



**ANNUAL REPORT ON THE
SACRAMENTO COUNTY MENTAL HEALTH BOARD**
Calendar Year 2020

Table of Contents

Executive Summary	3
MHB Mission	4
MHB Statutory Mandate	4
MHB Membership.....	5
MHB General Meeting Date and Location.....	5
MHB Standing Committees	5
MHB Accomplishments 2020	6
MHB Annual Retreat	7
Status of MHB Goals for 2020.....	7
Presentations Made at MHB General Meetings	9
BHS Committee Membership and Liaison Activities	11

Executive Summary

The Sacramento County Mental Health Board (MHB) is fulfilling its mission regarding children with serious emotional disturbances and adults with severe mental illness. Its activities are guided by its statutory mandate. It is comprised of consumers, family members, public interest representatives, and a Board of Supervisors representative. This diverse membership guarantees that multiple perspectives are included in the work conducted by the MHB.

The MHB has had many accomplishments in 2020. It focused on advising the Sacramento County Board of Supervisors on fiscal and policy issues. It also conducted a Public Hearing on a Mental Health Services Act Innovation Plan. It has successfully completed its six goals for 2020. It monitored the implementation of the priorities of Behavioral Health Services. Completion of its two policy-related goals resulted in recommendations to the Board of Supervisors. It had three process-related goals that resulted in the MHB committees' successful outreach to community members, use of both qualitative and quantitative data in decision-making, and collaboration by the Adult System of Care Committee with other county advisory boards. In addition, the MHB has apprised itself of many important issues and programs in the community through the presentations it has had at its General Meetings throughout the year.

The MHB has extensive representation on Behavioral Health Services committees and has liaison relationships with other committees and community-based organizations. These relationships provide opportunities to share the viewpoints the MHB and to ensure that the MHB is informed of the policies adopted by these entities and of trends in the community.

MHB Mission

The mission of the Sacramento County Mental Health Board (MHB) is to enable children with serious emotional disturbances and adults with severe mental illness to access services and programs that assist them, in a manner tailored to each individual, to better manage their illness, to achieve their personal goals, and to develop skills and supports leading to their living the most constructive and satisfying lives possible in the least restrictive available settings.

MHB Statutory Mandate

The statutory mandate for mental health boards is found in Section 5604.2(a) of the California Welfare and Institutions Code (WIC):

(a) The local mental health board shall do all of the following:

(1) Review and evaluate the community's public mental health needs, services, facilities, and special problems in any facility within the county or jurisdiction where mental health evaluations or services are being provided, including, but not limited to, schools, emergency departments, and psychiatric facilities.

(2) Review any county agreements entered into pursuant to Section 5650. The local mental health board may make recommendations to the governing body regarding concerns identified within these agreements.

(3) Advise the governing body and the local mental health director as to any aspect of the local mental health program. Local mental health boards may request assistance from the local patients' rights advocates when reviewing and advising on mental health evaluations or services provided in public facilities with limited access.

(4) Review and approve the procedures used to ensure citizen and professional involvement at all stages of the planning process. Involvement shall include individuals with lived experience of mental illness and their families, community members, advocacy organizations, and mental health professionals. It shall also include other professionals that interact with individuals living with mental illnesses on a daily basis, such as education, emergency services, employment, health care, housing, law enforcement, local business owners, social services, seniors, transportation, and veterans.

(5) Submit an annual report to the governing body on the needs and performance of the county's mental health system.

(6) Review and make recommendations on applicants for the appointment of a local director of mental health services. The board shall be included in the selection process prior to the vote of the governing body.

(7) Review and comment on the county's performance outcome data and communicate its findings to the California Behavioral Health Planning Council.

(8) This part does not limit the ability of the governing body to transfer additional duties or authority to a mental health board.

(b) It is the intent of the Legislature that, as part of its duties pursuant to subdivision (a), the board shall assess the impact of the realignment of services from the state to the county, on services delivered to clients and on the local community.

