

**Sacramento County**  
**Department of Health Services, Behavioral Health Services**  
**Mental Health Services Act (MHSA) Steering Committee**

**Our Mission**

*To provide a culturally competent system of care that promotes holistic recovery, optimum health, and resiliency.*

**Our Vision**

*We envision a community where persons from diverse backgrounds across the life continuum have the opportunity to experience optimum wellness.*

**Our Values**

*Respect, Compassion, Integrity • Client and/or Family Driven • Equal Access for Diverse Populations • Culturally Competent, Adaptive, Responsive and Meaningful • Prevention and Early Intervention • Full Community Integration and Collaboration • Coordinated Near Home and in Natural Settings • Strength-Based Integrated and Evidence-Based Practices • Innovative and Outcome-Driven Practices and Systems • Wellness, Recovery, and Resilience Focus*

September 19, 2024, Meeting Minutes		
Time: 6:00-8:00 PM		Location: Virtually (Zoom) and phone conference
Meeting Attendees - General Public and MHSA Steering Committee members:		
Stakeholder Group	Primary	Alternate
Mental Health Board	Patricia Wentzel	Brad Lueth
Mental Health Director	x Ryan Quist	x Jane Ann Zakhary
Service Provider - Children	x Laurie Clothier (River Oak)	Mary Sheppard (Uplift Family Svcs)
Service Provider - Adults	x Marlyn Sepulveda (Hope Cooperative)	Alexis Bernard (Turning Point)
Service Provider - Older Adults	Genelle Cazares	Cindy Xiong
Law Enforcement	Corey Jackson	Laura Mueller
Senior and Adult Services	x Heidi Richardson	Mary Parker
Education	x Christopher Williams	Brent Malicote
Department of Human Assistance	Julie Field	Carmen Briscoe
Substance Use Prevention and Treatment	Lori Miller	x Pamela Hawkins
Cultural Competence	x Lakshmi Malrouth	Jessie Armenta
Child Welfare	x Melissa Lloyd	Kim Pearson
Primary Health	x Andrew Mendonsa	Noel Vargas
Public Health	Olivia Kasirye	Staci Syas
Juvenile Court	Andi Mudryk	Sarah Davis
Probation	x Lynsey Semon	David Linden
Veterans	x Rochelle Arnold	Michael Restivo
Consumer - TAY	<b>Vacant</b>	<b>Vacant</b>
Consumer - TAY	<b>Vacant</b>	<b>Vacant</b>
Consumer - Adult	Christeana Zamora	<b>Vacant</b>
Consumer - Adult	x Clarissa Laguardia	Chezia Tarleton
Consumer - Older Adult	x Janet Green	<b>Vacant</b>
Consumer - Older Adult	x Sharon Jennings	<b>Vacant</b>
Family Member/Caregiver of Child age 0-17 Yrs	x Chris Marzan	<b>Vacant</b>
Family Member/Caregiver of Child age 0-17 Yrs	Vacant	<b>Vacant</b>
Family Member/Caregiver of Adult age 18-59 Yrs	Susan McCrea- <b>LOA</b>	Ellen King
Family Member/Caregiver of Adult age 18-59 Yrs	Ryan McClinton	x Diana Burdick
Family Member/Caregiver of Older Adult age 60+ Yrs	<b>Vacant</b>	<b>Vacant</b>
Family Member/Caregiver of Older Adult age 60+ Yrs	x Anatoliy Gridyushko	<b>Vacant</b>
Family Member/Consumer At-large	Vacant	Evin Johnson

