

**Sacramento County  
Children’s System of Care Committee**

**MINUTES– TELECONFERENCE MEETING  
July 28, 2022, 4:00PM – 6:00PM**

Members Present: Ann Arneill, Jasmine Morales (staff: Glenda Basina)  
Members Absent: Silvia Rodriguez

AGENDA ITEM
<p>1. Welcome, Introductions and Purpose, Silvia L. Rodriguez, Chair</p> <ul style="list-style-type: none"> <li>• Member Arneill convened the meeting at 4:10pm in Chair Rodriguez’s absence.</li> </ul>
<p>2. Family Advocate Committee Representatives, Tree Bentley</p> <ul style="list-style-type: none"> <li>• No presentation. Presenter absent.</li> </ul>
<p>3. Youth Advocate Committee Representatives, Miriah Smith</p> <ul style="list-style-type: none"> <li>• No presentation. Presenter absent.</li> </ul>
<p>4. LGBTQ Community Representatives, Manuel Serrato, Director of Youth, Family and Adult Programs, Sacramento LGBT Community Center</p> <ul style="list-style-type: none"> <li>• Manuel introduced himself and provided background on the center: provides food, clothing closet and referred to variety of services. On disconnects: Heavily depends on youth having trusted adults in lives, confidentiality from parents/guardians, put into practice ways for youth to self-advocate through text line, social media. Ensure youths know the process is confidential, family isn’t responsive to needs, parents/guardians may not be available to facilitate the referral process, overworked parents. Family isn’t responsive to LGBTQ+ needs. Second disconnect: Assumption that school staff are properly trained to recognize youth who need referrals. Teachers aren’t trained in identifying signs of mental health issue vs. behavioral issue. Who can school staff contact for questions about the process? School counselors and psychologists are overburdened. Important for culture to be developed. Need resource; who to contact? Teachers need practical training in identifying symptoms of students with MH issues. Trainings need an overt discussion of implicit bias. Reference cards that can be kept in the classroom. Hotline or chat on website where stakeholders can ask questions. Other mechanisms for receiving help. LGBTQ+ students feel safer seeking counseling through the LGBTQ community center than through an unfamiliar organization. If there’s a way to partner/connect and provide their contact info for teachers to refer students to them. Disconnect 3: Assumption that schools foster conversations around mental health. School faculty and students need to be informed about this resource. How information is delivered to stakeholders. Do advertising materials for knowledge of resources. Assumption that students/parents and school staff are aware of this resource. Teachers need to know this contact. Marketing media must properly represent the demographics of the community. Teachers are key component because they’re the ones right there. In all things ensure all demographics are represented. All marketing should reach all parents, represents LGBTQ+ going forward. Ensure teachers are part of conversations. They’re there and know the youth. Also youth need to be part of the conversations, involve them, particularly LGBTQ+ and BIPOC Youth.</li> </ul>

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- Member Arneill. Appreciates the presentation. Solutions for youth confidentiality of services. About teachers/counselors overburdened, asked Manuel if found them as a resource to help. Per Manuel, more teacher/psychologist in the pipeline in schools. Another thing was the idea of getting educational materials available for parents on referral to BH services. For youth in particular, a set of resources for alternative organizations to get services from. Having a resource list of those organizations could also be made available. It can be put together by BH with help of LGBTQ that could be provided for youth. Member Arneill asked Manuel to email his powerpoint.
- Member Morales appreciated the information and the focus on having teachers in the discussion.
- Public comment 1: Curious about training teachers. Training most used is mental health first aid and QPR. Asked if other suggestions/thoughts for teacher training. QPR is practical and helps with suicidal. A criteria or rubric to follow to help teachers identify when necessary. Anything that can help with teacher discretion. A new bill rolling out in 2024 about a referral number for mental health. <https://edsources.org/2022/new-law-on-mental-health-curriculum-goes-into-effect-with-start-of-the-new-year/665417>

### 5. Public Comment, Public

- Public comment 2: YAB in attendance and asked if Youth conference still occurring. Member Arneill stated she'll have Chair Rodriguez reach out directly to Sydney. Chair Rodriguez was wanting to put together but may have had trouble getting a critical mass. Per Sydney, youth prefers that youth conference is led by them than adults. If youth conference is established, YAB happy to help co-facilitate. Per Member Arneill this came from the students report, 65% of youth didn't know where to go for MH services. Recommendations for CSOC, SCOE and BHS to hold a youth-led conference for youth for awareness of services. If not a need for the youth, then may not be appropriate. Sydney responded, if anything the youth feels this to be important, a conference can be made for what they want. Sac MH Teen Group had a youth-led, conference. Should have well informed adults on the table to speak on resources. Member Arneill to have Chair Rodriguez contact Sydney directly. Doesn't know if Chair's thinking has gone another direction through talking with other stakeholders.

### 6. Adjournment, Silvia L. Rodriguez

- Chair Rodriguez adjourned the meeting at 4:46pm to reconvene in August.