The composition of mental health boards is also specified in statute in WIC Section 5604(a)(2). It is to have 50% consumers (persons with lived experience of mental illness) or the parents, spouses, siblings, or adult children of consumers. At least 20% shall be consumers, and at least 20% shall be family members of consumers.

MHB Membership

The table below includes MHB members by appointment category and Board of Supervisor district as of June 23, 2021.

- District 1: Phil Serna
- District 2: Patrick Kennedy
- District 3: Rick Desmond
- District 4: Sue Frost
- District 5: Don Nottoli

Member	Appointment Category	District
Ann Arneill, Past Chair	Consumer	1
Maria Padilla-Castro	Public Interest	1
Loran Sheley, Chair	Family Member	1
Laura Bemis, Public Interest Secretary	Consumer	2
Supervisor Patrick Kennedy	Board of Supervisor	2
Vacant	Family Member	2
Corrine McIntosh Sako	Public Interest	2
Ryan Gallant	Consumer	3
William Cho	Family Member	3
Paul Wagstaffe	Public Interest	3
Bradley Lueth	Family Member	4
Vacant	Public Interest	4
Vacant	Consumer	4
Theresa Riviera	Family Member	5
Silvia Rodriguez, Vice Chair	Public Interest	5
Vacant	Consumer	5
Supervisor Don Nottoli	Alternate	5

MHB General Meeting Date and Location

The MHB meets the first Wednesday of every month from 6:00 p.m. to 8:00 p.m. via Zoom during the Public Health Emergency. Otherwise, it meets at the County Administration Building at 700 H Street, Sacramento, CA 95814.

MHB Standing Committees

- MHB Budget Committee
- MHB Members: Ann Arneill and Silvia Rodriguez

Purpose: To advise the MHB on budget concerns and to provide recommendations for consideration by the MHB.

MHB Executive Committee

MHB Members: Loran Sheley, Chair; Ann Arneill, Immediate Past Chairperson; Sylvia Rodriguez, Vice-Chairperson; Laura Bemis, Public Information Secretary; Maria Padilla Castro, At-large Member

Purpose: To prepare an agenda for the retreat and to carry out any responsibilities delegated to it by the MHB for any activities that do not require approval of the full MHB. To fulfill the MHB's responsibilities only when sensitive matters arise and urgent response is required but the entire MHB cannot be convened. These actions must be approved by the MHB at a subsequent meeting.

Children's System of Care Committee

MHB Members: Silvia Rodriguez, Chair; Ann Arneill; Mark Hoover; Caroline Lucas; Mike Nguy; Theresa Riviera

Purpose: To work on goals assigned to it at the 2020 Retreat and perform other assignments made by the MHB

Adult System of Care Committee

MHB Members: Viva Asmelash, Chair; Ann Arneill; Loran Sheley; Laura Bemis; Dan Niccum; Maria Padilla-Castro; Bradley Lueth

Purpose: To work on goals assigned to it at the 2020 Retreat and perform other assignments made by the MHB

MHB Accomplishments 2020

- The MHB conducted a Public Hearing on the Draft Mental Health Services Act (MHSA) Innovation Project 5 Plan: Forensic Behavioral Health Multi-System Teams at a meeting held on June 17, 2020
- The MHB sent a letter to the Board of Supervisors in July 2020 with recommendations to increase services for persons who are homeless and mentally ill. The MHB will continue to work on this policy issue in 2021
- The MHB sent a letter to the Board of Supervisors in August 2020 in support of the budget for Behavioral Health Services for Fiscal Year (FY) 2020-21
- The MHB completed the 2020 Data Notebook "Telehealth and Other Strategies to Provide Services during the COVID-19 Public Health Emergency" as required by WIC Section 5604.2(a)(7) and approved it at its November 4, 2020 meeting. The Data Notebook is a requirement of the California Behavioral Health Planning Council for gathering information on performance data from county mental health programs and for obtaining interpretation of that data from local mental health boards
- Two MHB members attended the NAMI State Conference in October 2020
- One MHB member attended the Annual Mental Health & Aging Conference in November 2020
- The MHB send the Board of Supervisors a letter in December 2020 in support of the proposal to establish an Alternative to 911 for Mental Health Response

