

Sacramento County Mental Health Board Retreat

Sacramento County
Mental Health Board (MHB) Retreat Minutes
July 17, 2021

Meeting Location

In compliance with County, State, and Centers for Disease Control and Prevention directives related to the COVID-19 public health emergency, this meeting was held remotely via Zoom and Conference Call.

Attendance			
MHB Members			
Name	Attendance	Name	Attendance
Loran Sheley, <i>Chair</i>	<u>Present</u> Absent	Supervisor Patrick Kennedy	Present <u>Absent</u>
Silvia Rodriguez, <i>Vice-Chair</i>	<u>Present</u> Absent	Bradley Lueth	Present <u>Absent</u>
Laura Bemis, <i>Secretary</i>	Present <u>Absent</u>	Corrine McIntosh Sako	<u>Present</u> Absent
Ann Arneill	<u>Present</u> Absent	Maria Padilla-Castro	<u>Present</u> Absent
William Cho	<u>Present</u> Absent	Theresa Riviera	Present <u>Absent</u>
Ryan Gallant	<u>Present</u> Absent	Paul Wagstaffe	<u>Present</u> Absent
County Staff to MHB			
Name	Attendance	Name	Attendance
Jason Richards	<u>Present</u> Absent	Janice Snyder	Present <u>Absent</u>

Welcome and Call to Order

Chair Loran Sheley called the meeting to order at 10:06 a.m. and welcomed participants.

Mental Health Board Business

- **Approval of Minutes from past meetings**
 - **May 2021 - General Meeting**
 - Ms. Ann Arneill moved to amend the top of page 3 to say ASOC instead of CSOC.
 - Mr. Ryan Gallant moved to approve the amended minutes, and Dr. Corrine McIntosh Sako seconded the motion. Motion carried.
 - **May 2021 - Special Meeting**
 - Ms. Maria Padilla-Castro moved to amend the minutes to say that she voted against the proposal due the MHB not being the appropriate body to assume the role of advising on the Alternatives to 911 project, and that it should be a separate Board with full powers to vote and advise the Board of Supervisors.
 - Mr. Gallant moved to approve the amended minutes, and Ms. Padilla-Castro seconded the motion. Motion carried.

Sacramento County Mental Health Board Retreat

- **June 2021 - Special Meeting**
 - No amendments were made.
 - Dr. McIntosh Sako moved to approve the minutes, and Ms. Arneill seconded the motion. Motion carried.

2021 Mental Health Board Retreat – Morning Session

- Purpose of the Meeting
 - Chair Sheley outline the purpose of the MHB Retreat, which was to set six-month goals for the remainder of 2021.
 - The next MHB Retreat will be in January 2022.
- Mental Health Board Member Introductions
 - MHB members introduced themselves.
 - Dr. Ryan Quist, Behavioral Health Director, thanked MHB members for their time and efforts on behalf of the mental health of the community.
 - Dr. Quist updated MHB members on the COVID situation in Sacramento County, with cases on the rise once again and new recommendations from Public Health to wear masks when the vaccination status of others is unknown.
 - Dr. Quist updated MHB members on the continued workforce shortage in the field of behavioral health in Sacramento County. Dr. Quist will keep the MHB updated on continued efforts to ensure increased compensation for behavioral health providers as well as other recruitment efforts.
 - Dr. Quist updated the MHB that Payment Reform and Documentation Modernization are two pending reform issues that will help behavioral health providers with their work moving forward.
 - Payment Reform – Payments will continue to be done on a fee-for-service basis with rates to be updated to competitive amounts.
 - Documentation Modernization – This initiative will streamline documentation for behavioral health providers, so that they can spend more time treating consumers rather than charting.
 - By January 1st, Managed Care Plans in Sacramento County will be implementing Advanced Care Management, and the County will be assisting them in implementation.
 - Dr. Quist announced upcoming stakeholder forums to gather community feedback regarding Assisted Outpatient Treatment (AOT/Laura’s Law) as well as Alternatives to 911. Dates and flyers will be sent to the MHB once they become available.
 - Dr. Quist announced that continued efforts are underway to reduce racial disparities in the field of behavioral health.
 - Dr. Quist provided an overview of current BHS priorities, including Homelessness, the Criminal Justice Continuum, the Crisis Continuum, partnering with Child Welfare and Probation, and School-Based Services.
 - Mr. Gallant asked Dr. Quist if he is experiencing challenges regarding the use of American Rescue Plan funds for behavioral health. Dr. Quist clarified that while every department has different ideas on how to spend these funds, there has been no pushback on spending these funds for behavioral health so far.

