

**Sacramento County  
Mental Health Board (MHB) General Meeting Minutes  
March 1, 2023**

**Meeting Location**  
700 H Street  
Sacramento, CA 95814

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

<b>Agenda Item</b>	<b>Discussion</b>
<b>I. Welcome and Introductions</b>	Chair Corrine McIntosh Sako called the meeting to order at 6:01 p.m. A quorum was declared, the conduct agreement was reviewed, and introductions were made.
<b>II. Approval of Minutes</b>	Mr. Brad Lueth moved to approve the February General Meeting minutes and Mr. Paul Wagstaffe seconded the motion. (Mr. Matthew Gallagher abstained. All other members voted Aye.) Motion carried.
<b>III. Division of Behavioral Health Services</b>	<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"> <li>• A competitive bid process was completed to select Telecare as the provider for the upcoming Mental Health Rehabilitation Center (MHRC). Telecare will work for free during the facility design stage, and will work to operate the facility once it is constructed. The MHRC will be a subacute facility, which will provide a step down from inpatient care to help consumers develop the skills they need to return to the community and live independently.</li> <li>• DHCS successfully applied for a waiver with the Centers for Medicare &amp; Medicaid Services (CMS), which will open up new benefits for Medi-Cal consumers in the state of California. BHS is aiming to have a plan written and approved by DHCS by July 2023. The goal is to obtain Medi-Cal funding towards the Community Wellness Response Team (CWRT), which is currently funded with County General Funds. BHS will continue to respond to all crisis calls regardless of Medi-Cal eligibility.</li> <li>• DHCS has issued a Community Behavioral Health Continuum proposal to make improvements to behavioral health in the State of California. Under the current policy, BHS cannot bill</li> </ul>

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	<p>Medi-Cal for behavioral health facilities with more than 16 beds (also known as IMD excluded beds). If the County opts in and meets requirements, they will be able to do so.</p> <ul style="list-style-type: none"> <li>• March is Social Worker appreciation month! Dr. Quist affirmed social workers for the important work that they do for our communities.</li> <li>• Implementation of Assisted Outpatient Treatment (also known as Laura’s Law) is underway in Sacramento County, and there were 5 referrals within the first week. Dr. Quist will update the MHB as this program continues moving forward.</li> </ul>
<p><b>IV. System Partner Updates</b></p>	<p><b>Advocacy Update</b>  Ms. Andrea Housley, Ms. Robin Barney, and Ms. Angelina Woodberry announced the following:</p> <ul style="list-style-type: none"> <li>• Peer advocates are planning their next group facilitation, which will include one-on-one training for supporting and marketing peer run support groups.</li> <li>• The Peer Empowerment Conference is coming up on June 9<sup>th</sup>. Registration will be open within the next couple of weeks. Speakers will include experts with lived experience as well as behavioral health professionals and researchers.</li> <li>• Support groups for peers, support persons, family members, and providers are available. Everyone learns from one another.</li> <li>• Advocates discussed a recent referral to Patients Rights, which was resolved successfully with a release. The community member called back and expressed gratitude that advocates were able to support.</li> <li>• DHCS is currently revamping a lot of their materials. Community members were urged to keep an eye out for yellow envelopes in the mail with medi-cal renewal packets.</li> <li>• The Youth Advocate Committee and Family Advocate Committee currently have open leadership positions. Peer partners who would like to be involved were encouraged to reach out to Andrea Housley for further information.</li> </ul> <p><b>Association of Behavioral Health Contractors</b>  Ms. Diane White announced the following:</p> <ul style="list-style-type: none"> <li>• Behavioral Health providers have been reporting anxiety about payment reform and what it will mean for them in the upcoming fiscal year. Ms. White affirmed BHS for their transparency as they move forward towards implementation.</li> <li>• There is an event coming up to honor behavioral health champions in our communities. More info to come.</li> <li>• The behavioral health workforce crisis remains a major challenge.</li> </ul>
<p><b>V. Mental Health Board Business</b></p>	<p><b>Liaison Reports</b>  A written liaison report was provided for the MHSA Steering Committee.</p> <p><b>Committee and Workgroup Updates</b></p> <ul style="list-style-type: none"> <li>• <b>Adult System of Care (ASOC) Committee:</b> Mr. William Cho reported the following:</li> </ul>

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	<ul style="list-style-type: none"> <li>○ The ASOC Committee reviewed housekeeping and structural items in an effort to stay organized and make the most of their meetings moving forward.</li> <li>● <b>Children’s System of Care (CSOC) Committee:</b> Chair McIntosh Sako reported the following: <ul style="list-style-type: none"> <li>○ The CSOC Committee is currently looking into the mental health needs of youth in the foster care system, including serious emotional disturbance (SED) challenges and treatment plans for this vulnerable population.</li> </ul> </li> <li>● <b>Executive Committee:</b> Chair McIntosh Sako reported the following: <ul style="list-style-type: none"> <li>○ The Executive Committee reviewed and approved revised language for the proposed MHB bylaw amendment regarding youth member seats (Item VII below).</li> <li>○ The Executive Committee drafted goals for 2023 as included in Handout #16.</li> <li>○ The Executive Committee is reviewing a preliminary list of facilities for site visits in 2023.</li> </ul> </li> <li>● <b>Community Wellness Response Team (CWRT) Program Advisory Committee:</b> Chair McIntosh Sako reported the following: <ul style="list-style-type: none"> <li>○ The CWRT committee received the following update from BHS Managers: “The Board of Supervisors approved funding to develop and implement a 24/7 Behavioral Health Call Center and Response Team in June of 2021. Since then, the Behavioral Health team deployed tremendous efforts to actively recruit for well over a year to staff this program. Despite these efforts there was not enough candidate interest to staff a 24/7 call center and response team. As a result, BHS is proposing a new approach, which forms a multi-partnership collaboration with three existing community partners who are currently providing similar services. This partnership joins WellSpace, BACS, Sacramento Children’s Home, and BHS County mobile crisis response teams to operate the CWRT.”</li> </ul> </li> <li>● <b>Psychiatric Advice Directives (PADS) Ad Hoc Workgroup:</b> Mr. Paul Wagstaffe and Ms. Maria Padilla-Castro reported the following: <ul style="list-style-type: none"> <li>○ The MHSA Steering Committee conducted a survey to elicit preferences for innovation component funding. The PADs collaborative project finished near the bottom of the nine categories offered. There is a sense that this request may belong before another Board or Committee. Workgroup members will coordinate with Dr. Quist on identifying appropriate next steps.</li> </ul> </li> </ul> <p><b>Mental Health Board Announcements</b></p> <ul style="list-style-type: none"> <li>● Chair McIntosh Sako announced that the MHSA Annual Update will be reviewed at the Public Hearing meeting on April 5<sup>th</sup>.</li> <li>● Ms. Patricia Wentzel announced that NAMI Sacramento is offering a Mental Health Crash Course training for community</li> </ul>

