

**Sacramento County  
Mental Health Board (MHB) General Meeting Minutes  
October 7, 2020**

**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.

<b>Attendance</b>			
<b>MHB Members</b>			
<b>Name</b>	<b>Attendance</b>	<b>Name</b>	<b>Attendance</b>
Ann Arneill, <i>Chair</i>	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent	Bradley Lueth	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent
Bryan Richter, <i>Vice-Chair</i>	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent	Caroline Lucas	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent
Dan Niccum, <i>Secretary</i>	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent	Mike Nguy	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent
Viva Asmelash	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent	Maria Padilla-Castro	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent
Laura Bemis	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent	Theresa Riviera	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent
Mark Hoover	<input type="checkbox"/> Present <input checked="" type="checkbox"/> Absent	Silvia Rodriguez	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent
Supervisor Patrick Kennedy	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent	Loran Sheley	<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	Janice Snyder	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent

<b>Agenda Item</b>	<b>Discussion</b>
<b>I. Welcome and Introductions</b>	Chair Ann Arneill called the meeting to order at 6:01 p.m. and introductions were made.
<b>II. Comfort Agreement</b>	Chair Arneill read the MHB Comfort Agreement.
<b>III. Approval of Agenda</b>	Ms. Laura Bemis moved to approve the agenda and Mr. Bryan Richter seconded the motion. Motion carried.
<b>IV. Approval of Minutes</b>	Chair Arneill moved to amend language in the third bullet point at the top of page four, changing “before opting out” to “to consider opting out.”  Mr. Dan Niccum moved to approve the amended minutes and Mr. Bryan Richter seconded the motion. Ms. Silvia Rodriguez abstained. Motion carried.
<b>V. System Partner Updates</b>	<p><b>Advocacy Update</b></p> <ul style="list-style-type: none"> <li>Ms. Sandena Bader announced that Cal Voices is currently interviewing for the client advocate liaison position. First interviews will be conducted internally with Cal Voices, then the top 3 candidates will be offered second interviews with BHS staff. Cal Voices hopes to fill this position in within the next few weeks.</li> <li>Ms. Robin Barney announced that Cal Voices had their last expert pool meeting last Friday. About 25 guests attended and the event was very successful.</li> </ul> <p><b>Association of Behavioral Health Contractors</b> No announcements were made.</p>

Agenda Item	Discussion
	<p><b>Alcohol and Drug Advisory Board</b>  Ms. Silvia Rodriguez announced that the Alcohol and Drug Advisory board developed a document that discusses the Board's achievements, including Criminal Justice Committee activities.</p>
<p><b>VI. Mental Health Board Business</b></p>	<p><b>Mental Health Board Announcements</b></p> <ul style="list-style-type: none"> <li>• Chair Arneill announced that the next Children's System of Care Committee will be on October 22<sup>nd</sup> and the next Adult System of Care Committee will be on October 27<sup>th</sup>. These will be the last meetings for these committees for the year.</li> <li>• The questions for the 2020 Data Notebook were received from the California Behavioral Health Planning Council. This year, the topic of the Data Notebook is Telehealth, and this information will be submitted via Survey Monkey after it is presented and reviewed by the MHB at the November meeting.</li> <li>• Ms. Loran Sheley will be preparing this year's MHB Performance Report. This report on BHS activities and benchmarks will be reviewed by the MHB and submitted to the Board of Supervisors.</li> </ul> <p><b>Liaison Reports</b>  Liaisons reported on the Quality Improvement Committee, Human Services Coordinating Council, First 5 Sacramento Advisory Commission, and Cultural Competence Committee.</p> <p><b>Standing Committee Updates</b></p> <ul style="list-style-type: none"> <li>• <b>Children's System of Care Committee:</b> Ms. Silvia Rodriguez reported that the Children's System of Care Committee met on September 24th and accomplished the following: <ul style="list-style-type: none"> <li>○ In order to ensure continuity, committee goals will be ongoing and will continue into next year.</li> <li>○ Ms. Rodriguez reviewed the Sacramento County Office of Education's goal of having a mental health clinician available to every student who needs one.</li> <li>○ Ms. Rodriguez reviewed the three-tiered system for school-based mental health services, with a focus on providing a bridge between services in the school system and County mental health.</li> <li>○ Ms. Rodriguez summarized the incidence of suicide among school-aged children, which increases as they age through the late high school years.</li> <li>○ Ms. Rodriguez discussed the recommendations of the Chiefs of Staff of the Board of Supervisors in reference to school-based services as evaluated by the MHB.</li> <li>○ Ms. Rodriguez summarized collaborative efforts with BHS for providing committee materials in different languages and affirmed the committee's goal of maintaining cultural competence in their outreach efforts.</li> <li>○ The next Children's System of Care Committee meeting will be on October 22nd at 4 p.m.</li> </ul> </li> <li>• <b>Adult System of Care Committee:</b> Ms. Asmelash reported that the Adult System of Care Committee met on September 22nd and accomplished the following:</li> </ul>