- The MHB sent out letters to community-based organizations and ethnic-specific organizations to recruit consumers and family members to apply for mental health board membership

MHB Annual Retreat

The MHB held its Annual Retreat on January 11, 2020 at the Grantland L. Johnson Center for Health & Human Services from 10:30 am – 2:30 pm. The MHB Goals for the 2020 calendar year were established

Status of MHB Goals for 2020

Goal 1: Review and evaluate the effectiveness of BHS in implementing their 2020 priorities, and identify and advise on other community-defined needs. BHS has the following priorities:

- Crisis Continuum
- Individual Who Are Experiencing Homelessness
- Individuals Involved with Child Welfare/Probation
- School-based Services
- Individuals Who Have Experience with the Criminal Justice System

The Children's System of Care Committee (CSOC) and Adult System of Care Committee (ASOC) had BHS Division Managers for the respective Systems of Care attend the June 2020 meeting and update the committees on the status of implementation of the priorities

Status: Ongoing

Goal 2: Engage and outreach to community members.

CSOC Committee

The CSOC Committee engaged many community members in its work on school-based mental health issues:

- Community-based mental health providers
- School districts and Sacramento County Office of Education
- School District Trustees
- Education community activists

Status: Complete

ASOC Committee

The ASOC Committee engaged many community members in its work on advising and collaborating with first responder programs leading to better outcomes, particularly for at risk community and marginalized individuals:

- City of Sacramento staff
- Public Health Expert
- Advocates for individuals involved in the criminal justice system
- Family members
- Consumers

Status: Complete

Goal 3: Develop sources for data-driven decision making

CSOC Committee

The CSOC Committee obtained a variety of data for developing its recommendations:

- Qualitative data on program descriptions of school-based mental health programs in Sacramento County
- Qualitative data on program descriptions of community-based mental health services provided to serious mentally ill students referred to BHS from school districts
- Data from the school districts on their school-based mental health programs and special education programs
- Data on rates of mental illness among children and adolescents and suicide rates
- Data on the mental health of students in Sacramento County Secondary Schools
- Workforce data on occupations related to provision of mental health services

Status: Complete

ASOC Committee

The ASOC obtained a variety of data in its work on advising and collaborating with first responder programs leading to better outcomes, particularly for at risk community and marginalized individuals:

- Qualitative data on encounters between consumers and police during mental health crises. Family members submitted narratives of these experiences
- Data on 911 system call volume
- Data on Sacramento community attitudes toward police
- Qualitative data on trauma experienced by people of color in interactions with police
- Data on homelessness
- Data on CAHOOTS program demographics and funding

Status: Complete

Goal 4: Improve communication and cross-collaboration among sister organizations, such as the Alcohol and Drug Advisory Board, Cultural Competence Committee, and the Mental Health Services Act Steering Committee.

CSOC Committee

Status: Not Completed

ASOC Committee

The ASOC Committee collaborated with several sister organizations:

- It had a presentation from the Alcohol and Drug Advisory Board (ADAB) on the efforts of the ADAB Criminal Justice Committee
- It consulted the position letters of the ADAB and the Public Health Advisory Board on the recommendation letter that it was writing on the Alternative to 911 for Mental Health Response Proposal

Status: Completed

Goal 5: Advocate for mental health services for the homeless

- A presentation on the Effectiveness of Sacramento County Homeless Services for Persons who are Homeless and Mentally Ill was given at the June 2020 MHB General Meeting by advocates for homeless persons
- The MHB sent a letter to the Board of Supervisors in July 2020 with recommendations to increase services for persons who are homeless and mentally ill
- Presentations on the County COVID-19 Homelessness Response Plan and BHS Homeless Mental Health Services were given at October 2020 meeting

Status: Completed

Goal 6: Advise and collaborate with first responder programs leading to better outcomes, particularly for at risk communities and marginalized individuals

- The ASOC Committee held meetings for five months soliciting testimony from city staff, BHS staff, another advisory board, public health experts, jail activists, and family members. The committee also obtained first-person accounts from family members and consumers of encounters with police of their crisis calls. It used all this information to craft its recommendations to the MHB
- The MHB send the Board of Supervisors a letter in December 2020 in support of the proposal to establish an Alternative to 911 Mental Health Response

Status: Completed

Site Visits

Site visits were not conducted because of the COVID-19 Public Health Emergency.

