

Sacramento County
Public Health Advisory Board

Meeting Minutes

March 5, 2026 4:00PM - 6:00PM

Meeting Location

3400 3rd Avenue, Sacramento CA 95817

Facilitator: Angelina Olweny

Meeting Opened: 4:03 PM

Category	Name	Attendance
Community Member	Chase Smith	Yes
Community Member	Bekalu Amare	Yes
Community Member	Rachel Weinreb	Yes
Community Member	Nia Jones	Excused
Community Member	Stacy Anderson	Yes
Community Member	Ellen Shank	Yes
Community Member	Samantha Rapp	Yes
Community Member	Naomi Thompson	Yes
Community Member	Johnny Vang	Yes
Community Member	Nathanael Bailey	Yes
Community Member	Michael Wong	Yes
Youth Member	Michael Lee-Chang	Yes
County Staff	Nick Mori	
County Staff	Ivan Mendoza-Manzoi	Yes
County Staff	Lori Miller	
County Staff	Andrew Mendonsa	
County Staff	Tim Lutz	
County Staff	Michelle Besse	Yes
County Staff	Dr. Olivia Kasirye (Ex-officio)	Excused
County Staff	Noel Vargas (Ex-officio)	Excused

Review of Minutes: The February minutes were approved unanimously (Motion: Anderson Second: Shank)

- **Youth Mental Health**

- Dr. Gina Warren is the CEO and Co-founder of Neighborhood Wellness, which operates various behavioral health programs in schools. She highlighted that behavioral health issues in school-aged children—such as fighting, withdrawal, and difficulty focusing—are rooted in deeper causes, including intergenerational poverty, structural inequities, racism, and unaddressed childhood trauma. This trauma can involve abuse, neglect, a parent's incarceration, and housing instability.
- Neighborhood Wellness tackles these root causes by employing a community-centered, trauma-responsive approach that fosters trust among students. This connection allows behavioral health specialists, many of whom have lived experience, to effectively address the underlying issues contributing to behavioral health issues.
- In addition to supporting children, Neighborhood Wellness also offers trauma-responsive care to adults in the community. Dr. Warren explained that unresolved trauma in adults often manifests as substance use, emotional dysregulation, or chronic instability. Many of these individuals lack effective support systems because the root causes—such as intergenerational poverty, systemic racism, and structural inequities—remain unaddressed.
- Dr. Warren emphasized the need for increased training, capacity, and resources in both schools and communities to provide integrated care that targets these root causes. She also called for sustained investment and better coordination across the education, healthcare, housing, and justice sectors to implement community-driven solutions to behavioral health challenges.

- **Mental Health Support Services at Los Rios Community College District**

- Los Rios Community College District offers health and wellness services to students across all four colleges at no cost. To access on-campus services, students must enroll in at least one course.

- Wellness services are available in various formats to accommodate student preferences, including online appointments, walk-in visits, and both in-person and virtual visits.
- The mental health services team consists of a therapist and mental health advocates who assist with case management and support. These services are student-centered and tailored to meet the diverse needs of students. Offerings include short-term therapy and mental health advocacy, where advocates help students build skills and connect with support resources. Students learn how to find therapists, utilize insurance-covered services, and navigate the system.
- Additionally, the colleges have partnerships with Together All which is a peer to peer support platform that is monitored by licensed therapists and Better Mind, a telehealth provider that contracts with therapists throughout California. Students can also access care outside business hours.
- The data shows that the diverse student population actively uses on-campus mental health services each year, and feedback indicates that these services promote student well-being. However, when students graduate or transfer from community colleges, they lose access to these mental health resources, which poses a significant challenge, as many require ongoing support.
- **Primary Care Updates**
 - The primary care clinic is expanding the number of available physician appointments. Additionally, the clinic has a new health manager who will assist with the implementation of the County Medical Indigent Services Program (CMISP) and the Healthy Partners Program.
 - The Adult Correctional Health department is working on fully staffing the 24-hour pharmacy in the jail. The 24-hour pharmacy will enable incarcerated individuals who are discharged afterhours to access their medications.
- Adjourned 5:35 PM