Agenda Item	Discussion
	<ul style="list-style-type: none"> <li>○ Ms. Asmelash summarized the Adult System of Care Committee’s focus on two primary goals throughout this year, including advocating for mental health services for homeless consumers as well as the criminal justice population.</li> <li>○ Progress on these goals will be reviewed at the next committee meeting, as well as coordination for next steps regarding recommendations to the Board of Supervisors.</li> <li>○ Process related goals of the committee, such as how sources are gathered for data-driven decision making and outreach efforts, will be evaluated at the next committee meeting as well.</li> <li>○ The next Adult System of Care Committee meeting will be on October 27th at 4 p.m.</li> </ul>
<p><b>VII. Report on Board of Supervisors Proposal on a Behavioral Health First Response Program for Calls to Law Enforcement</b></p>	<p>Supervisor Patrick Kennedy and Behavioral Health Director Ryan Quist outlined the Board of Supervisors proposal for a Behavioral Health first response program for calls to law enforcement. This proposal includes policy direction to County departments, to evaluate programs which promote the inclusion of behavioral health professionals in responses which have traditionally been handled by law enforcement. This includes redirecting \$1.5 million from the Sheriff’s budget towards behavioral health programs. The Department of Health Services, along with BHS, will report back to the Board of Supervisors with a plan within 45 days. Dr. Quist reviewed BHS’s current programs of this type, including the Mobile Crisis Support Team and Community Support Team models. BHS has been coordinating with Mental Health First as well as the Sheriff’s department to plan for and facilitate new programming, with the goal of consumers in crisis being able to obtain help through Behavioral Health clinicians and peers instead of the emergency room or law enforcement.</p> <p>MHB members responded as follows:</p> <ul style="list-style-type: none"> <li>● Ms. Maria Padilla-Castro asked what the \$1.5 million from the Sheriff’s department will go towards, and asked for clarification regarding the relationship between BHS and the Sheriff’s department. <ul style="list-style-type: none"> <li>○ Supervisor Kennedy clarified that the \$1.5 million was based on startup costs that other communities have used to initiate this kind of program, with the County departments involved given the freedom to determine specific programming.</li> <li>○ Dr. Quist outlined the relationship between BHS and the Sheriff’s department as positive, with an existing relationship from the Mobile Crisis Support Team program creating a foundation for productive discussions regarding the proposed new programs.</li> </ul> </li> <li>● Mr. Richter asked about the current progress of the Navigator program in the emergency departments as instrumental in preventing the need for law enforcement involvement. Supervisor Kennedy discussed the successes and limitations of the Navigator program, including the goal of new programs in keeping consumers out of emergency departments in the first place. Dr. Quist summarized how existing programs meet consumer needs at different stages of the process, as well as how the programs communicate with one another.</li> </ul>