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	<p>members on March 14th. More information is available on the NAMI Sacramento website.</p> <ul style="list-style-type: none"> <li>• Chair McIntosh Sako announced that NAMI is holding their kickoff event for NAMI Walks on March 8<sup>th</sup>, with the main event being on March 15<sup>th</sup>.</li> <li>• Mr. Lueth discussed the Journey of Hope project – an art-focused initiative focusing on the stories of mental health consumers. Mr. Lueth asked if the Journey of Hope project is returning this year. Former MHB member Ms. Laura Bemis affirmed that this event is currently in the planning stages and hopes to resume soon.</li> </ul>
<p><b>VI. Presentation by Sacramento County Community Review Commission's Ad Hoc Committee on Mental Health Responses</b></p>	<p>Michael Whiteside, Community Review Commissioner, provided a presentation on the Sacramento County Community Review Commission (CRC).</p> <p>The CRC provides input into the selection of the Office of the Inspector General through participation in a panel interview, approves a Community Engagement and Communication Plan, meets monthly to receive community input, and identifies and prioritizes areas of focus and interest. Themes included improving transparency and accountability with respect to the Sacramento County Sheriff's Office and providing greater community interaction and communication with the Office of the Inspector General.</p>
<p><b>VII. Mental Health Board Discussion/Action Item – Review &amp; Approve MHB Bylaw Amendment Regarding MHB Youth Seats</b></p>	<p>Mr. Wagstaffe reviewed proposed changes to the MHB bylaws to allow for youth voting members, as discussed at the February General Meeting, and subsequently revised by the Executive Committee (Handout #19).</p> <ul style="list-style-type: none"> <li>• County Counsel Rob Parrish clarified which Welfare and Institutions Code citation should be included in the final version.</li> <li>• Mr. Ryan Gallant affirmed the importance of taking youth voices into account when making important decisions. Mr. Gallant expressed that it would be advisable to retain the non-voting status of youth members for the same reasons that they are unable to vote in everyday society.</li> <li>• Mr. Cho asked about the rationale behind having youth members on the MHB when they already participate on the Behavioral Health Youth Advisory Board regarding similar issues. Chair McIntosh Sako highlighted the difference in dynamics between youth participating on a board of their peers versus a board composed primarily of adults.</li> <li>• Mr. Matthew Gallagher discussed proposed legislation which may require youth members on the MHB in the future.</li> </ul> <p>Public Comments:</p> <ul style="list-style-type: none"> <li>• Community member expressed concerns about youth participating on the MHB to enhance their resumes, as well as the ability of youth to determine the consequences of votes which will impact their mental health care for years to come.</li> <li>• Community member affirmed the capabilities of youth to make informed decisions about their own mental health, and advocated for longer terms for youth on the MHB.</li> <li>• Community member stated that the comments of MHB members opposed to this resolution could be perceived by prospective youth members as exclusionary.</li> <li>• Community member advocated for professional behavioral health supports for prospective youth members.</li> </ul>

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	<p>Mr. Cho moved to table this item until after the resolution of pending legislation. There was not a second, so the motion did not proceed.</p> <p>Mr. Gallant moved to approve the MHB bylaw amendment, and Ms. Padilla-Castro seconded the motion. (Mr. Cho and Mr. Gallant voted No. All other members voted Aye. Mr. Cho asked that the minutes reflect that he supports the involvement of youth, just not through this mechanism. Mr. Gallagher clarified that his support comes with remaining concerns about wanting to hear the opinions of BHS and the Board of Supervisors.) Motion carried.</p> <p>Mr. Gallagher moved to amend the MHB bylaws to include the updated name of the CWRT (previously the WCCCRT), and Mr. Lueth seconded the motion. (Mr. Cho voted no. All other members voted Aye.) Motion carried.</p>
<b>VIII. Public Comment</b>	<p>Public Comment 1: Community member discussed a positive experience regarding the treatment and support of a family member with their mental health care.</p> <p>Public Comment 2: Community member affirmed MHB members for their respect for one another and community members, and thanked them for their hard work.</p> <p>Public Comment 3: Community member discussed their experience as a family member of an individual who was referred for AOT, and whose case is still pending.</p> <p>Public Comment 4: Community member discussed challenges in the broader community with finding mental health care for those who need it, and affirmed BHS and the MHB for the great work that they do.</p> <p>Public Comment 5: Community member discussed difficulties with obtaining therapy through Kaiser, as well as challenges with confronting large health organizations during a mental health crisis.</p>
<b>IX. Adjournment</b>	Chair McIntosh Sako adjourned the meeting at 8:28 p.m.