

**Sacramento County
Mental Health Board (MHB) General Meeting Minutes
May 1, 2024**

Meeting Location
700 H Street
Sacramento, CA 95814

Attendance			
MHB Members			
Name	Attendance	Name	Attendance
Corrine McIntosh Sako, <i>Chair</i>	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent	Kesha Harris	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent
Maria Padilla-Castro, <i>Vice Chair</i>	<input type="checkbox"/> Present <input checked="" type="checkbox"/> Absent	Supervisor Patrick Kennedy	<input type="checkbox"/> Present <input checked="" 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 type="checkbox"/> Present <input checked="" type="checkbox"/> Absent
Mykel Gayent	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent	Patricia Wentzel	<input type="checkbox"/> Present <input checked="" 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
I. Welcome and Introductions	<p>Chair Corrine McIntosh Sako called the meeting to order at 6:02 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"> Mr. Mykel Gayent announced that on June 8th, from 11am-1pm there will be a NAMI presentation called Sharing Hope, a project for mental wellness in the Black community. Ms. Laura Asay-Bemis announced the return of Journey of Hope, an art show that raises awareness of mental health issues. Journey of Hope is planned for October, with more info to come. Chair McIntosh Sako announced that the CWRT Advisory Committee has been attended by a liaison from the Sheriff's office since the beginning of the year. That staff member was recently promoted, and another liaison from the Sheriff's office will be attending moving forward. Chair McIntosh Sako reminded members that budget season is underway. Upon official release of the proposed County budget, the MHB Budget Committee will convene to make recommendations and a Special Meeting of the full MHB will be called to approve those recommendations.
II. Public Comment	No public comments were made.
III. Consent Matters: Approval of Minutes	Ms. Kesha Harris noted that she and Supervisor Kennedy were present at the March General meeting. The minutes were updated accordingly.

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	<p>Mr. Brad Lueth moved to approve the amended minutes and Mr. Evan Minton seconded the motion. (Chair McIntosh Sako and Ms. Theresa Riviera abstained. All other 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"> • A Resolution declaring May as Mental Health Awareness Month will be presented at the Board of Supervisors meeting on May 7th. Dr. Quist noted that: <ul style="list-style-type: none"> ○ Mental illness does not discriminate and affects every cultural, ethnic, racial, economic and religious group and impacts individuals of all ages. ○ In Sacramento County, it is estimated that over 300,000 residents live with a mental health condition, but only one-third of those individuals will seek professional help primarily due to the stigma and discrimination surrounding mental illness. ○ Misunderstandings exist about mental illnesses and our social culture often wrongly imposes stigma on them which can cause additional pain and suffering to those who live with mental illness and their loved ones. ○ Scientific research is producing tremendous breakthroughs in the understanding of mental illnesses, resulting in more effective treatments that allow people to reclaim full and productive lives. ○ Increasing awareness of mental health issues to offer hope, promote acceptance, health and wellness is critical to the residents of Sacramento County. ○ Mild to severe diagnosable mental illnesses, such as depression, bipolar disorder, schizophrenia, obsessive-compulsive disorder, severe anxiety disorders, borderline personality disorder, and posttraumatic stress disorders affect one in every five adults, and one in every six children and youth will experience some degree of an emotional or behavioral difficulty. ○ By addressing attitudes and beliefs regarding mental illnesses, Sacramento County residents can develop an understanding and acceptance of those living with a mental illness. • Stop Stigma Sacramento is excited to kick off this year’s annual Mental Health Awareness Month art displays! Artists of all backgrounds and experiences living with a mental health condition – or supporting others living with a mental health condition – submitted artwork to help dispel myths and stereotypes and promote messages of wellness, hope, and recovery. A flyer was distributed with information on the times and places for the art display (Handout #9) • Behavioral Health Bridge Housing (BHBH): <ul style="list-style-type: none"> ○ BHS submitted a grant application for round 3 BHBH funding on April 10th. This competitive grant would provide an additional \$15M to the current award of \$43M through FY 2027. Round 3 awards are expected to be announced in summer 2024.

