

**Sacramento County  
Mental Health Board (MHB) General Meeting Minutes**

March 6, 2024

**Meeting Location**

700 H Street  
Sacramento, CA 95814

<b>Attendance</b>			
<b>MHB Members</b>			
<b>Name</b>	<b>Attendance</b>	<b>Name</b>	<b>Attendance</b>
Corrine McIntosh Sako, <i>Chair</i>	<input type="checkbox"/> Present <input checked="" type="checkbox"/> Absent	Kesha Harris	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent
Maria Padilla-Castro, <i>Vice Chair</i>	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent	Supervisor Patrick Kennedy	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent
Evan Minton, <i>Secretary</i>	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent	Bradley Lueth	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent
Laura Asay-Bemis	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent	Theresa Riviera	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent
Melinda Avey	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent	Mallika Walsh	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent
Mykel Gayent	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent	Patricia Wentzel	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent
<b>County Staff to MHB</b>			
<b>Name</b>	<b>Attendance</b>	<b>Name</b>	<b>Attendance</b>
Jason Richards	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent	Chris Costa	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent

<b>Agenda Item</b>	<b>Discussion</b>
<b>I. Welcome and Introductions</b>	<p>Vice Chair Padilla-Castro called the meeting to order at 6:00 p.m. A quorum was declared, introductions were made, and the Conduct Agreement was acknowledged.</p> <p><b>Mental Health Board Announcements</b></p> <ul style="list-style-type: none"> <li>• Vice Chair Padilla-Castro announced that Mr. Cho resigned from the MHB, effective February 23<sup>rd</sup>.</li> <li>• Vice Chair Padilla-Castro announced that Ms. Wentzel will serve as the interim Chair of the Adult System of Care Committee.</li> <li>• Ms. Riviera requested a leave of absence for the months of April and May. No objections were made.</li> <li>• Ms. Wentzel announced that an opening is available on the Executive Committee for the position of Member at Large. Ms. Wentzel recommended that a Family Member occupy this seat.</li> </ul>
<b>II. Public Comment</b>	<p>Public Comment 1: Community member discussed the American Fitness Foundation, which provides gym services to teens to give them outlets for stress relief, confidence, and physical ability to help with mental health and overall wellbeing.</p> <p>Public Comment 2: Community member confirmed that a representative from Pro Youth and Families would be speaking during the System Partner Updates section below.</p>
<b>III. Consent Matters: Approval of Minutes</b>	<p>Ms. Wentzel moved to approve the 2/7/24 General Meeting minutes and Ms. Avey seconded the motion. (Ms. Riviera, Ms. Bemis, and Mr. Minton abstained. All other members voted Aye.) Motion carried.</p>