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Agenda Item	Discussion
<b>I. Welcome and Member Introductions</b>	The meeting was called to order at 6:00p.m. MHSA Steering Committee (SC) co-chairs and members introduced themselves.
<b>II. Agenda Review</b>	The agenda was reviewed. No changes were made.
<b>III. Review of Prior Meeting Minutes</b>	The <b>August 2024</b> draft meeting minutes were reviewed. No changes were made.
<b>IV. Announcements</b>	<p><b>Heidi Richardson</b>, SC Member:            Sacramento County Senior and Adult Services (SAS) and our consultant, Pear Street Consulting, is working on the Local Age and Disability-Friendly Action Plan (LADAP). SAS received a \$200,000 grant from the California Department of Aging aiming to improve a community’s livability and address the current, emerging and future needs of California’s older adults, people with disabilities, caregivers, and families through cross-sector collaboration and transformational systems of change. We have completed 26 listening sessions with 526 older adults, people with disabilities, caregivers, and other community members. The results are being analyzed to identify priorities for the Action Plan with the help of the LADAP Advisory Committee. Stay tuned for more updates as we move forward, including a public comment period later this year and a launch event next year. If you would like more information, please contact <a href="mailto:agefriendly@saccounty.gov">agefriendly@saccounty.gov</a> or visit <a href="#">SacCounty News</a> for periodic updates.</p> <p><b>Pamela Hawkins</b>, SC Member:</p> <ul style="list-style-type: none"> <li>• Sacramento County Substance Use Prevention and Treatment Services (SUPT) has free Narcan and fentanyl test strips available. To access these resources, visit <a href="#">SaferSacramento</a>.</li> <li>• Sacramento County Healthy Beginning webpage focuses on prenatal substance exposure and includes information on education, screening, prevention and intervention for prenatal substance exposure from substances. For more information on the Healthy Beginnings Program and to register for future Healthy Beginnings free courses visit <a href="#">SacHealthyBeginnings</a>.</li> <li>• National Addiction Professional Day is September 20, 2024, and is a day to honor those who dedicate themselves to treating people with substance use disorders.</li> <li>• International Recovery Day is September 30, 2024, and celebrates the power and value of recovery.</li> </ul> <p><b><u>Announcements from the Public</u></b></p> <p><b>Mary Nakamura</b>            Sacramento County BHS presents Journey of Hope: Real life stories of living with mental health challenges portrayed through art. The opening reception of the Journey of Hope art exhibit will take place on October 5, 2024, from 1:00 PM-3:00PM. Come view 33 original art pieces inspired by stories of hope, meet local artists and writers, and enjoy light snacks and</p>

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	<p>refreshments. The exhibit will be held at The Gallery by We Are Sacramento. To learn more visit <a href="#">TheGallery916</a> or <a href="#">StopStigma Sacramento</a>.</p>
<p><b>V. Executive Committee / MHSA Updates</b></p>	<p><b>Executive Committee Updates:</b></p> <p><b>Chris Williams</b>, SC Executive Member and Co-Chair:  The artwork of Sharon Jennings is featured in the online 2024 Hope Exhibit hosted by the Substance Abuse and Mental Health Services Administration (SAMHSA) Office of Recovery in honor of National Recovery Month. The digital gallery features over 280 selected artworks and is open for viewing until the end of the month. Congratulations Sharon. To view the selected artworks, visit <a href="#">Gallery of Hope 2024</a>.</p> <p><b>Chris Marzan</b>, SC Executive Member:</p> <ul style="list-style-type: none"> <li>• Sacramento County Behavioral Health Services (BHS) is inviting the community to learn about their new call center Behavioral Health Services Screening and Coordination (BHS-SAC), coming January 1, 2025. BHS-SAC will combine the Mental Health Access Team and the SUPT System of Care into a single call center for Mental Health and Substance Use Treatment Needs. There are multiple information and Q&amp;A sessions being held over the next few months. To find out more, visit <a href="#">BHS-SAC</a>.</li> <li>• Sac County Community Wellness Response Team (CWRT) responds 24/7 to calls from 988 for individuals who may benefit from in-person crisis intervention, assessment of needs and risks, and safety planning. CWRT provides services for participants who are: <ul style="list-style-type: none"> <li>▪ Dealing with a crisis related to one’s mental health and/or substance use</li> <li>▪ Assessed by 988 Crisis Specialist and determined appropriate for CWRT</li> <li>▪ Unlikely to de-escalate safely in the community without in-person support</li> </ul> </li> <li>• CWRT identifies and leverages individual strengths and natural supports; coordinates with existing Mental Health Plan (MHP) and Substance Use Prevention and Treatment (SUPT) providers as appropriate; provides voluntary transportation to urgent/emergent resources; and provides linkage to ongoing services. To find out more, visit <a href="#">Community Wellness Response Team (CWRT)</a>.</li> <li>• Save the date. The 2<sup>nd</sup> Annual Youth Empowerment Summit will take place October 12, 2024, at Florin Square from 11:00 AM-4:00 PM. The summit will focus on restorative justice, bullying prevention, domestic violence awareness, and more. For more information visit <a href="#">Youth Empowerment Summit</a>. If interested in vendor, sponsorship, or speaker opportunities contact Felicia at <a href="mailto:info@escapevelocityfoundation.com">info@escapevelocityfoundation.com</a>.</li> <li>• La Familia is hosting a Health and Safety Fair that will take place September 21, 2024, at La Familia’s Maple Neighborhood Center from 11:00 AM-2:00 PM. There will be health resources, activities for kids, food, music, raffles, and much more. See <a href="#">Attachment A – La Familia Health and Safety Fair</a>.</li> </ul>

