



SACRAMENTO COUNTY

**ANNUAL REPORT ON THE
SACRAMENTO COUNTY MENTAL HEALTH BOARD**

Calendar Year 2023

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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 2023. It focused on advising the Sacramento County Board of Supervisors and the Sacramento County Behavioral Health Services Director on fiscal and policy issues. It also made specific recommendations to address the behavioral health workforce crisis. It issued a letter of support for the recommendations included in the inaugural policy brief by the Sacramento County Behavioral Health Youth Advisory Board, as well as a letter of support for Behavioral Health Services' recommended actions to improve therapeutic services for Sacramento County foster youth. It issued a letter of concerns addressing the potential impacts of Senate Bill 326 the Behavioral Health Services Act, if approved. Additionally, it conducted two public hearings pertaining to the Mental Health Services Act (MHSA): one on the Draft MHSA 2023-24 Annual Update and another on two MHSA innovation projects.

The MHB has successfully completed a majority of its 20 goals for 2023, with significant progress made on others. It monitored the program design, planning, and implementation of new programs within the Division of Behavioral Health Services, and it remained pivotal in the launching and ongoing operation of a new subcommittee of the MHB composed of community members and MHB members to serve as an Advisory Committee for the Community Wellness Response Team (CWRT), formerly known as the Wellness Crisis Call Center and Response Program (WCCCRP). Completion of the MHB's policy-related goals resulted in recommendations to the Board of Supervisors. It had 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 both the Adult System of Care Committee, the Children's System of Care Committee, and the Community Wellness Response Team Advisory Committee with other county advisory boards and system partners countywide. In addition, the MHB has apprised itself of many important issues and programs in the community through the presentations it has had at its standing committee and 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 of the MHB and to ensure that the MHB is informed of the policies adopted by these entities and of trends in the community.

MHB Purpose

The Sacramento County Mental Health Board is committed to championing the rights of those with mental illnesses in Sacramento County.

MHB Mission

To enable children with serious emotional disturbances and adults with mental illness to access services and programs that assist them, in a manner tailored to each individual, to better control 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 December 31, 2023.

District 1: Phil Serna

District 2: Patrick Kennedy

District 3: Rick Desmond

District 4: Sue Frost

District 5: Pat Hume

Member	Appointment Category	District
Evan Minton	Consumer	1
VACANT (Matthew Gallagher, previous)	Family Member	1
Maria Padilla-Castro	Public Interest	1
Patricia Wentzel	Consumer	2
Mykel Gayent	Family Member	2
Corrine McIntosh Sako, Chairperson	Public Interest	2
Supervisor Patrick Kennedy	Board Supervisor	2
Ryan Gallant	Consumer	3
William Cho, Public Interest Secretary	Family Member	3
Paul Wagstaffe, Vice Chairperson	Public Interest	3
VACANT	Consumer	4
Brad Lueth	Family Member	4
VACANT	Public Interest	4
VACANT	Consumer	5
Theresa Riviera	Family Member	5
Mallika Walsh	Public Interest	5
Supervisor Pat Hume	Alternate	5

The MHB gained three new members in 2023: Mykel Gayent, Mallika Walsh, and Evan Minton. The MHB experienced one resignation of a member during 2023 (Matthew Gallagher, District 1), along with another member who elected to not pursue reappointment at the end of the year (Paul Wagstaffe, District 3).

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. The MHB resumed meeting in person in March 2023 at the County Administration Building at 700 H Street, Sacramento, CA 95814 and hybrid participation for members of the public was available. For the January and February 2023 General Meetings, the MHB met via Zoom during the Public Health Emergency.

MHB Standing Committees

MHB Budget Committee

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

MHB Members: Paul Wagstaffe, Ryan Gallant, Patricia Wentzel, Corrine McIntosh Sako.

MHB Executive Committee

Purpose: To prepare an agenda for the MHB's annual 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.

MHB Members: Corrine McIntosh Sako, Chairperson; Paul Wagstaffe, Vice-Chairperson; William Cho, Public Information Secretary; Patricia Wentzel, At-large Member.

Children's System of Care Committee

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

MHB Members: Corrine McIntosh Sako, Committee Chairperson; Maria Padilla-Castro; Patricia Wentzel; Theresa Riviera.

