

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

October 21, 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	Laurie Clothier (River Oak)	x Mary Sheppard (Uplift Family Svcs)
Service Provider - Adults	x Marlyn Sepulveda (Hope Cooperative)	Alexis Bernard (Turning Point)
Service Provider - Older Adults	x Genelle Cazares	Cindy Xiong
Law Enforcement	Corey Jackson	Laura Mueller
Senior and Adult Services	Heidi Richardson	x Mary Parker
Education	x Christopher Williams	Brent Malicote
Department of Human Assistance	Julie Field	Carmen Briscoe
Substance Use Prevention and Treatment	Lori Miller	Kimberly Grimes
Cultural Competence	x Lakshmi Malrouth	Jessie Armenta
Child Welfare	x Melissa Lloyd	Kim Pearson
Primary Health	Andrew Mendonsa	Noel Vargas
Public Health	Olivia Kasirye	Staci Syas
Juvenile Court	Andi Mudryk	Sarah Davis
Probation	x Lynsey Semon	David Linden
Veterans	Rochelle Arnold	Michael Restivo
Consumer - TAY	Vacant	Vacant
Consumer - TAY	Vacant	Vacant
Consumer - Adult	Christeana Zamora	Vacant
Consumer - Adult	x Clarissa Laguardia	Chezia Tarleton
Consumer - Older Adult	x Janet Green	Vacant
Consumer - Older Adult	x Sharon Jennings	Vacant
Family Member/Caregiver of Child age 0-17 Yrs	x Chris Marzan	Vacant
Family Member/Caregiver of Child age 0-17 Yrs	Vacant	Vacant
Family Member/Caregiver of Adult age 18-59 Yrs	Susan McCrea- LOA	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	Vacant	Vacant
Family Member/Caregiver of Older Adult age 60+ Yrs	x Anatoliy Gridyushko	Vacant
Family Member/Consumer At-large	Vacant	Evin Johnson

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Agenda Item	Discussion
I. Welcome and Member Introductions	The meeting was called to order at 6:00p.m. MHSA Steering Committee (SC) co-chairs and members introduced themselves.
II. Agenda Review	The agenda was reviewed. No changes were made.
III. Review of Prior Meeting Minutes	The September 2024 draft meeting minutes were reviewed. No changes were made.
IV. Announcements	<p>Stephanie Dasalla (SUPT), SC Member:</p> <ul style="list-style-type: none"> • Sacramento County Substance Use Prevention and Treatment (SUPT) staff will be joining the Behavioral Health Services Screening and Coordination (BHS-SAC) Team. Staff will be using the Cal AIM Behavioral Health Quality Improvement Program (BH QIP). BH QIP is an incentive payment program to support Mental Health Plans, Drug Medi-Cal State Plans (DMC), and Drug Medi-Cal Organized Delivery Systems (DMC-ODS) as they prepare for changes in the California Advancing and Innovating Medi-Cal (CalAIM) initiative and other approved administration priorities. This tool will support a faster screening and referral process to treatment providers. • SUPT is working on increasing residential bed capacity in Sacramento County through an expansion plan with Wesley Health and Sacramento Recovery House. • SUPT is working to bring on a new youth residential provider, Paradise Oaks. Stay tuned for more information regarding this. • SUPT website is being enhanced and expanded to add information about Fentanyl Awareness. An eight-part blog series that focuses on the impact and complexity of fentanyl has been added to the website. Blogs one through five have been posted. Furthermore, a new page dedicated to seniors and older adults has been added to the website. This page will focus on increasing outreach, services, and support to this population. Last, a webpage was added that focuses on youth mental health, substance use, and wellness. To learn more, visit Safer Sacramento. <p>Mary Parker, SC Member:</p> <p>The Sacramento County Department of Child, Family and Adult Services (DCFAS), Senior and Adult Services (SAS) Division, is providing funding to eligible Adult Residential Facilities (ARFs) and Residential Care Facilities for the Elderly (RCFEs). Funding is allocated to Sacramento County from the CA Dept of Social Services and is available for existing adult and senior facilities currently serving Supplemental Security Income/State Supplementary Payment (SSI/SSP) or Cash Assistance Program for Immigrants (CAPI) residents. Eligible ARFs and RCFEs in need of operational subsidies to preserve and avoid closure and/or reduction in the number of beds are encouraged to apply. To learn more, visit California Department of Social Services or email dcfas-sas-cce@saccounty.gov.</p>

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	<p>Genelle Cazares, SC Member: P.E.A.R.L.S. is a new program in Sacramento County developed by El Hogar Community Services in partnership with Agency on Aging Area 4, ACC Senior Services, Resources for Independent Living, and Society for the Blind. This evidence-based program supports individuals aged 60 and older who may be experiencing different forms of depression (minor, major, and/or persistent depressive disorder), anxiety, and loneliness. The services provided include coaching and case management, conducted in the setting of the client's choice, to meet people where they are. Participants can receive between six to eight sessions over five to six months. To learn more, visit El Hogar Community Services Inc.</p> <p><u>Announcements from the Public</u> None.</p>
V. Executive Committee / MHSA Updates	<p>Executive Committee Updates: Sharon Jennings, SC Executive Member and Co-Chair:</p> <ul style="list-style-type: none"> • We have an open primary seat for a Family Member/Consumer At-large. Karly Gonzalez has stepped down from the Steering Committee. She will be greatly missed. • Reminder: The November 2024 MHSA SC meeting will be in hybrid format, both in-person and virtual. A survey will be sent out via SurveyMonkey <u>Friday, October 18, 2024</u>, to ask how you plan to attend the meeting. Dinner will be provided, and an accurate head count for food and other supplies is needed. <p>MHSA Updates: Ryan Quist, Behavioral Health Director, and SC Member: <u>MHSA Program Updates</u></p> <ul style="list-style-type: none"> • 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. • October is: <ul style="list-style-type: none"> ○ Filipino American History Month and commemorates the first recorded presence of Filipinos in the continental United States. Filipino American History Month brings awareness to the significant role Filipinos have played in American History. ○ Emotional Wellness Month, a time to focus on mental and emotional wellness and remind individuals the importance of taking care of themselves emotionally. ○ National Bullying Prevention Month, a month-long event that focuses on preventing childhood bullying, promotes kindness, acceptance, and inclusion.

