

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

December 4, 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 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 type="checkbox"/> Present <input checked="" 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
I. Welcome and Introductions	<p>Chair McIntosh Sako called the meeting to order at 6:01 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 announced that due to the upcoming transition to a Behavioral Health Commission (BHC), the usual MHB retreat will not be held in January. A BHC retreat will be held at a later date. • Chair McIntosh Sako honored Ms. Padilla-Castro upon completion of her term limit on the MHB. Members thanked Ms. Padilla-Castro and expressed their appreciation for her years of service. • The MHB held a brief recess from 6:11-6:14 to celebrate Ms. Padilla-Castro's contributions to the MHB with cupcakes provided by BHS. • Ms. Wentzel announced that NAMI Sacramento has ongoing family support group meetings both in person and online. Interested parties may register via the NAMI website.
II. Public Comment	Public Comment 1: Community member honored Ms. Padilla-Castro for her contributions to the MHB, including her advocacy for Psychiatric Advance Directives.
III. Consent Matters: Approval of Minutes	Mr. Lueth moved to approve the November General Meeting minutes and Ms. Asay Bemis seconded the motion. (Chair Padilla-Castro, Mr. Minton, Ms. Wentzel, and Ms. Avey abstained. All other members voted Aye.) Motion carried.

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<p>IV. Division of Behavioral Health Services Director's Report</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"> • Thanked and honored Ms. Padilla-Castro for her passion and years of service on the MHB. • Highlighted holidays and observances including National Impaired Driving Month, National Homeless Persons Remembrance Day, Christmas as celebrated differently in multiple cultures, Hannukah, and Kwanzaa. • Care Court launched on December 2nd, including a strong collaboration with Sacramento Superior Court. The law specifies that petitions will go to the Court, rather than behavioral health. The Court empowered the self help center to support people making petitions, including access to support from BHS staff. • SB 43, which makes changes to the grave disability criteria for involuntary holds due to a behavioral health condition, expanded the definition to include substance abuse disorders. The Sacramento County Board of Supervisors voted for SB 43 implementation beginning January 1, 2025. • BHS is coordinating with Wellspace Health to move forward with a 32-bed Mental Health Rehabilitation Center. This plan was approved by the Board of Supervisors on December 3rd. • Triage to alternative destinations has been authorized, which allows law enforcement to take individuals in psychiatric distress to places other than the emergency department. This includes the Mental Health Treatment Center, Wellspace crisis receiving for behavioral health, and Sierra Vista. • Prop 36 – BHS has been involved in a series of meetings with its partners in order to explore the effects of increased penalties for minor crimes on behavioral health, without accompanying funding. Conversations regarding analysis and implementation remain ongoing at this time.
<p>V. System Partner Updates</p>	<p>Behavioral Health Youth Advisory Board (YAB)</p> <p>Ms. Natanya Kharat provided updates as follows:</p> <ul style="list-style-type: none"> • YAB members attended the Board of Supervisors retreat and made recommendations. • YAB members attended the California Statewide Breaking Barriers Integrated Care Symposium, and gave a presentation on coexisting systems. YAB members advocated for more youth participation in this program. • The YAB is working with school mental health on a substance use and mental wellness survey. Highlights included youth experiences of poor mental health days, burnout, and emotional exhaustion. The survey also found a need for more resources available in the schools. • The YAB is working with UC Davis to reduce health disparities. • Starting on January 7th, the YAB will be transitioning from staff support by Pro Youth to Wind Youth. • The YAB's Instagram handle is @saccountybyhab.