Presentations Made at MHB General Meetings

February Meeting

BHS Budget Overview—Ryan Quist, Ph.D., Director, BHS

BHS's annual budget for FY 2019-20 was \$419.5M. Approximately \$85M is spent on outpatient Children's Services, and approximately \$137M is spent on outpatient Adult Services. The presentation provided details on funding by other cost centers and revenue sources

March Meeting

BHS Cultural Competence Plan—Mary Nakamura, LCSW, Cultural Competence & Ethnic Services/Workforce Education and Training Health Program Manager

The presentation provided various definitions related to cultural competence and State Cultural Competence Plan requirements. The Cultural Competence Plan Objectives for FY 2019-20 were outlined

June Meeting

Effectiveness of Sacramento County Homeless Service for Persons Who are Homeless and Mentally Ill—Joe Smith, Director of Advocacy, Loaves and Fishes; Joe Erlenbusch, Executive Director, Sacramento Regional Coalition to End Homelessness

Joe Smith described conditions faced by persons who are homeless and mentally ill in trying to access BHS services and identified gaps in services. Joe Erlenbusch presented issues and recommendations on homeless mental health and substance abuse issues from the perspective of his organization. He also made recommendations about actions the City of Sacramento should take on homelessness when spending the federal CARES Act Stimulus funds it was receiving for responding to the COVID-19 pandemic

July Meeting

Youth Realities in Sacramento During COVID-19: CitiesRISE Report and Youth Perspective—Greg Garcia, Youth Engagement, CitiesRISE; Chalea Wright, IQ Squad; Alana Ramsay, IQ Squad; Olivia Ang-Olsen, YouthRISE, Chair; Amaryana Crutchfield, Impact Sac; Dream Goodson, Impact Sac

Greg Garcia described the CitiesRISE report, “Youth Realities in Sacramento During COVID-19,” which reported the results of a survey conducted in April 2020 of young people on the impact of sheltering in place as a result of the pandemic. The youth provided personal testimony of the impact that the pandemic has had on their lives, included the effects of distance learning

August Meeting

Sacramento County Office of Patients’ Rights—Meghan Stanton, Executive Director, Consumer Self-Help Center

The Office of Patients’ Rights represents clients at Certification Review Hearings, investigates complaints about mental health treatment in inpatient and outpatient settings, monitors psychiatric facilities and residential facilities to ensure compliance with federal and state laws and regulations, and provides training on Patients’ Rights to providers and consumers

September Meeting

BHS Research, Evaluation, and Performance Outcomes—Dawn Williams, Health Program Manager

The presentation described the research reports produced by the unit

October Meeting

COVID-19 Homelessness Response Plan Update--Cindy Cavanaugh, Director, Homeless Initiatives, County of Sacramento; Eduardo Ameneiro, Department of Human Assistance

The COVID-19 Homelessness Response Plan is a partnership among Sacramento County, the City of Sacramento, and Sacramento Steps Forward. It has three components: supporting existing shelters; isolation/quarantine shelters (hotel rooms and trailers); and encampment support. The presentation described the funding, capacity and services provided in each component, and numbers served to date

Behavioral Health Services for Persons Experiencing Homelessness—Sheri Green, LMFT, Health Program Manager, BHS

People experiencing homelessness access a variety of services, including individual and group therapy, medication support, case management, psycho-social rehabilitation, and supportive housing. There are multiple walk-in access points in the community, such as Guest House Homeless Clinic and the Wellness Recovery Centers. In addition, persons can call the Access Team and the Community Support Team. BHS has built 181 housing units in 9 projects, and additional units are coming on line. Many other housing supports are available, such as rent gap payments, master leases, security deposits, credit repair, and utilities assistance. The MHSA has been used to expand homeless services. Services are also available for youth and families