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<p><b>IV. Division of Behavioral Health Services</b></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"> <li>• Dr. Quist acknowledged March cultural observances as included in the Director's Report (Handout #3).</li> <li>• Dr. Quist acknowledged that March 5<sup>th</sup> was Election Day, and that Proposition 1 was currently too close to call at the time of the meeting. More information to come once all votes have been counted.</li> <li>• BHS is currently seeking partnerships with organizations for the Behavioral Health Brige Housing program, including those with expertise in special populations that are overrepresented and underserved in the homeless population.</li> <li>• BHS is currently working towards a second Urgent Care program. An applicants conference for this program was held on February 20<sup>th</sup>.</li> <li>• The CWRT program went live 24/7 beginning March 1<sup>st</sup>. Media campaigns and advertising to raise awareness of this program are upcoming.</li> <li>• The 16<sup>th</sup> FIT program site was approved by the Board. This program will target communities with zip codes in service deserts, where there are indicators of a need for services. <ul style="list-style-type: none"> <li>○ Ms. Riviera asked if targeted zip codes include rural areas, and Ms. Green, BHS Division Manager, confirmed that rural areas are being targeted for inclusion.</li> <li>○ Ms. Walsh noted that targeted zip codes are identified in the Director's Report.</li> </ul> </li> <li>• The Foster Youth population is a current area of focus, with high intensity work and funding opportunities being offered around that work.</li> <li>• Ms. Wentzel asked if outreach by CORE clinics are included in HEART program data, and Dr. Quist confirmed that they are tracked separately. Ms. Weaver, BHS Deputy Director, confirmed that HEART and CORE data are being tracked and reported separately with both data points available for sharing.</li> <li>• Ms. Avey asked if substance use referrals are included in the HEART dashboard. Ms. Green to confirm and report back.</li> <li>• Mr. Minton noted the Cesar Chavez Day march and Transgender Day of Visibility are both on March 31<sup>st</sup>.</li> </ul>
<p><b>V. System Partner Updates</b></p>	<p><b>Association of Behavioral Health Contractors (ABHC)</b>  Ms. Christie Gonzalez noted that the ABHC has been invited by BHS to partner in fee for service technical assistance. Six organizations were selected to participate because they represent a wide range of services.</p> <p>Mr. Minton moved to table the System Partner Updates agenda item until 6:45 to allow for the partner update below. Ms. Avey seconded the motion. All members voted Aye. Motion carried.</p> <p><b>Behavioral Health Youth Advisory Board (BHYAB)</b>  Ms. Natanya Kharat updated the MHB on BHYAB activities including presentations from community members, updates from the Board of Supervisors and Sacramento County Office of Education regarding mental health sustainability and accessibility, an upcoming BHYAB Instagram account, and outreach to fill currently available seats.</p>

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	<p>BHYAB topics of interest currently include substance use among youth, juvenile justice, and unhoused youth.</p>
<p><b>VI. Mental Health Board Business</b></p>	<p><b>Liaison Reports</b> A written liaison report was provided for the MHSA Steering Committee.</p> <p><b>Committee Reports</b> Members were referred to the Mental Health Board Meetings webpage for MHB Committee Meeting minutes: <a href="https://dhs.saccounty.gov/BHS/Pages/Advisory-Boards-Committees/Mental-Health-Board/BC-Mental-Health-Board-Meetings-2024.aspx">https://dhs.saccounty.gov/BHS/Pages/Advisory-Boards-Committees/Mental-Health-Board/BC-Mental-Health-Board-Meetings-2024.aspx</a></p> <p><b>Ad Hoc Workgroup Reports</b> No written reports were submitted for Ad Hoc Workgroups.</p>
<p><b>VII. Presentation – Brown Act Requirements</b></p>	<p>County Counsel Costa provided a presentation on Brown Act requirements, clarifying the effect not having a quorum. A quorum is necessary to take official MHB actions. Without a quorum the MHB may adjourn a meeting, take a recess, or wait for a quorum.</p> <p>County Counsel Costa discussed the effect of abstentions during votes. A “mandatory absention” occurs when an MHB member has a conflict of interest that disqualifies them from participating in a vote. A “voluntary abstention” occurs by the choice of a member. If an MHB member abstains during a vote, it does not count as an Aye or a No. There is room for interpretation on a “voluntary abstention” being counted as “not a No” for the purposes of passing a motion (MHB members to consult County Counsel if technical questions arise during a vote). A vote passes if the Ayes exceed the Nos.</p>
<p><b>VIII. Presentation – Psychiatric Advance Directives Implementation among Sacramento County Behavioral Health Services</b></p>	<p>Ms. Andrea Crook, BHS Program Manager with the Administration, Planning, and Outcomes team, provided a presentation on Psychiatric Advance Directives (PADs) Implementation among Sacramento County Behavioral Health Services. Themes included an introduction to PADs, efforts to support providers in developing and implementing PADs, implementation timeline through June 2024 (see Handout #8), and introduction to the BHS PADs support team including Ms. REXANNE IRIZARRY, Ms. EVA DE LA CRUZ, and Ms. TANIRAH HUDSON.</p> <ul style="list-style-type: none"> <li>• Access to the PADs template will be on the BHS website.</li> <li>• Ms. Wentzel thanked BHS for their support of the PADs program.</li> <li>• Ms. Asay-Bemis asked if PADs would need to be notarized, and Ms. Crook confirmed that notarization is not a requirement if 2 individuals identified as proxies sign off who are not part of the care team.</li> <li>• Mr. Gayent asked if currently existing PADs would be accepted by BHS programs, and Ms. Crook confirmed that they would.</li> <li>• Mr. Minton asked how emergency departments would know if individuals have a PAD, and asked for clarification regarding enforcement. Ms. Crook clarified that this program is new in Sacramento County, and systems are currently being set up for implementation and tracking.</li> <li>• Mr. Lueth asked if PADs would be tied to one county or if they would follow the individual. Ms. Weaver and Ms. Crook confirmed that PADs would follow the individual.</li> </ul>