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	<ul style="list-style-type: none"> The YAB plans to continue developing recommendations and sharing them with the MHB moving forward.
<p>VI. Mental Health Board Business</p>	<p>Liaison Reports A written liaison report was provided for the Human Services Coordinating Council.</p> <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> <p>Chair McIntosh Sako announced that the Ad Hoc Committee for coordination of the Behavioral Health Commission continues to meet regularly, and should have an update in early 2025.</p> <p>Ms. Harris affirmed the Behavioral Health Youth Advisory Board for their continued professionalism and hard work at their bimonthly meetings.</p> <p>Election of MHB Officers for 2025 until Behavioral Health Commission is Active Chair McIntosh Sako reviewed the MHB Elections Process (Handout #9). Officers for 2025, until the Behavioral Health Commission becomes active, were selected as detailed below.</p> <p><u>Chairperson</u></p> <ul style="list-style-type: none"> Chair McIntosh Sako was re-selected as Chairperson, as follows. Mr. Lueth nominated Chair McIntosh Sako for Chairperson. Chair McIntosh Sako accepted the nomination. Public Comment #1: Community member expressed support for Chair McIntosh Sako for this position, highlighting her experience and hard work on the MHB. Votes were as follows: <ul style="list-style-type: none"> All members voted Aye. <p><u>Vice-Chairperson</u></p> <ul style="list-style-type: none"> Mr. Minton was selected as Vice-Chairperson, as follows. Ms. Padilla-Castro nominated Mr. Minton for Vice-Chairperson. Mr. Minton accepted the nomination. Ms. Wentzel nominated Ms. Harris for Vice-Chairperson. Ms. Harris declined the nomination. Ms. Asay Bemis nominated Ms. Wentzel for Vice-Chairperson. Ms. Wentzel accepted the nomination. No public comments were made. Votes were as follows: <ul style="list-style-type: none"> Mr. Minton: Chair McIntosh Sako, Ms. Padilla-Castro, Mr. Minton, Ms. Avey, Ms. Walsh, Supervisor Kennedy Ms. Wentzel: Ms. Asay-Bemis, Mr. Lueth, Ms. Wentzel Abstain: Ms. Harris <p><u>Public Information Secretary</u></p> <ul style="list-style-type: none"> Ms. Wentzel was selected as the Public Information Secretary, as follows.

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	<ul style="list-style-type: none"> • Ms. Avey nominated Ms. Wentzel for Public Information Secretary. Ms. Wentzel accepted the nomination. • No public comments were made. • Votes were as follows: <ul style="list-style-type: none"> ○ All members voted Aye.
<p>VII. Discussion/Action Item – Consider Nomination to CWRT Advisory Committee to a Community Member Seat</p>	<p>Chair McIntosh Sako outlined the qualifications of Mr. Terry Sharp for a community member seat on the CWRT Advisory Committee, as recommended by the committee.</p> <ul style="list-style-type: none"> • Mr. Sharp discussed his personal background and lived experience. • Public Comment #1: Community Member expressed support for Mr. Sharp’s nomination, highlighting his candor and positive attitude. <p>Mr. Minton moved to approve the appointment of Mr. Sharp to a community member seat on the CWRT Advisory Committee and Ms. Wentzel seconded the motion. (All members voted Aye.) Motion carried.</p>
<p>VIII. Discussion/Action Item: Review and Take Action on Draft of MHB Letter of Support for Court-Appointed Mental Health Expert’s 10/17/2024 Letter Regarding Unmet Mental Health Needs of Patients in Sacramento County Jail</p>	<p>Chair McIntosh Sako reviewed the MHB Letter of Support for Court-Appointed Mental Health Expert’s 10/17/2024 Letter Regarding Unmet Mental Health Needs of Patients in Sacramento County Jail (Handout #10a).</p> <ul style="list-style-type: none"> • County Counsel’s recommended edits were shown on the screen and distributed in the chat. • County Counsel recommended removal of the first line of the last paragraph, consistent with the board’s role under WIC 5604.2: “Patient 4, Patient 6, and Patient 7 need immediate transfer out of the jail and into the appropriate structured therapeutic setting.” • Dr. Quist expressed concerns with the report broadly, without focusing on specific patients. Concerning components of the report submitted by the behavioral health subject matter expert included the following: <ul style="list-style-type: none"> ○ There is a professional expectation when making treatment recommendations that they need to be justified adequately in writing. ○ There is a disconnect between circumstances and treatment recommendations, which would not be sufficient to justify the treatment recommendations if they were made by BHS clinicians for example. ○ Individuals in custody received treatment within a community setting, so treatment recommendations were not possible as written. • Ms. Avey stated that she would vote No on the letter because she is not a clinician and therefore not qualified to speak to the adequacy of treatment recommendations. • Ms. Padilla-Castro expressed support for the letter and affirmed that the MHB does not diagnose or recommend treatment, but is within their scope to give recommendations to the Board of Supervisors on mental health issues as presented in the letter. • Mr. Minton expressed support for the letter and supported Chair McIntosh Sako in questioning whether there was followup with the court appointed behavioral health expert regarding these concerns.