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	<ul style="list-style-type: none"> <li>• A free Dental and Vision clinic will take place September 22, 2024, at Sacramento Central Seventh-Day Adventist Church from 8:00 AM-3:00 PM. Services are available for everyone but are first come, first served. Registration ends when patient capacity is full. See <a href="#">Attachment B – Free Dental and Vision Clinic</a>.</li> <li>• The Sacramento Parent Leadership Training Institute (PLTI), in partnership with Sacramento Children’s Home and First5 Sacramento, is putting on a new PLTI Spanish language cohort. The PLTI is an initiative designed to help individuals build themselves into the advocate they've always dreamed of being. Sacramento PLTI offers FREE training to 20-25 parents or caregivers who want to make a difference in their community. Participants will learn the skills and receive the tools they need to become advocates for children, families and communities. The next PLTI Cohort will be held in Spanish from January 2025-May 2025. To find out more visit <a href="#">First5 Sacramento</a>.</li> </ul> <p><b>MHSA Updates:</b>  <b>Ryan Quist, Behavioral Health Director, and SC Member:</b>  <u><a href="#">MHSA Program Updates</a></u></p> <ul style="list-style-type: none"> <li>• September is National Recovery Month, which started in 1989 as a national observance held every September to promote and support new evidence-based treatment and recovery practices, the nation’s strong and proud recovery community, and the dedication of service providers and communities who make recovery happen and all its forms possible. Recovery can happen.</li> <li>• September is Suicide Prevention month, and also contains Suicide Prevention Week (September 8-14 in 2024) and Suicide Prevention Day (September 10, every year). Historically, MHSA funding has focused on this, and the goal is to raise awareness, decrease stigma, and share information for people affected by suicide and ensure individuals, family, and friends have access to the resources they need to discuss suicide prevention and seek help.</li> <li>• September 15, 2024-October 15, 2024, is Hispanic Heritage Month, which celebrates and highlights the achievements and contribution of the Latino and Hispanic community in the USA, both recent and throughout the years. Keep an eye out for various events relating to this.</li> <li>• The third week of September is the “kickoff” of Latino Behavioral Health week. This is established by the California State Legislature to promote services that have been traditionally underutilized by the Latino/Hispanic population.</li> <li>• October 22, 2024, at 3:30PM, there is a public listening session about CARE Court which launches December 1, 2024. Community Assistance Recovery Empowerment (CARE) Act is a new framework to connect people with mental health and substance use disorders to voluntary treatment through a civil court process. Participants can receive many types of support to promote their recovery and wellbeing, including counseling, medication, housing options, social services, and other resources. This listening session is an opportunity to come learn, as well as to provide feedback and input on the implementation of the CARE Act. The CARE program is designed for individuals who are 18 years of age or older, diagnosed with schizophrenia spectrum or other psychotic disorders, who are not stabilized with ongoing voluntary</li> </ul>

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	<p>treatment and unlikely to survive safely in the community without supervision. The Court does not compel treatment or medication. CARE Court is being slowly rolled out throughout Sacramento County.</p> <ul style="list-style-type: none"> <li>Senate Bill (SB) 43 was signed into law late 2023. SB 43 expands the definition of “grave disability” to include those individuals who are unable to care for their basic needs for health and safety due to a severe substance use disorder or a co-occurring mental health disorder and severe substance use disorder. SB 43 also expands the definition of “basic needs” to include a person’s ability to obtain necessary medical care, personal safety, food, weather appropriate clothing, and/or shelter. Recognizing the challenges with implementation, Counties were permitted to defer implementation for up to two years. Sacramento County Board of Supervisors voted that Sacramento County’s implementation of SB 43 will begin on January 1, 2025. Sacramento County BHS was directed to provide updates on preparation on implementation and the first update has been provided. BHS is scheduled to return to the Board late October-early November to provide a second update, at which time BHS will hear if the Board has decided whether BHS should continue with the current plan to implement January 1, 2025, or if they would like to defer implementation until January 1, 2026. BHS recognizes and acknowledge that local hospitals have significant concerns around an early implementation date and would prefer to defer until January 1, 2026.</li> </ul> <p><b>Andrea Crook</b>, MHSA Program Manager  October 10, 2024, is World Mental Health Day. World Mental Health Day aims to raise awareness of mental health issues and encourage efforts to support those experiencing mental health issues. It was first observed in 1992, at the initiative of World Federation for Mental Health. This year, the theme reminds us of the importance of ‘mental health at work.’ Safe and healthy working environments can act as a protective factor for mental health. Unhealthy conditions - including stigma, discrimination, and exposure to risks like harassment - can affect mental health. To learn more visit <a href="#">World Mental Health Day</a>.</p>
<p><b>VI. Adult Mental Health Outpatient Continuum Presentation</b></p>	<p><b>Adult Mental Health Outpatient Continuum Presentation</b></p> <p><b>Stephanie Kelly</b>, BHS Division Manager</p> <p>See <a href="#">Attachment C – Adult Mental Health Outpatient Continuum Presentation</a></p> <p><b>Member Questions, Discussion, and Collective Comment:</b></p> <p>Clients are being told there is a three-month housing limit due to funding. How can we extend housing services past the three months to ensure clients hierarchy of needs are being met as they navigate life post release?</p> <p><i>There is no requirement stipulating that clients are limited to three-months of housing services. There are guidelines, such as developing and renewing a housing plan every three months, client must be engaged in services, etc. However, the goal</i></p>