Sacramento County Mental Health Board Retreat

- Dr. McIntosh Sako discussed clinician burn out, which has been exacerbated by the pandemic. Dr. Quist expressed agreement and hopefulness regarding CalAIM reforms in providing relief for behavioral health providers.
- Ms. Padilla-Castro affirmed BHS priorities as outlined by Dr. Quist, as well as proposed efforts to support behavioral health providers.
- Introduction of Retreat Consultant – Nancy Peña, Ph.D.
 - Chair Sheley introduced Dr. Nancy Peña as the facilitator for the retreat.
 - Dr. Peña discussed her background in supporting behavioral health systems.
- Ground Rules Discussion and Consensus
 - Chair Sheley outlined the suggested ground rules for the retreat (Handout #1).
 - No amendments were made to the suggested ground rules.
- Program Review
 - Chair Sheley provided an overview of the retreat agenda.
- Approach to the Work Ahead
 - Dr. Peña outlined Appreciative Inquiry as an approach to focusing discussions on what is working, in an effort to move work in the direction of building on strengths and resiliency. MHB members reflected on this process.
 - Dr. Peña outlined Spheres of Leadership Influence as a way to conceptualize individuals as leaders within the context of social systems.
 - MHB members discussed their backgrounds, the reasons they chose to be on the MHB, and their personal strengths.
- Review of County Mental Health Services
 - Chair Sheley provided an overview of the Sacramento County Mental Health Services System (Handout #1).
- Chair Sheley adjourned the meeting for a lunch break from 12:15 p.m. – 1:00 p.m.

2021 Mental Health Board Retreat – Afternoon Session

- Review of County Mental Health Services
 - Chair Sheley outlined the MHB's role in the County Behavioral Health system in the context of its statutory mandates.
 - For further information is available on this topic on the BHS website at: <https://dhs.saccounty.net/BHS/Pages/Advisory-Boards-Committees/Mental-Health-Board/BC-Mental-Health-Board.aspx>
 - Chair Sheley outlined the MHB's 2020 Goals and the progress on those goals (Handout #1). Chair Sheley reminded MHB members that this information was also included in the Annual Report, as discussed and approved by the MHB in May.
 - Member Reflections & Discussion
 - Members discussed the practicality of creating new goals for the last part of 2021, versus waiting until 2022 to establish new goals.
 - Members discussed the logistics of process-oriented goals versus progress-oriented goals.
 - Ms. Padilla-Castro and Mr. Wagstaffe advocated for an enhanced follow-up on homelessness goals as proposed by the MHB.
 - Mr. Wagstaffe and Dr. Peña suggested that the MHB evaluate their current goals to determine if they have been achieved, as well as assessing

Sacramento County Mental Health Board Retreat

whether new goals can be achieved in 2021 versus bookmarking them for 2022.

- MHB Members affirmed the importance of tracking goals and having benchmarks.
- Ms. Arneill reviewed the duties and methods of the two existing standing committees, the Children’s and Adult System of Care Committees.
- Ms. Rodriguez and Dr. McIntosh Sako advocated for gathering information beyond what the County provides to the MHB, to ensure accountability.
- MHB members affirmed the importance of further recruitment efforts to ensure diversity of MHB members.
- Responsibilities of MHB members to provide representation on committees and to do work on those committees was reiterated.
- Dr. Peña suggested that the MHB create a tool to track progress on BHS goals and MHB goals, and to make this information public.
- MHB members established a goal for the Children’s System of Care Committee: *Complete school based mental health services report by the end of the year.*
 - The Children’s System of Care Committee will revisit the Child Welfare and Probation topics in 2022.
- Mr. Gallant and Mr. Wagstaffe reminded MHB members that the composition of the MHB is determined by the Board of Supervisors.
- Mr. Wagstaffe discussed provisions in the MHB bylaws which state that the composition of the MHB should reflect the diversity of the community and that the MHB may make recommendations on appointments to the Board of Supervisors.
- Dr. Peña suggested that the MHB could create a value statement goal about the MHB reflecting the diversity of the community, which would go to BHS and the Board of Supervisors.
- Dr. Peña suggested that Chair Sheley may confer with Dr. Quist regarding efforts to create a more diverse workforce.
- MHB members agreed to create a mental health effectiveness core value document/checklist, which would be used to guide deliverables and be made available to the public.
- MHB members agreed to establish a goal to “advance the racial equity lens,” with Dr. McIntosh Sako, Ms. Rodriguez, Mr. Gallant, and Mr. Wagstaffe to work with Chair Sheley on the language for this goal.
- MHB members established a goal for the Adult System of Care Committee: “Make recommendations to BHS and the Board of Supervisors for increased services to individuals experiencing homelessness.”
 - Ms. Rodriguez advocated for increased coordination with cities in homelessness efforts.
- Mr. Gallant advocated for a comprehensive MHB report instead of several smaller reports.
- MHB members established a goal for the Adult System of Care Committee: “Develop an actionable goal regarding Assisted Outpatient Treatment (AOT)/Laura’s Law once the stakeholder process is announced.”

Sacramento County Mental Health Board Retreat

- A sub-goal was established as well: “Informally research/survey what other MHBs have done with regard to AOT/Laura’s Law and produce a briefing/short report.”
 - MHB members were asked to review the list of vacant liaison positions and express their interest to Chair Sheley.
 - MHB members were asked to consider which standing committee they would like to serve on (Children’s or Adult System of Care Committee). Chair Sheley to reach out to members individually.
 - Chair Sheley recapped proposed MHB goals for the rest of 2021, as recorded above.
 - MHB members reflected on the process of the retreat.
- Public Comment
 - Community member thanked the MHB for all of their work, including their time, commitment, passion to help, and the opportunity to be a part of the process today.
- Chair Sheley adjourned the meeting at 5:17 p.m.