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	<ul style="list-style-type: none"> • Ms. Wentzel expressed support for a letter to the Board of Supervisors drawing their attention to the County having a year to find placement for these patients. • Dr. Quist clarified that the scope of appropriate recommendations from himself regarding the letter would need to be discussed with County Counsel. • Ms. Harris affirmed that the letter is well-written and expressed support for its approval, on behalf of patients who need help and support. • Mr. Lueth expressed his commitment to supporting patients who need behavioral health treatment, and to do so in partnership with input from BHS. • Supervisor Kennedy expressed support to table the letter pending input from Dr. Quist and review from County Counsel, citing the concerns above. • Ms. Wentzel expressed agreement with Supervisor Kennedy in support of tabling the letter pending input from Dr. Quist and review from County Counsel. • Mr. Minton noted that this item would take time to go before the Board of Supervisors. • Ms. Padilla-Castro affirmed her continued support for bringing this information to the Board of Supervisors. • Public Comment #1: Community Member expressed that since this matter is in litigation it might not be prudent to submit the letter at this time unless County Counsel approves, and affirmed the seriousness of the behavioral health needs of patients in the jail. • Public Comment #2: Community Member stated that once behavioral health issues reach a certain point the patients are no longer able to advocate for themselves, and expressed support for the letter. <p>Mr. Lueth moved to table this item pending input from Dr. Quist, and Ms. Avey seconded the motion. (Ms. Padilla-Castro and Ms. Harris voted No. All other members voted Aye.) Motion carried.</p> <p>Ms. Padilla-Castro made a substitute motion to approve the letter as amended above, and Mr. Minton seconded the motion. (Chair McIntosh Sako, Ms. Padilla-Castro, Mr. Minton, and Ms. Harris voted Aye. Ms. Avey, Mr. Lueth, Ms. Wentzel, and Supervisor Kennedy voted No. Ms. Asay Bemis and Ms. Walsh abstained.) Motion carried.</p> <p>Following procedural rules as confirmed with County Counsel, the substitute motion was voted on first, and the original motion was voted on second.</p>
<p>IX. Discussion/Action item: Review and Take Action on Draft of MHB’s Performance of the Sacramento County Mental Health System for CY 2023</p>	<p>Chair McIntosh Sako reviewed the MHB Performance Report for calendar year 2023, as detailed in Handout #11.</p> <ul style="list-style-type: none"> • Ms. Walsh and Mr. Lueth affirmed Chair McIntosh Sako for her great work on this report. • Ms. Padilla-Castro asked about staff representation considerations. Chair McIntosh Sako confirmed that males, African Americans, and speakers of Russian remain underrepresented. • Mr. Minton affirmed the representation of the trans population in the report, as recommended last year.

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	<ul style="list-style-type: none"> • Chair McIntosh Sako thanked BHS Health Program Manager, Ms. Dawn Williams, and her staff for their assistance in collecting and providing data for this report. • No public comments were made. <p>Ms. Wentzel moved to approve the MHB Performance Report as amended above and Ms. Walsh seconded the motion. (Ms. Avey abstained. All other members voted Aye.) Motion carried.</p>
<p>X. Adjournment</p>	<p>The MHB thanked Dr. Richards for his many years of staff support for the MHB, and honored him with a celebratory plaque.</p> <p>Chair McIntosh Sako adjourned the meeting at 8:38 p.m.</p>