Adult System of Care Committee

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

MHB Members: William Cho, Committee Chairperson; Ryan Gallant, Committee Vice-Chairperson; Brad Lueth; Mallika Walsh; Patricia Wentzel.

Community Wellness Response Team (CWRT) Advisory Committee

Purpose: Composed of MHB members and community members with diverse community, ethnic, cultural, and linguistic representation. Goals include:

- Ensure fidelity to the community stakeholder workgroup input in the implementation of CWRT as a program and its related advisory committee
- Monitor CWRT program operations and review outcomes
- Make program recommendations regarding the CWRT
- Assist BHS with transparency and accessibility by providing public awareness and updates regarding CWRT
- Serve as a forum to receive input regarding the CWRT program from community stakeholders.

MHB Members: Corrine McIntosh Sako, Committee Co-Chair; Mykel Gayent; Evan Minton

Community Members: Severine Hollingsworth, Committee Co-Chair, Adam Wills, Committee Co-Chair, Elizabeth Kaino Hopper, Elijah Orr, Sarina Rodriguez.

MHB Accomplishments 2023

1. The MHB amended its bylaws (Article IV Membership, Section 11) to include voting privileges and the right to participate in all matters of the Board to five associate members between the ages of 15 and 18 to bring the perspectives of youth to the Board.
2. The MHB approved the renaming of the “Wellness Crisis Call Center and Response Program (WCCCRP)” to the “Community Wellness Response Team (CWRT),” based on results of a community survey.
3. The MHB provided support for the BHYAB policy brief, “Mental Health Resource Accessibility and Sustainability,” which included the following recommendations:
 - Sacramento County Office of Education (SCOE) and BHS prioritize recruitment and retention of mental health practitioners on school campuses and promotion of schools as centers of wellness and restoration.
 - Support Sacramento County’s collaboration with the state of California in the development and advertisement of telehealth programs, where students can connect with mental health professionals and clinicians online.

- Engage Sacramento County to collaborate with the SCOE on providing mental health and harm reduction resources for school staff, parents, and students that educate them on symptoms of, and help with, mental health problems.
 - Engage community-based organizations and the school system in advertisement of professional mental health services (that can be accessible outside of school hours).
4. The MHB approved recommendations to address the behavioral health workforce crisis. Recommendations include:
- Increase the hourly rate at which BHS Mental Health Counselors are compensated by 13.5%, and increase the hourly rate at which Senior Mental Health Counselors are compensated by 17.6%, to be competitive with the private behavioral health sector in order to recruit and retain qualified candidates for positions with the highest vacancy rates.
 - Offer benefitted flexible work schedules for the BHS Mental Health Counselor and Senior Mental Health Counselor positions.
 - Conduct a complete compensation package study, including retirement benefits between current county Mental Health Counselor and Senior Mental Health Counselor positions and those comparable positions offered in the private sector.
 - Continue the commitment to providing culturally responsive services to address disparities in behavioral health care by ensuring the recruitment, training, and retention of diverse culturally and linguistically competent Mental Health Counselors and Senior Mental Health Counselors for the public mental health system.
5. The MHB sent a letter to the Board of Supervisors in June 2023 in support of the budget for Behavioral Health Services for Fiscal Year (FY) 2023-24, including support for growth proposals with an emphasis on the following Behavioral Health Services (BHS) programs:
- Homelessness and Housing
 - School-based Mental Health Services
 - Expanding Mental Health Services
 - Need for Beds in the Behavioral Health Continuum of Care
 - Psychiatric Health Facility (PHF) Bed Rate Increases