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	<ul style="list-style-type: none"> <li>• Ms. Walsh asked how programs would know that an individual has a PAD. Ms. Crook confirmed that PADs will be tracked within Sacramento County, and that PADs info would be shared with providers outside the county as needed.</li> <li>• Ms. Wentzel highlighted the multi-county PADs collaborative which is working on web based tools and other methods of tracking. Ms. Crook noted that BHS is monitoring the progress of this collaborative so that it can learn from them.</li> <li>• Ms. Asay-Bemis affirmed the importance of peer support in PADs implementation, and Ms. Crook concurred.</li> <li>• Ms. Riviera asked how Sacramento County will be facilitating PADs access for non-English speaking communities. Ms. Crook discussed efforts for diversification of the peer workforce, current Spanish availability, and other threshold languages to come.</li> </ul>
<p><b>IX. Presentation – Sacramento County Forensic Behavioral Health Services</b></p>	<p>Ms. Nicole Cable, BHS Program Manager for Forensic Behavioral Health (FBH) Services, provided a presentation on Sacramento County Forensic Behavioral Health Services. Themes included BHS mission/vision/values, role of Forensic Behavioral Health, system partners, and programs within Forensic Behavioral Health.</p> <ul style="list-style-type: none"> <li>• Ms. Walsh asked for an overview of a client’s journey through a typical FBH program. Ms. Cable provided a summary of several FBH programs.</li> <li>• Ms. Wentzel affirmed successful BHS efforts regarding dialogue with Assisted Outpatient Treatment (AOT) program participants and family members, and recommended similar outreach for other programs such as CARE Court.</li> <li>• Mr. Gayent asked if FBH is affiliated with the State’s conditional release program, and Ms. Cable confirmed that FBH would be linked via a warm handoff if an individual is released and in need of services.</li> <li>• Mr. Minton asked about wait times for FBH programs. Ms. Cable noted that wait times are variable by program, along with FBH efforts to provide services to those who need them as quickly as possible.</li> <li>• Ms. Asay-Bemis asked if the Mobile Crisis Support Team is County operated, and Ms. Cable confirmed that it is. Ms. Weaver confirmed that the Community Wellness Response Team is a different program that is currently partnered with Bay Area Community Services.</li> <li>• Ms. Avey asked if clinicians go into the jail to do assessments, and if additional staff are needed. Ms. Cable confirmed that FBH does have clinicians that do assessments in the jails, and that more are needed.</li> <li>• Ms. Wentzel asked how many Mobile Crisis Support Teams are in operation at this time, and if there are plans to add to that number. Ms. Cable noted that 6 teams currently exist, with plans to add more in the future.</li> <li>• Ms. Riviera asked how often staff work in the jails. Ms. Cable confirmed that staff work in the jails approximately 3 days a week in addition to their other duties, and that interpreter services are identified and obtained as needed.</li> </ul>
<p><b>X. Adjournment</b></p>	<p>Vice Chair Padilla-Castro adjourned the meeting at 8:00 p.m.</p>