



Sacramento County Mental Health Board

May 3, 2023

Sacramento County Board of Supervisors
700 H Street, Suite 2450
Sacramento, CA 95814

To: Sacramento County Board of Supervisors
Re: Support for BHYAB's policy brief, "Mental Health Resource Accessibility and Sustainability"

Honorable Supervisors:

The Sacramento County Mental Health Board (MHB) writes in strong support of the Mental Health Resource Accessibility and Sustainability policy brief put forward by the Sacramento County Behavioral Health Youth Advisory Board (BHYAB). Many of the points presented in BHYAB's policy brief are aligned with the recommendations approved by the MHB in February 2022 titled, "Improving School-Based Mental Health Services in Sacramento County"¹ that focused on improving student mental health service accessibility. It was recommended that:

- Sacramento County Office of Education (SCOE) and Sacramento County Department of Behavioral Health Services (BHS) accelerate its centers of wellness program to increase mental health services in the schools.
- BHS and county mental health providers deliver information on platforms utilized by youth, such as Instagram and TikTok, and to ensure that messaging is youth-friendly.

Mental health prevention is as successful as it is accessible; we need to provide our youth with the ability to interact with resources at any time, in any capacity. To that aim, the MHB firmly endorses the specific recommendations put forth by the BHYAB, including:

- 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).

¹ <https://dhs.sacounty.gov/BHS/Documents/Advisory-Boards-Committees/Mental-Health-Board/MHB-Reports-and-Workplans/RT-MHB-2022-School-Based-MH-Report.pdf>

BHYAB should be commended for putting forward such pertinent recommendations that are evidence-based and practical. They have the potential to be highly effective to create significant improvement in our students' lives.

Thank you for consideration of the Mental Health Board's support of BHYAB's policy brief, "Mental Health Resource Accessibility and Sustainability." If you have any questions, please contact me at (916) 202-1890 or by email at corrine@drcorrinemcintosh.com.

Sincerely,

Corrine McIntosh Sako, Psy.D., LMFT

Corrine McIntosh Sako Psy.D. LMFT, Chairperson
Sacramento County Mental Health Board

cc: Ryan Quist, PhD, Behavioral Health Director