- Mental Health Services Act Prevention and Early Intervention Services
 - Patients Rights' Advocates
 - Wellness Crisis Call Center Response Program (WCCCRP)
 - Behavioral Health Services Administration
 - Public Defender
6. The MHB provided support for BHS Recommended Actions for Therapeutic Behavioral Services and Youth Intensive Placement Pool. Recommendations include:
- Increase funding for Therapeutic Behavioral Services (TBS) from \$1,158,959 to \$4,616,184
 - Create a Youth Intensive Placement Pool which blends several mental health contracts that have coinciding child welfare placements for a total of \$13,550,000 in pooled funds (an increase of \$9,374,696).
7. Formed an ad hoc workgroup dedicated to the examination of Senate Bill 326 (Eggman) - the Behavioral Health Services Act (BHSA) and submitted a letter of recommendation to the Board of Supervisors in August 2023 to identify concerns.
8. Continued to advance the work of an ad hoc workgroup dedicated to the Psychiatric Advance Directives multi-county collaborative MHSA innovations project to help advise the Board of Supervisors on Sacramento County participating in the project.
- Recommendation for Sacramento County to participate was presented to the full MHB and ultimately approved on 6/01/22
 - Recommendation for Sacramento County to participate was ultimately approved by the Board of Supervisors on 8/09/2023.
 - Ad hoc workgroup presented at the MHSA Steering Committee meeting at their 10/22/22 meeting.
9. Conducted 9 site visits:
- 4/26/2023 – [Sacramento County Main Jail](#)
 - 8/21/2023 – [Community Wellness Response Team \(CWRT\)](#)
 - 8/29/2023 – [WellSpace Health's Crisis Receiving Behavioral Health center](#)
 - 10/16/2023 – [Hope Cooperative CORE Wellness Center, Marconi](#)

- 10/16/2023 – [Florin Road Stay Safe Shelter](#)
- 10/18/2023 – [Turning Point CORE Wellness Center, Elk Grove](#)
- 10/23/2023 – [Turning Point CORE Wellness Center, Rosin](#)
- 10/26/2023 – [El Hogar CORE Wellness Center, Mariposa](#)
- 12/01/2023 – [Sacramento County Jail Diversion Treatment and Resource Center](#)

10. The MHB hosted a Public Hearing on the Draft Mental Health Services Act (MHSA) 2023-24 Annual Update at a meeting held on 4/05/2023.

11. The MHB hosted a Public Hearing for MHSA on an Overview of the Draft Innovation (INN) Project Plans INN 6: allcove™ Sacramento and INN 7: Community Defined Mental Wellness Practices for the African American/Black/African Descent Unhoused on 9/06/2023.

12. The MHB completed the 2023 Data Notebook, “Stakeholder Engagement,” as required by WIC Section 5604.2(a)(7) and approved it at its 11/1/2023 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.

13. The MHB made numerous improvements to its meeting procedures to promote accessibility and inclusivity, including:

- Held a New Member Orientation meeting on 5/02/2023 to onboard new members.
- Moved Public Comment on Items Not on Posted Agenda from end of meeting to beginning of meeting.

14. The MHB took actions to help raise awareness and interest, and increase the number of qualified applicants:

- Increased public awareness of vacant seats at Mental Health Board meetings.
- Identified community events for marketing and recruitment.
- Approved practice of Mental Health Board members submitting their photograph and personal statement to be published on Mental Health Board webpage.

15. The MHB Chair attended the Sacramento County Racial Equity Summit on 10/18/2023.

16. The MHB Chair participated in the interview panel for the position of BHS Deputy Director.

17. The MHB Chair and Vice-Chair participated in monthly meetings with BHS Director and Deputy Director; provided quarterly briefings to the County Supervisors' Chiefs of Staff; participated in a meet and greet with new Health Services Director; remained in regular communication with County Counsel assigned to the MHB; and participated in meetings with relevant system partners, as needed.

MHB Annual Retreat

- The MHB held its Annual Retreat on January 21, 2023 from 10:00am to 4:00pm via Zoom due to the COVID-19 public health emergency. A team building presentation and exercise was facilitated by Nancy Peña, Ph.D.; a MHB member orientation training was presented; MHB committee and liaison assignments were updated; MHB 2023 goals were identified; and a training on unconscious bias was presented by Adèle James.

Status of MHB Goals for 2023

Adult System of Care Committee

Goal 1: Continue to Monitor the Development of Sacramento County Behavioral Health Services' Plan to Implement SB 803 - Peer Support Specialist Implementation and Make Appropriate Recommendations, if necessary.

Status: No recommendations made to date, continue to monitor.

