

Sacramento County Mental Health Board Executive Committee Meeting

MINUTES – TELECONFERENCE MEETING

Tuesday, August 16, 2022

12:00 pm

Members Present: Corinne McIntosh-Sako, William Cho and Ann Arneill (staff: Glenda Basina)
Members Absent: Loran Sheley and Laura Bemis

- I. **Welcome and Introductions**, Corrine McIntosh Sako, Vice-Chair
Vice-Chair Sako convened the meeting at 12:01pm and introductions were made.
- II. **Conduct Agreement**, Laura Bemis, Secretary
Member Arneill read the Conduct Agreement in Member Bemis' absence.

- III. **Discussion/Action item – Review and Approve September 2022 General Meeting Agenda**, Corrine McIntosh Sako
Per Vice-Chair Sako, Chair Sheley resigned effective yesterday and as Vice-Chair, she's to be interim-chair until elected. Per Member Cho bylaws does not articulate accession of chair position. Bylaws states next general meeting necessitates election as proper procedure. Member Arneill agrees to Member Cho's statement. Member Cho also in communication with CIT, confirming September presentation. Member Cho asked to give them 30-minutes, if acceptable and if any change, will inform the committee. Vice-Chair Sako plan on stating an apology for what occurred prior to public comments at last general meeting. Spoke with County Counsel for moving forward for members to come up with a policy. Vice-Chair Sako asked to move agenda with item 6 as election of officers and confirming CIT. Member Arneill moved to approve agenda as amended, seconded by Vice-Chair Sako. Motion passed unanimously.

- IV. **Executive Committee Updates**, Executive Committee Members

- a. **Update on Site Visits** – Member Cho pertaining to jail services for site visit, still in progress with challenge on security. Site visit maybe in November/December. Vice-Chair Sako on Wellspace Center checked with Dr. Quist and they will be happy to host. Member Cho commented that site visit from this month was insightful. Intends to submit a supplemental report from his point of view. Very informative and educational. One suggestion/complaint from staff for committee is to advocate for them. They're suffering with the inability to provide adequate service due to budgetary issues, losing staff. Services are compartmentalized and no navigator, possibly suggest an office/position to coordinate across private/public providers, frustrating and increases relapse (clients coming back for services). This would help in providing data of clients falling off the cracks, making the services more efficient across the county. Someone in BHS to manage the care would be beneficial. Per Member Arneill the department has had navigator programs in the past (triage navigators in emergency rooms), no reason for them to do for outpatient

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services. Can use peers which would be less costly than staff. BHS is in good position to create triage program. Vice-Chair Sako commented this would be great goal for the board to do.

Public Comment 1: Is this kind of service going to be part of the new CORE centers which was supposed to help bridge silos? Vice-Chair Sako stated this would be great to keep in mind for a goal.

- b. **Update on 2022 Presentations and select presentation/s for September & October 2022.** Vice-Chair Sako thanked Member Cho for confirming CIT for September meeting. Vice-Chair Sako shared on screen the survey responses. For October it would either be BHREC or LGBTQ+ to present and asked committee for their preference. Vice-Chair Sako can reach out to either for their availability in October. Member Cho stated he had no preference but the new 988 system may be more relevant. Member Arneill agrees the 988 process is pretty important and good educational piece for general public too. Vice-Chair Sako to contact WellSpace Health to present. Member Cho added if they can talk about the logistics for when someone calls, what happens?
- c. **Discuss Mental Health Brochure Update,** Per Member Cho work is still in progress. Doesn't have it today but possibly at next meeting. Vice-Chair Sako shared brochures from other counties (LA and Marin County) on screen as examples and reminded discussion to include the boards mission/purpose and goals for sense of what we do and help for board member recruitment too. Currently 3 vacancies. Looking ahead for folks terming out and appointments expiring for possibly 5 vacancies.
- d. **Discuss Ideas for Recruitment of new Mental Health Board members,** Vice-Chair Sako briefing with COS is coming up, working on brochure to distribute at events and to ask BHS if committee can share a table with them. Member Arneill reminded sending letters out to providers, CalVoices and NAMI. Jason distributes out to County's provider list. Member Arneill added Supervisor Frost's consumer vacancy has been vacant for years since Member Arneill was chair. Not proactive about doing recruitment. Suggests to talk with Ryan in speaking with providers in District 4 area for targeted recruitment of consumers. Need to get aggressive with this vacancy.

Public Comment 2 (in chat): I submitted an application for District 2 (Kennedy) as either consumer or family position but never received an acknowledgement. I assumed this was because there was no current vacancy. Do you all suggest I follow up with Patrick Kennedy's office? Thanks for the input. I submitted an application for District 4 at Laura's suggestion making a case for me to be considered given my experience working with clients and Mercy Hospital Folsom even though I don't live in District 4 but it was rejected.

- e. **Other Executive Committee Updates,** None

V. **Discuss Proposed Recommendation re: adding Youth seats to the Mental Health Board, Executive Committee Members.**

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Vice-Chair Sako followed up with Dr. Quist on CSOC recommendation. Dr. Quist still considering and no answer yet. Vice-Chair Sako to follow up with him at their next 1:1 in September. Asked if seats has been approved or are we still waiting on funding. Member Arneill asked about the need to amend bylaws regarding appointing them and stated there's no point appointing if not adequately supported. If BHS not funding the support, no point amending bylaws. Idea is to empower more youth. Member Cho supportive of this in principle, wasn't clear on mechanism to make this happen. BOS already established YAB for the youth's voice. Not sure of the wisdom of tweaking MHB Board. Member Arneill responded the 5 youth associate members are in the MHB bylaws. Member Cho thinks this was done for what's being done now. Asked what's the proper way to make this happen? Per Member Arneill, CSOC wrote on report to give youths voting power. MHB approved the report and ordered to amend bylaws to vote. Member Cho asked if Chair Sheley brought this to the Chiefs of Staff. Per Arneill, yes and they have no issue with doing it. Vice-Chair Sako to follow up with Dr. Quist and report back at September Executive meeting.

VI. Public Comment (3 minutes per person), Members of the Public.

Public Comment 3: When doing outreach for members, is there a package or anything specific or do they contact the members directly? Member Arneill responded about letter being sent out to providers, NAMI, CalVoices. Also to let people know where on the web to get the application, on the BOS website which gets submitted to the County Clerk's Office as well as the MHB website for statute and minutes. Vice-Chair Sako put in chat the link:

<https://sccob.saccounty.gov/Documents/BoardsandCommissions/BdsCommsApp.pdf>.

Public Comment 4: Great to have form in fillable pdf. Nobody has typewriters anymore. Absurd to be doing this kind of form, very 19th century. Member Arneill has recruitment letter if Vice-Chair has not obtained from Chair Sheley before she left.

VII. Adjournment, Corrine McIntosh Sako

Vice-Chair Sako adjourned the meeting at 12:55pm.