BHS Committee Membership and Liaison Activities

MHB members serve as members of BHS committees and as liaisons to BHS committees and to community-based organizations. These members provide the MHB perspective on the committees on which they are members, and they report back to the MHB on the important policies discussed and adopted by these committees. The liaisons to committees and community-based organizations monitor the activities of these entities and report back to the MHB so that it can stay abreast of those activities and concerns in the community

BHS: Mental Health Services Act Steering Committee

MHB Member: Ann Arneill; Alternate: Mike Nguy

Purpose: Makes recommendation to BHS for MHSA programs and funding by:

- Engaging clients, family members, and other community stakeholders to develop MHSA plans
- Reviewing and ranking proposals developed with stakeholder input
- Making specific program recommendations consistent with MHSA goals, guidelines, and requirements

BHS Quality Improvement Committee

MHB Member: Ann Arneill

Purpose: The Mental Health Plan (MHP) Quality Improvement Committee (QIC) is chaired by the MHP Quality Management Program Manager. The QIC meets on a monthly basis. It includes consumers; family members; representatives of the contracted service provider system; Mental Health Access Teams; Research and Evaluation, Quality Management; Cultural Competence; psychiatry; pharmacy; and Alcohol and Drug Services Unit. The QIC structure is the umbrella for standing subcommittees, ad hoc subcommittees, and/or workgroups that are developed to meet the changing needs of the MHP. Subcommittees report to the monthly QIC meetings where information is reviewed and comments are received from all parts of the system. These deliberations result in approval, new initiatives, and recommendations for new directions and constitute a critical communication forum for the MHP

BHS Cultural Competence Committee (CCC)

MHB Liaison: Viva Asmelash

Purpose: A subcommittee of the Quality Improvement Committee. Acts as an advisor to BHS on cultural competence issues, including outreach, accessibility, linguistic requirements, human resources, and strategies to improve penetration rates. The CCC takes an active role in the continued monitoring of current state-mandated Cultural Competence Plans (CCPs) and the development of subsequent CCPs in Sacramento County. The CCC also reviews all services and programs, Quality Assurance Annual Workplan Reports, and MHSA Annual Update plans with respect to cultural competence issues.

Alcohol and Drug Advisory Board

MHB Liaison: Silvia Rodriguez; Alternate: Maria Padilla Castro

Purpose: Promotes a healthy community and reduces the harmful effects associated with alcohol and drug use

First Five Sacramento Commission

MHB Member: Silvia Rodriguez

Purpose: Makes strategic investments based on best practices and a community-driven plan. Investments are made into programs that meet the highest needs of children and families in Sacramento County

Human Services Coordinating Council

MHB Members: Caroline Lucas, Loran Sheley

Purpose: Serves as an advisory body to the Board of Supervisors on matters relating to health and human services planning and policy issues

Sacramento County Maternal Mental Health Collaborative

MHB Member: Silvia Rodriguez

Purpose: Increases knowledge of maternal mental health disorders and resources available to address them among mothers, healthcare providers, policy makers, and other stakeholders

Older Adult Coalition

MHB Liaison: Maria Padilla-Castro

Purpose: The Older Adult Coalition (OAC) provides an educational forum regarding Sacramento County community-based services and supports to promote older adult mental health recovery. The OAC meets every other month, including at the Annual Mental Health & Aging Conference. The OAC is comprised of a broad cross-section of the mental health, health, and social service professional community in the public and private sector. Its voluntary membership also reflects public citizens, consumers, family members, retired professionals, and mental health and older adult advocates

National Alliance on Mental Illness (NAMI)

MHB Liaison: Laura Bemis

Purpose: A grassroots organization that provides a community of support, education, resources, and outreach activities to families, friends, and persons with mental illness so as to improve their general welfare and to reduce the stigma of mental illness