Goal 2: Continue to Monitor the Development of Sacramento County Behavioral Health Services' Implementation of Assisted Outpatient Treatment Program and Make Appropriate Recommendations, if necessary.

Status: No recommendations made to date, continue to monitor.

Goal 3: Monitor and Make Appropriate Recommendations regarding Sacramento County Behavioral Health Services' Adult System of Care Transformation: Identify Gaps Within the System.

Status: No recommendations made to date, continue to monitor.

Goal 4: Continue to Monitor and Make Appropriate Recommendations regarding Sacramento County Behavioral Health Services' Programs for Individuals/Consumers Experiencing Homelessness.

Status: No recommendations made to date, continue to monitor.

Goal 5: Monitor and Make Appropriate Recommendations Regarding Behavioral Health Services Provided to All Individuals Involved in the Criminal Justice System (Including Those In the Jail, Being Released From Jail, & Those Entering the Jail).

Status: No recommendations made to date, continue to monitor.

Goal 6: Monitor Other Counties' Implementation of CARE Act & Make Appropriate Recommendations to Assist Sacramento County in Implementing the CARE Act (December 2024).

Status: No recommendations made to date, continue to monitor.

Budget Committee

Goal: Review the Sacramento County Budget for Fiscal Year 2022-2023, evaluate how it aligns with the policy and fiscal recommendations that the MHB has made in the past, and bring forward a recommendation for the MHB to make in support of growth proposals for county departments with an emphasis on Behavioral Health Services (BHS) programs.

Status: Completed. MHB approved a set of Budget Recommendations at its 6/01/23 MHB General Meeting and was submitted to the Sacramento County Board of Supervisors as a received and file item.

Children's System of Care Committee

Goal 1: Monitor and Make Appropriate Recommendations Regarding Behavioral Health Services Provided to Sacramento County Foster Youth with Complex Behavioral Health Needs

Status: Drafted a letter of support for BHS Recommended Actions for Therapeutic Behavioral Services and Youth Intensive Placement Pool and approved at 7/05/2023 MHB General Meeting; continue to monitor.

Goal 2: Monitor and Make Appropriate Recommendations Regarding Behavioral Health Services Provided to LGBTQ+ and Gender-Nonconforming Youth
Status: No recommendations made to date, continue to monitor.

Goal 3: Collaborate with Sacramento County Behavioral Health Youth Advisory Board and Continue to Advocate for Youth Seats on MHB.
Status: Ongoing.

Community Wellness Response Team Advisory Committee

Goal 1: Ensure fidelity to the community stakeholder workgroup input in the implementation of CWRT as a program and its related advisory committee
Status: Ongoing.

Goal 2: Monitor CWRT program operations and review outcomes
Status: Ongoing.

Goal 3: Make program recommendations regarding the CWRT
Status: Ongoing.

Goal 4: Assist BHS with transparency and accessibility by providing public awareness and updates regarding CWRT
Status: Ongoing.

Goal 5: Serve as a forum to receive input regarding the CWRT program from community stakeholders.
Status: Ongoing.

Executive Committee

Goal 1: Complete, review, & approve MHB 2022 Annual Report & Performance Report.

Status: Completed. MHB 2022 Annual Report was approved at 6/07/2023 MHB General Meeting and presented to Sacramento County Board of Supervisors at 8/22/2023 meeting. MHB 2022 Performance Report was approved at 8/02/2023 MHB General Meeting and submitted to BOS as a received and filed item.

Goal 2: Identify and coordinate relevant site visits in accordance with ASOC and CSOC goals, in addition to MHB members' interest – x 1/month.

Status: Completed. MHB conducted 9 site visits relevant to MHB standing committee goals in 2023.

Goal 3: Identify and create management tool to:

- a) Track and maintain documents for MHB members to access current approved documents (e.g., MHB Committee Report template, MHB Conduct Agreement, MHB Site Visit Report template).
- b) Continue work on a tool to track goals and progress that can be shared with members and the public.

Status: Completed. MHB webpage utilized for storage of relevant documents, accessible to both MHB members as well as member of the public. Reviewed and discussed options for specific email accounts for MHB members: two options presented to MHB members, neither option received approval by majority vote.

Goal 4: Continue to finalize MHB mission and values statement and make public.

