Action Plan policy
priorities

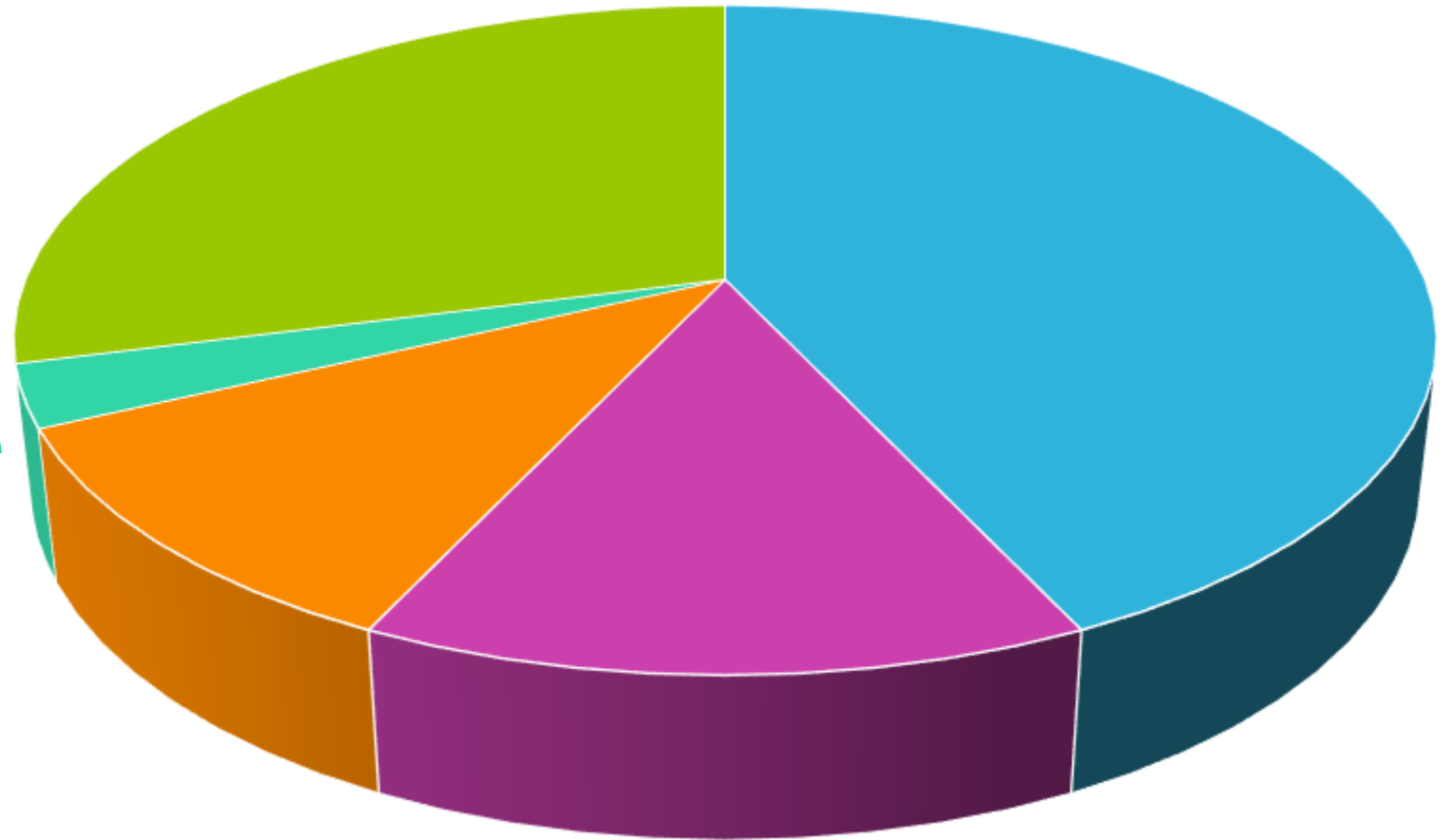


CHIP IMPLEMENTATION BUDGET

\$700,000

**Community Media &
Awareness
\$25,000**

For:
Outreach for 9-8-8 and
community mental health
program enrollment



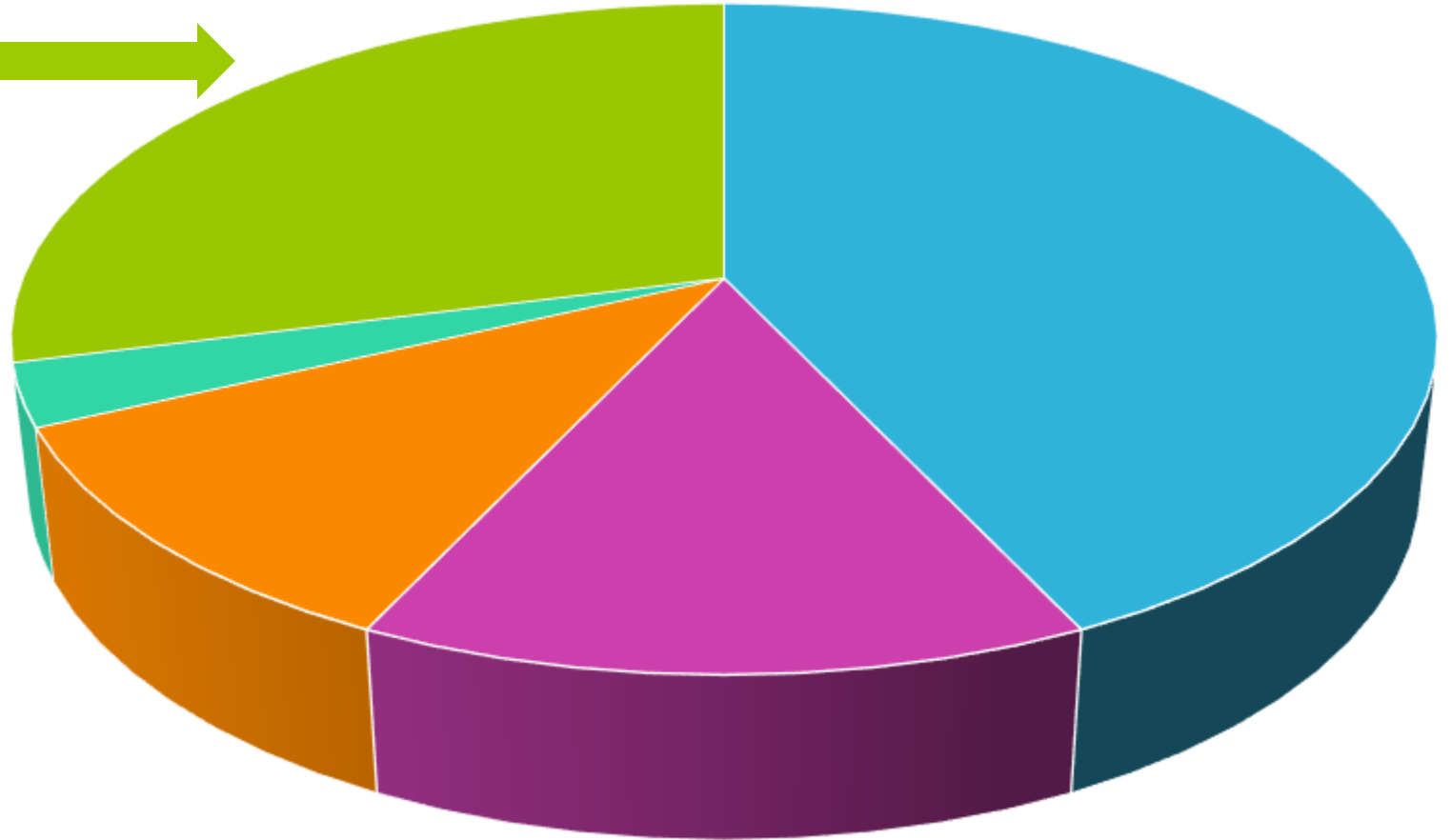
CHIP IMPLEMENTATION BUDGET

\$700,000

Policy Acceleration
\$200,000



For:
For policy campaign
development and
implementation for each
CHIP priority (at least
\$50,000 each)



CHIP IMPLEMENTATION BUDGET



COMMUNITY LEADERSHIP

100 Youth & Adult Community Members



Year 1
Trainee

Year 2
Fellowship

**Organizing and
Policy Skills
Development**

**Campaign
development**