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	<p><i>is to meet the needs of the client so they can recover. We will be sure to follow up with service providers about housing guidelines.</i></p> <p>How can the public who have not accessed this meeting, locate more information about the Mental Health Access Team and services being offered?</p> <p><i>Anyone may request mental health services for themselves or on behalf of others by contacting the Mental Health Access Team via phone (at 916-875-1055), <a href="#">online form</a>, or by completing the Service Request form and sending via U.S. mail. The Mental Health Access team determines eligibility for services by conducting a phone screening. Additionally, anyone can request services for themselves or on behalf of others by walking into a CORE provider site during the designated walk-in hours for an assessment. Hours are subject to change. All services and contact information are located on the Sacramento County Behavioral Health Services website on the <a href="#">Mental Health Services – We Can Help webpage</a>.</i></p> <p>If an individual does not have access to the identification documents required to receive certain social services, are there any other ways they can access services?</p> <p><i>There are a lot of non-profit organizations that will assist individuals in getting the necessary identification documents. Additionally, Sacramento Steps Forward has a lot of resources available on their website.</i></p> <p><b>Public Comment:</b> None.</p>
<b>VII. General Steering Committee Comment</b>	None.
<b>VIII. General Public Comment</b>	<b>Name</b> None.
<b>IX. Adjournment/ Upcoming Meetings</b>	<p><b>Upcoming Meetings:</b></p> <ul style="list-style-type: none"> <li>• October 17, 2024</li> <li>• November 21, 2024 (in-person/virtual hybrid)</li> </ul>

*La Familia*

# HEALTH & SAFETY FAIR

2024





Saturday  
**21**  
September



**10am**  
to  
**2pm**



Join us for a celebration as **La Familia is officially recognized as a Community Wellness Hub!**

- ✓ **Activities for Kids**
- ✓ **Beverages & Food**
- ✓ **Raffles & Resources**
- ✓ **Music & Much More!**



La Familia's  
Maple Neighborhood Center  
3301 37th Ave., Sac, CA 95824

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For more info please contact us  
at (916) 452-3601



FREE SERVICES

# FREE Dental & Vision Clinic

Sunday, September 22, 2024 8AM-3PM

Our **FREE** services for uninsured & under-insured include:

- Fillings
- Extractions
- Cleanings
- Restorative
- Eye Exams
- Prescriptions
- Free Frames & Lenses

First come, first served:

- Register at the event
- All services are **FREE** of charge
- No appointment is necessary
- Come early to ensure you get seen



Life and Health is a non-profit network of physicians, optometrists, dentists, and medical professionals dedicated to providing free medical, vision, and dental care to those who are uninsured or under-insured. This free clinic is made possible by volunteers and by donations.



**SACRAMENTO CENTRAL**  
SEVENTH DAY ADVENTIST CHURCH

6045 Camellia Avenue  
Sacramento, CA 95819

Across the street from Sac State

Call 916-457-6511 or email [office@saccentral.org](mailto:office@saccentral.org)



This clinic is **NOT** for emergency care, such as chest pain, bleeding, premature labor, or trauma. For emergencies, call 911 or go to the nearest emergency room.

Next Dental Clinic is on April 13, 2025 at 8AM