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	<ul style="list-style-type: none"> ○ BHS received 10 proposals from 6 organizations to provide BHBH services. Four proposals were selected to move forward. The proposals not awarded may be considered for future BHBH rounds. BHS is going to the Board of Supervisors in early June to request authority to enter into contract/s for these services. BHS has scheduled planning meetings with the awardees for early May. By grant mandate, all proposals but go live by January 25, 2025. BHS is expecting at least 100 more BHBH beds aside from the 100 Safe Stay beds allocated. ○ As a reminder, BHBH is temporary shelter housing for folks experiencing unsheltered literal homelessness. BHS sought proposals from housing and homeless specialists that will work with the BHS provider network who will provide mental health services. This design was to encourage new organizations to engage in contracts with BHS, who can bring expertise with the homeless population. As part of the proposal requirements, special populations were identified by submitting organizations. All prevailing proposals identified community members discharging from jail. ● BHS has executed a contract with HeartLand to add an additional FIT hub site with co-located sites around the county in vulnerable zip codes. Zip codes were chosen by the highest number of total CPS reports, the highest number of African American CPS reports (Dr. Quist clarified that African Americans have been identified as being overrepresented in this service population), the highest number of Medi-Cal recipients, the least amount of services available, and suicide rates of youth. This program is also working to provide outreach and engagement in those communities to help break down stigma. There is also a collaborative effort between BHS and the provider to engage black churches and their leadership to partner in furtherance of these goals. This initiative is in the early phases and two churches have agreed to partner so far.
<p>V. System Partner Updates</p>	<p>No updates were made.</p>
<p>VI. Mental Health Board Business</p>	<p>Liaison Reports Written liaison reports were provided for the Human Services Coordinating Council and the Quality Improvement Committee.</p> <ul style="list-style-type: none"> ● Ms. Harris discussed a presentation by the Sacramento Native American Health Center, focusing on work they are doing at Grant High School in northern Sacramento. ● Mr. Gayent shared that the Justice Committee established a goal to reach out to the main jail and RCCC, as well as opportunities for members of the public who have family members in the justice system to be able to share their stories. ● Chair McIntosh Sako shared that the CWRT program went live 24/7 on March 1st, with advertisements in the community to raise awareness.

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	<ul style="list-style-type: none"> • Mr. Brad Lueth shared that a family member relayed experiences regarding FSPs at the Adult System of Care Committee, and noted lack of consistency and follow through in these programs. Mr. Lueth noted that full information is included in the minutes for the Adult System of Care Committee meeting. • Ms. Asay-Bemis noted that Sacramento County is participating in the Healthy Brain Initiative pilot program to improve FSP outcomes. Dr. Quist confirmed that at this stage the initiative is identifying the most important outcomes to prioritize so that they can be incentivized accordingly. <p>Committee Reports Members were referred to the Mental Health Board Meetings webpage for MHB Committee Meeting minutes: https://dhs.saccounty.gov/BHS/Pages/Advisory-Boards-Committees/Mental-Health-Board/BC-Mental-Health-Board-Meetings-2024.aspx</p>
VII. Discussion/Action Item – Establish Member-at-Large for MHB Executive Committee	<p>Chair McIntosh Sako outlined the role of the Executive Committee in approving the monthly MHB General Meeting agenda, as well as to act on the MHB’s behalf in emergency situations. Chair McIntosh Sako opened the floor for nominations for the vacant Member-at-Large position on this committee.</p> <ul style="list-style-type: none"> • Chair McIntosh Sako nominated Mr. Lueth, Ms. Harris, Mr. Gayent, and Ms. Riviera. These members declined due to scheduling and capacity conflicts at this time. • Mr. Brad moved to table this item until after possible rescheduling of the committee timeslot, and Mr. Gayent seconded the motion. (All members voted Aye.) Motion carried.
VIII. Presentation – Behavioral Health Housing Continuum	<p>Ms. Kerry Landry and Mr. Edward Ortiz from the California Health Care Foundation Project provided a presentation on the Behavioral Health Housing Continuum (Handout #10). Highlights included homelessness and housing as integral to county behavioral health scope and service delivery, related initiatives, and defining and coordinating homelessness and housing needs.</p>
IX. Discussion Item – “How Would You Define Community Safety?” by Community Corrections Partnership Advisory Board (CCPAB)	<p>Ms. Laura Foster from the Community Corrections Partnership Advisory Board (CCPAB) facilitated a survey discussion with MHB members regarding the question, “How would you define community safety?” and related follow-up questions.</p> <ul style="list-style-type: none"> • Goals: reduce recidivism, reduce the jail being used as housing for those who can be safely housed elsewhere, and improve and maintain community safety. • Response themes included: <ul style="list-style-type: none"> ○ “Keeping bad things out and bringing good things in” ○ The importance of connections with others – the feeling of people watching out for each other is not as common as it used to be ○ Well-lighted streets, good patrolling, positive interactions with law enforcement, and good relationships between neighbors contributing to community safety

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	<ul style="list-style-type: none"><li data-bbox="727 163 1419 226">○ Some members expressed feeling comfortable with police and others reported feeling the opposite
X. Adjournment	Chair McIntosh Sako adjourned the meeting at 8:02 p.m.