

**Sacramento County
Mental Health Board (MHB) General Meeting Minutes**

February 1, 2023

Meeting Location

In compliance with County, State, and Centers for Disease Control and Prevention directives related to the COVID-19 public health emergency, this meeting was held remotely via Zoom and Conference Call.

Attendance			
MHB Members			
Name	Attendance	Name	Attendance
Corrine McIntosh Sako, <i>Chair</i>	<u>Present</u> Absent	Bradley Lueth	<u>Present</u> Absent
Paul Wagstaffe, <i>Vice Chair</i>	<u>Present</u> Absent	Maria Padilla-Castro	<u>Present</u> Absent
William Cho, <i>Secretary</i>	<u>Present</u> Absent	Theresa Riviera	<u>Present</u> Absent
Ryan Gallant	<u>Present</u> Absent	Patricia Wentzel	<u>Present</u> Absent
Supervisor Patrick Kennedy	<u>Present</u> Absent		
County Staff to MHB			
Name	Attendance	Name	Attendance
Jason Richards	<u>Present</u> Absent	Rob Parrish	<u>Present</u> Absent

Agenda Item	Discussion
I. Welcome and Introductions	Chair Corrine McIntosh Sako called the meeting to order at 6:01 p.m. A quorum was declared and introductions were made.
II. Conduct Agreement	Mr. Paul Wagstaffe read the MHB Conduct Agreement.
III. Approval of Minutes	Mr. Wagstaffe moved to approve the 2023 Annual Retreat minutes and Ms. Patricia Wentzel seconded the motion. (All members voted Aye.) Motion carried.
IV. Division of Behavioral Health Services	<p>Dr. Ryan Quist, Behavioral Health Director, provided a written report on the status of Behavioral Health Services (BHS). He also provided verbal updates and answered questions as follows:</p> <ul style="list-style-type: none"> • Dr. Quist thanked MHB members for their service, and for bringing their own personal experiences to the table as valued community members. • There has been a recent increase in eating disorders in both Youth and Adults. • Reminder that how we conduct our discussions at public meetings impacts how community members view our services. Being supportive of each other, being empathic, and attuning to the needs of those around us promotes and sustains recovery principles through our interactions. • Behavioral Health Continuum Infrastructure Program – Sacramento County was awarded funds for a Youth Crisis Facility, which will build capacity for a 16 bed psychiatric health facility and crisis stabilization unit for youth. • CalAIM payment reform and a new electronic health record go live on July 1st.

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	<ul style="list-style-type: none"> • During the recent storm and flooding emergency event, BHS staff worked around the clock to provide 24/7 support, including outreach to unhoused community members. • Acknowledgement of the tragic killing of Tyre Nichols and the grief and trauma that have resulted. • February is Black History Month - This month long celebration is a chance to acknowledge the historic achievements of Black Americans and to highlight their contributions and undeniable impact on American history.
<p>V. System Partner Updates</p>	<p>Advocacy Update Ms. Andrea Housley, Ms. Robin Barney, and Ms. Angelina Woodberry announced the following:</p> <ul style="list-style-type: none"> • Support for more involvement of peers in Core programs. • Affordable housing continues to be a challenge for consumers with severe, moderate, and even mild mental illness. • There is a reported need for eviction help for individuals before they become homeless. • There is a need for support for keeping consumers out of institutionalization entirely, rather than just stepping them down. • Continued encouragement for including consumer voices in the planning process for all programs. • The next Expert Pool will be on February 10th, featuring Safe Black Space and Stop Stigma in honor of Black History Month. • Medication shortages were identified as a continuing issue, including ADHD meds and anti-seizure meds among others. • Members continue to report long wait lists to enter psychiatric facilities, as well as crowded and dirty conditions at some facilities. Patients rights has been looped in as a resource for these concerns. <p>Association of Behavioral Health Contractors No updates were made.</p>
<p>VI. Mental Health Board Business</p>	<p>Liaison Reports A written liaison report was provided for the Human Services Coordinating Council.</p> <p>Committee and Workgroup Updates</p> <ul style="list-style-type: none"> • Adult System of Care Committee: Chair McIntosh Sako reported the following: <ul style="list-style-type: none"> ○ Mr. William Cho is the new Chair, and Mr. Ryan Gallant is the new Vice Chair for the ASOC. ○ Chair McIntosh Sako reviewed the ASOC's goals as provided in the handout. ○ The next Adult System of Care Committee meeting will be on February 28th at 4 p.m. • Children's System of Care Committee: Chair McIntosh Sako reported the following: <ul style="list-style-type: none"> ○ The next Children's System of Care Committee meeting will be coming up soon. Date and time are