Status: Tabled (work to be continued in 2024 if desired by will of the MHB).

Goal 5: Recruit and recommend MHB appointees to County Supervisors to fill current vacancies.

Status: Ongoing.

Presentations Made at MHB General Meetings

At each general monthly meeting of the MHB, there is a report from the Behavioral Health Services Director as well as updates from advocates and peer partners, the association of behavioral health contractors, and other system partners. In addition, the following presentations were received by the MHB from the following system partners:

3/01/2023 MHB Meeting:

- Presentation by Sacramento County Community Review Commission's Ad Hoc Committee on Mental Health Responses

4/05/23 MHSA Public Hearing Hosted by the MHB

- Presentation by MHSA Health Program Manager and Program Planner on Overview of the Draft Mental Health Services Act (MHSA) 2023-24

5/03/2023

- Presentation by Sacramento County Behavioral Health Youth Advisory Board on its Policy Brief, "Mental Health Resource Accessibility and Sustainability"

7/05/2023 MHB Meeting

- Presentation by Sacramento County BHS Cultural Competence and Ethnic Services Department on The Work of BHS's Cultural Competence and Ethnic Services Department, and Equity Work that BHS Colleagues are Doing Throughout BHS

8/02/2023 MHB Meeting

- Presentation by Deputy County Counsel on Overview of the Brown Act & County Counsel's Role Assigned to the MHB

9/06/2023 MHSA Public Hearing hosted by MHB

- Presentation by MHSA Program Planner on Overview of the Draft Innovation (INN) Project Plans - INN 6: allcove™ Sacramento and INN 7: Community Defined Mental Wellness Practices for the African American/Black/African Descent Unhoused

10/04/2023 MHB Meeting

- Presentation by MHB Member on General Sacramento County Budget Processes
- Presentation by BHS Director on Sacramento County Behavioral Health Services Budget

[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.

Alcohol and Drug Advisory Board

MHB Liaison: William Cho; Alternate: Maria Padilla-Castro

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

Behavioral Health Racial Equity Collaborative (BHREC)

MHB Liaison: Corrine McIntosh Sako; Mallika Walsh

Purpose: Established to bring together key stakeholders of the Sacramento County behavioral health system to build Racial Equity Action Plans (BHREC Action Plans) to improve behavioral health outcomes in the Sacramento community, especially for those communities of people who identify as African American/Black/of African descent.

BHS Cultural Competence Committee (CCC)

MHB Liaison: Theresa Riviera until August 2023, then Mallika Walsh

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.

Human Services Coordinating Council

MHB Members: Paul Wagstaffe

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

BHS Mental Health Services Act Steering Committee

MHB Member: Patricia Wentzel

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.

Older Adult Commission

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: VACANT

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.

BHS Quality Improvement Committee

MHB Member: VACANT

Purpose: The Mental Health Plan (MHP) Quality Improvement Committee (QIC) is chaired by the Mental Health Plan (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.

First 5 Sacramento Advisory Commission

MHB Member: VACANT

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.

Sacramento County Maternal Mental Health Collaborative

MHB Member: VACANT

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

Sacramento County Mental Health Board Members



Corrine McIntosh Sako (she/her) is chair of the Sacramento County Mental Health Board (MHB). She was born and raised in South Sacramento and she is a licensed psychologist and a licensed marriage and family therapist. She has over 20 years of experience providing mental health services in a variety of settings (i.e., school, community mental health centers, group home, intensive outpatient treatment program, private practice), and she has provided direct clinical services in her private practice since 2006. Corrine was appointed to the MHB’s District 2 Public Interest seat in May 2021 and she has held multiple leadership positions since serving on the MHB. She also serves on the Mental Health Board’s Community Wellness Response Team (CWRT) Advisory Committee. Corrine’s lived experience as a consumer of mental health services, as well as being a family member of those who are consumers of mental health services, drive her personal and professional commitment to advocate for equitable and inclusive systems of care. Corrine shows up and speaks out on the impact of systemic and structural oppression on mental health, at the individual and the collective levels. She is passionate in her work to decriminalize mental illness and transform our county’s behavioral health crisis response system so that a mental health crisis receives a mental health response.