Agenda Item	Discussion
	<ul style="list-style-type: none"> <li>• Ms. Viva Asmelash thanked Supervisor Kennedy for bringing this proposal to the Board of Supervisors and Dr. Quist for BHS efforts in implementing the proposal. Ms. Asmelash asked for clarification regarding whether funds were allocated via a Board of Supervisors vote. Supervisor Kennedy clarified that the allocation was included in the budget vote. Ms. Asmelash advocated for additional funds being allocated to these programs.</li> <li>• Ms. Loran Sheley asked for clarification regarding what will happen after the 45 day planning period. Supervisor Kennedy clarified that after the planning period, BHS will update the Board of Supervisors with progress towards a proposal at that time.</li> </ul> <p>Public comments were received as follows:</p> <ul style="list-style-type: none"> <li>• Five written public comments were received via email, advocating for the diversion of law enforcement funds to County behavioral health programs and community-based behavioral health providers.</li> <li>• A community member advocated for the use of allocated funds being used for consumer transport and discussed cost savings to the County through mental health prevention efforts.</li> </ul>
<p><b>VIII. Presentation</b> – Update on County Homeless Initiatives and Behavioral Health Services Homeless Services</p>	<p>Cindy Cavanaugh, Director of Homeless Initiatives, and Eduardo Amenityro, HQ60 Homeless Services Division Manager, provided a presentation on Sacramento County homeless initiatives.</p> <p>Sheri Green, Health Program Manager, provided a presentation on homeless services provided by BHS.</p>
<p><b>IX. Division of Behavioral Health Services</b></p>	<p>To ensure that there would be enough time for all public comments to be received, the public comment section below preceded the Director’s Report at the meeting.</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 expressed appreciation and respect for the feedback and support of community members regarding the public comments expressed on the topic of community mental health response.</li> <li>• Dr. Quist reminded participants about the importance of flu shots this year due to the current public health crisis.</li> </ul>
<p><b>X. Public Comment</b></p>	<p>Public Comment 1: Community member advocated for behavioral health solutions for mental health care in the community and expressed agreement with the Board of Supervisors’ allocation of funds for these programs. This community member suggested that even more funding should be allocated for these programs.</p> <p>Public Comment 2: Community member discussed her experience as a psychiatrist, and described the dehumanization of consumers experiencing mental health crises by law enforcement staff in the community. This community member advocated for increased peer involvement in the mental health treatment process.</p>

<b>Agenda Item</b>	<b>Discussion</b>
	<p>Public Comment 3: Community member advocated for community mental health response without law enforcement involvement.</p> <p>Public Comment 4: Community member discussed her personal experiences with mental health crises which included law enforcement involvement. This community member advocated for community mental health response as the positive difference that was able to help her.</p> <p>Public Comment 5: Community member discussed her experiences as a survivor of domestic violence and as a person who has been labeled with mental health diagnoses. This community member advocated for the importance of community mental health response and peer support for individuals experiencing mental health crises, without law enforcement involvement.</p> <p>Public Comment 6: Community member discussed the fear that individuals in marginalized demographics have of law enforcement. This community member illustrated this fear by outlining specific cases of individuals who were killed by law enforcement officers while experiencing mental health crises.</p> <p>Public Comment 7: Community member advocated for community mental response without the involvement of law enforcement, from the point of view of a long-term mental health provider and the aunt of an individual with mental health issues who was shot by law enforcement.</p> <p>Public Comment 8: Community member outlined the negative experiences with law enforcement of individuals experiencing homelessness with mental health needs. This community member advocated for community mental health response without the involvement of law enforcement.</p> <p>Public Comment 9: Community member discussed the importance of mental health support for transition age youth, including the suggestion of a youth-led wellness center in the community.</p> <p>Public Comment 10: Community member advocated for additional mental health support in the school system on behalf of youth, including the suggestion of a youth-led wellness center in the community.</p> <p>Public Comment 11: Community member advocated for a peer-led community mental health response without the involvement of law enforcement, from the point of view of a primary care physician.</p>
<b>XI. Adjournment</b>	Chair Arneill adjourned the meeting at 8:05 p.m.