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	<p>pending and will be posted on the website and announced through the distribution list.</p> <ul style="list-style-type: none"> • Executive Committee: Chair McIntosh Sako reported the following: <ul style="list-style-type: none"> ○ The Executive Committee reviewed the recommendation from the school-based mental health services report regarding making youth members of the MHB full voting members, and proposed a bylaw amendment accordingly (see Item VII). ○ The next Executive Committee meeting will be on February 21st at 12:00 p.m. • Wellness Crisis Call Center and Response Team Program Advisory Committee: Chair McIntosh Sako reported the following: <ul style="list-style-type: none"> ○ BHS will be partnering with WellSpace Health’s 988 call center for referrals to the WCCCRP. ○ Committee members reviewed, discussed, and approved “Community Wellness Response Team” as the new program name for “Wellness Crisis Call Center and Response Program” based on survey results, pending approval of the full MHB. ○ BHS continues to experience a severe workforce crisis, and continues to recruit and hire staff for the response team and call center. <p>Mental Health Board Announcements</p> <ul style="list-style-type: none"> • Ms. Patricia Wentzel announced that NAMI is having sessions for community members on Valentine’s Day. • Chair McIntosh Sako announced that the MHB will meet in person for future MHB General Meetings, due to the ending of the emergency order. Next month, March 1st, the MHB will be meeting at the County Administration Building at 700 H St.
<p>VII. Mental Health Board Action Item – Vote to Approve MHB At-Large Members to MHB Executive Committee</p>	<p>Chair McIntosh Sako moved to approve the appointment of Ms. Wentzel as an at-large member of the MHB Executive Committee and Ms. Maria Padilla-Castro seconded the motion. (All Members voted Aye.) Motion carried.</p> <p>No public comments were made.</p>
<p>VIII. Mental Health Board Discussion/Action Item – Review & Approve New Program Name for Wellness Crisis Call Center and Response Team (WCCRT) Program</p>	<p>Wellness Crisis Call Center and Response Team Committee members reviewed, discussed, and approved “Community Wellness Response Team (CWRT)” as the new program name for the former “Wellness Crisis Call Center and Response Team (WCCRT)” based on survey results. Approval requires a vote of the full MHB.</p> <p>No public comments were made.</p> <p>Chair McIntosh Sako moved to approve changing the name for the WCCRT program to CWRT, and Supervisor Kennedy seconded the motion. (Mr. Cho abstained. All other members voted Aye.) Motion carried.</p>
<p>IX. Mental Health Board Discussion/Action</p>	<p>Dr. Ann Arneill reviewed the current MHB bylaws, which contain a provision for 5 non-voting youth members on the MHB. The February</p>

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<p>Item – Review & Approve MHB Bylaw Amendment Regarding MHB Youth Seats</p>	<p>2022 CSOC report recommended converting these to full voting member positions, among other changes such as allowing youth members to participate in out-of-county training if accompanied by a parent or guardian (Handout #15).</p> <ul style="list-style-type: none"> • Mr. Gallant asked if youth members would have the same voting privileges as existing MHB members. Dr. Arneill clarified that youth members would have the same rights and responsibilities as any other MHB member, except for the ability to travel unaccompanied to trainings outside of Sacramento County. • Ms. Wentzel reminded the MHB that older youth members often drive independently without the supervision of a parent or guardian. • Ms. Wentzel asked if youth members would automatically become regular MHB members upon becoming adults. Dr. Arneill clarified that youth members would need to be appointed through the usual process. • Mr. Wagstaffe asked if youth members could hold public interest seats. County Counsel, Mr. Robert Parrish, clarified that as written, it appears that they can only be consumers and family members. Mr. Cho, Mr. Wagstaffe, and Mr. Parrish noted some ambiguity in this provision as currently written. • Mr. Gallant expressed that it might be advisable to retain the non-voting status of youth members, based on youth having fewer years of life experience. Mr. Gallant noted the importance of MHB votes on items such as recommendations to BHS and the Board of Supervisors. • Supervisor Kennedy reminded everyone that Sacramento County recently created a Youth Advisory Board, so youth already currently have a behavioral health board of their own on which they have full voting rights. • Mr. Matt Gallagher discussed the reasoning behind permission slips or waivers for youth traveling to trainings, and asked about remote meeting requirements for youth. Dr. Arneill clarified that remote meeting provisions would only apply to trainings, and youth members would be held to the same Brown Act requirements as other MHB members for regular meetings. • Mr. Wagstaffe noted that youth members could impact quorums based on the small number of regular members on the MHB. • Ms. Padilla-Castro asked for clarification on why the MHB has not had youth members previously, since the bylaws currently allow for non-voting members. Dr. Arneill clarified that they have just not been historically appointed, which is why the CSOC made this recommendation. <p>Public Comments:</p> <ul style="list-style-type: none"> • Community member advocated for youth voting members to be on the MHB, but expressed that 5 members may be too many. • Community member affirmed the emotional intelligence and important voice of youth members, and encouraged strength based language on this topic. • Community member advocated for the empowerment of youth voices on the MHB. <p>Mr. Wagstaffe moved to refer the MHB bylaw amendment to the Executive Committee to clean up the language, and Ms. Padilla-Castro seconded the motion. (All members voted Aye.) Motion carried.</p>

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	The MHB bylaw amendment will be voted on at a future meeting after reconsideration by the Executive Committee accordingly.
X. Public Comment	Public Comment 1: Community member discussed the work of the Human Services Coordinating Council, and invited MHB members to attend.
XI. Adjournment	Chair McIntosh Sako adjourned the meeting at 8:04 p.m.