Paul Wagstaffe was appointed to the MHB's District 3 Public Interest seat in 2021 and he served as Vice-Chair of the MHB in 2023. His term ended 12/31/23 and he did not seek reappointment.



William Cho was appointed to the MHB's District 3 Family Member seat in 2021 and he served as the MHB Secretary as well as the Chair of the MHB's Adult System of Care committee in 2023.



Maria Padilla-Castro has been a member of the Sacramento County Mental Health Board since 2017, serving District 1 as a Public Interest member. Her educational background includes a Master's in social work, as well her credentials as a Licensed Clinical Social Worker. Maria's commitment to volunteer work dates back to her early years as a Peace Corps volunteer in South America. This volunteer spirit has continued to this day, such as her grassroots community organizing all over California with the aim of improving the lives of marginalized and under-served groups. She was co-founder of a community-based non-profit organization that provided educational, employment and vocational training to disadvantaged communities in Sacramento. Maria also spent many years working in children's and family services for the County and the State, as well as in the healthcare field where she was heavily

involved on the side of labor advocating for improved wages, benefits, and working conditions. She currently specializes in treating individuals with co-occurring diagnoses. Of particular interest to Maria is access to readily available mental health care to our unhoused population and other marginal communities.



Matthew Gallagher was appointed to the MHB's District 1 Family Member seat in 2023 and he resigned from the MHB in August 2023.



Evan Minton (he/they) was appointed as the Consumer Representative for District 1 in 2023 and he serves as Secretary on the Mental Health Board.



Patricia J. Wentzel was appointed as the Consumer Representative for District 2 on the Sacramento County Mental Health Board in 2022. On the Board she is the chair of the Adult System of Care Committee and the Board representative to the Mental Health Services Act

Steering Committee. In the past she has held a position on a Committee of the Mental Health Services Oversight and Accountability Commission. Patricia holds a B.A. in Psychology with Honors from UC Davis and she works for the National Alliance on Mental Illness (NAMI) Sacramento as their Helpline Coordinator and Peer Advocate. She is also a NAMI Sacramento support group facilitator and teacher in both peer and family programs. She worked for six years as a Peer Advocate Case Manager, working with consumers to overcome barriers and access behavioral health services in Sacramento, Yolo, Placer and El Dorado counties. In addition to being a consumer, she is the parent of three adult children with behavioral health conditions. Her experiences both personally and professionally have made her a fierce advocate and exceptional resource for individuals, families, caregivers, providers and professionals in navigating the behavioral health system and the challenges of living with a behavioral health condition or of being a supporter. A published poet, she often writes about her experiences to help break the stigma of severe mental illness and combat stereotypes that hinder the full participation of people with behavioral health conditions in our community. She strives to represent the interests of all the people served by the behavioral health system including members of the LGBTQIA+ community to which she belongs.



Mykel Gayent was appointed to the MHB's District 2 Family Member seat in 2023 and he is a Veteran.



Ryan Gallant was appointed as the Consumer Member for District 3 on the Sacramento County Mental Health Board in March 2021. On the Board, he served as Vice-Chair of the Adult Systems of Care Committee. Ryan works for KPMG as a consultant to the state government where he is currently helping develop the state's new child welfare information system. He holds MAs from the University of Florida and UC Davis. Ryan uses his personal experiences and his professional skills to advocate for evidence-based approaches to behavioral health in Sacramento County.



Brad Leuth was appointed to the MHB's District 4 Family Member seat in 2021.



Mallika Walsh was appointed to the MHB's District 5 Public Interest seat in 2023.



Theresa Riviera was appointed to the MHB's District 5 Family Member seat in 2020.



Patrick Kennedy, a fourth generation Sacramentan, was first elected to represent District 2 on the Sacramento County Board of Supervisors in June, 2014. He was re-elected in 2018 and 2022. As a member of the Board of Supervisors, Supervisor Kennedy is a leader on homeless issues, law enforcement oversight and reforms, affordable housing, mental and behavioral health, climate action, flood protection, and transit. In addition to serving on multiple other boards and commissions, Supervisor Kennedy is the MHB's member of the local governing body and he has served on the MHB since 2015.