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	<ul style="list-style-type: none"> ○ National Depression and Mental Health Screening Month, a crucial time for promoting understanding, reducing stigma, and encouraging individuals to seek help for mental health challenges. ● October 6, 2024-October 12, 2024, is Mental Illness Awareness Week. The week was kicked off in Sacramento County with the opening of the Journey of Hope Exhibit. The exhibit is available from October 2, 2024-October 31, 2024. To find out more, visit Journey of Hope Exhibit. ● October 11, 2024, is National Coming Out Day, established to honor LGBTQIA+ individuals, and promote a safe, inclusive and loving world where LGBTQIA+ individuals can live truthfully, openly and without fear. ● October 26, 2024, is National Prescription Drug Take Back Day hosted by the U.S. Drug Enforcement Administration (DEA). On this day, collection sites are available in local cities throughout the nation for safe disposal of prescription drugs, including opioids. Collection sites may be found at retail, hospital, or clinic pharmacies, or law enforcement facilities. ● October 23, 2024-October 31, 2024, is Red Ribbon Week. Red Ribbon Week focuses on educating youth, parents and communities about the destructive effects of drug abuse, including prescription drug misuse, and renew their commitment to live a healthy, drug-free lifestyle. ● Sacramento County Behavioral Health Services (BHS) closed out the latest round of the Workforce Education and Training (WET) loan repayment program. Awards were up to \$12,500 per person, totaling over half a million dollars' worth of awards for Sacramento County clinical staff and clinical supervisory staff that work for the public mental health system in a County-operated or mental health contracted program. BHS received 204 applications, and 114 individuals qualified after meeting eligibility requirements. A total of 43 individuals were awarded funding and will need to complete a one-year service commitment in order to receive funds. <p>Andrea Crook, MHSA Program Manager</p> <ul style="list-style-type: none"> ● October 10, 2024, is World Mental Health Day. This year's theme was "Mental Health at Work". This theme aimed to highlight the vital connection between mental health and work, emphasizing the importance of creating safe and healthy working environments to support mental well-being. ● Friendly reminder that if you are not on the MHSA distribution list, please contact mhsa@sacounty.gov to ensure you are receiving our updates and announcements.
VI. Youth and Family Mental Health Overview	<p>Youth and Family Mental Health Overview Presentation Sheri Green, BHS Division Manager</p> <p>See Attachment A – Youth and Family Mental Health Overview.</p> <p><u>Member Questions, Discussion, and Collective Comment:</u> How do regular parents who need these services to help their children, find out about them?</p>

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	<p><i>Sacramento County BHS has made an effort to increase outreach engagement efforts with the community. We have found that billboards, radio ads, etc. have not been as successful. Therefore, BHS has been meeting with school districts in an effort to collaborate. Recently, we met with San Juan Unified School District, Elk Grove School District, and Folsom Cordova Unified School District. Furthermore, BHS is working on a suicide prevention grant, that has strengthened efforts with schools since there is data to support our efforts. Last, BHS is converting Flexible Integrated Program (FIT) dollars into outreach and engagement.</i></p> <p><u>Comment</u> Sheri, thank you for your presentation and the great overview. The services Sheri spoke about have truly helped prevent kids from entering foster care. The upfront mental health services and housing supports have been crucial. I cannot emphasize enough the positive impact our behavioral health partners have had on the children and families we serve in child welfare.</p> <p>Public Comment: None</p>
VII. General Steering Committee Comment	<p>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. On Thursday, November 14, 2024, SAS is hosting a community forum that allows individuals to learn about the draft recommendations for the County’s Action Plan and provide feedback. There will be a public comment period between November 2024 and December 2024 that will allow individuals to provide additional feedback. See Attachment B – Local Aging & Disability-Friendly Action Plan Community Forum.</p>
VIII. General Public Comment	<p>Michelle McMurtry Requests resources and information related to funding for veteran services that would provide their agency with support needed to continue services. They are a mental health clinical counselor at Center for Post Traumatic Growth, a Veteran Affairs (VA) Community Care provider for mental health services for veterans. Recently, they were awarding funding through the County to provide group trauma therapy. As a result of the contract, they are seeing a need for individual veteran referrals for advocacy, mental health services, diagnostic services and claims. They are currently providing veteran services on a volunteer basis, and this is not sustainable in the long-term.</p>
IX. Adjournment/ Upcoming Meetings	<p>Upcoming Meetings:</p> <ul style="list-style-type: none"> • November 21, 2024 (in-person/virtual hybrid) • January 16, 2025