

# Sacramento County Mental Health Board Executive Committee Meeting

## MINUTES – TELECONFERENCE MEETING

Tuesday, September 20, 2022

12:00pm

Members Present: Corinne McIntosh-Sako, Laura Bemis, William Cho, Paul Wagstaffe and Ann Arneill (staff: Glenda Basina)

Members Absent: None

**I. Welcome and Introductions**, Corrine McIntosh, Sako, Chair

Chair Sako convened the meeting at 12:13pm and introductions were made.

**II. Conduct Agreement**, Laura Bemis, Secretary

Member Bemis read the Conduct Agreement.

**III. Discussion/Action item – Review and Approve October 2022 General Meeting Agenda**, Corrine McIntosh Sako

Chair Sako moved Directors report up so as not to get cut off with time. Letter from County Counsel about people swearing at the meeting. Narrow ability during public comment for people being vulgar. Dr. Sako to read BOS statement and changing to MHB about vulgarity and giving warning and commenting maybe cut short at future meetings. Yet to be brought to Counsel for approval. Member Cho asked if there's a way to have a ticker at the bottom of the screen as a reminder during public comment. For drastic option, do we have a way to cut them off? Glenda to check with Jason about the screen displaying. Member Arneill on Member Bemis' suggestion about a reminder prior to public comment, maybe hold off and see if Conduct Agreement is ok. Member Arneill moved to approve agenda, seconded by Member Bemis. Motion passed.

**IV. Executive Committee Updates**, Executive Committee Members

**a. MHB Monthly General Meeting Scheduling for discussing & taking action on FSP Effectiveness Paper and the CSOC Committee's School Referral Study**

CSOC not approving till October, so need to be approved in December. Need a special meeting in December, otherwise, next time it can be approved is February. If giving Member Arneill dispensation to come back to present in February. Chair Sako on importance of report and Member Arneill and Member Rodriguez's hard work, preferring a December meeting to hear it out. In November FSP paper in addition to elections. Member Arneill on format, go to paper page by page for comments though no one has had comments. Wonders if taking powerpoint to committee then allow for discussion and ask for specific comment/changes on the paper and not do a page by page. Chair Sako asks how much time is needed for each presentation. Member Arneill to get back to Chair Sako on it.

**b. MHB Member Recruitment – review updated Mental Health Board brochure drafts**

Member Cho discussed revising 2-3 weeks ago, received original from Chair Sheley. Shared 2 drafts with different themes. Member Cho shared the original onscreen. Considered the target audience, brochure should be brief/simple making aware the issue and directing to website for information. Informative but not visual. Created modern, contemporary. Shared draft brochure on screen. URLs on county website

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too long and difficult to remember. UR code for scanning to MHB website. Member Bemis likes the picture very diversified. The "Need Help" part, maybe if different colors for the numbers, they don't stand out for help. Looks wordy. Member Cho agrees about the backside. Hard to choose which resources to use with so many of them. Member Bemis suggests to remove the 24/7 with 988 becoming 24/7 soon. Member Arneill asked what the mental health crisis 24/7. Access number. Asks about Support/Referrals number, it's the consumer operated line. Should probably change the "Youth and caregiver support" to The Source. Member Arneill agrees the look is fine. Details just need to be changed. Chair Sako really likes the design, fresh contemporary, consistent with County brand. Wonders about color usage and font for disability advisory board for colors/font usage. Member Cho aware of accessibility for documents which is the reason for the colors/fonts used. Chair Sako on numbers for crisis/referrals, our system partners may be specific in naming who they are. Overall likes the design/concept, really appreciates thought put into it. Member Cho on second version, more neutral colors. Member Bemis thinks this is dark unlike the other which seems cheerful. Chair Sako liking the first one better same as Member Arneill. Likes the You are Not Alone. Member Cho reminds color pallettes can be changed and can keep same format. Member Wagstaffe likes the first one and its clarity. Member Arneill likes picture on the first one with more diversified people. Chair Sako looks like consensus is on the first draft. Member Arneill stated edits on duties need to be made. Member Bemis likes the You're Not Alone tag on the first page. On the back page on the middle panel not as prominent like the second. Member Wagstaffe thinks the picture on the first would emphasize the You're not alone more. Everyone agreed Member Cho did a really great job. Chair Sako comments to have Member Cho work on the first one. Member Arneill wants changes and not add anymore. Member Cho asks for everyone's thoughts. Member Arneill remove review contracts. Member Arneill to look at duties and send to Member Cho via email. Chair Sako also shared URL not user friendly at all. Used Bytly for vacancies and wonders if this can be used instead. Member Cho asked Member Arneill what to put on there. Member Bemis to look at help numbers. Change support/referral to Peer Warm Line, to call before crisis. Chair Sako asks for Member Cho to bring at next meeting.

### **c. Update on Site Visits**

Member Bemis on October visit to MH Court with Judge Brown to see what they do in MH Court. Trying to make them on Mondays so more can go but MH Court not held on Mondays. This is reason it hasn't been scheduled yet because people may not make it. Doesn't know if to schedule it or something else. Chair Sako said to schedule it and those interested will make it. Member Wagstaffe wants to go and can go whenever it's scheduled. Member Bemis to go ahead and schedule in October and will send to Jason to deliver to group; 2pm at 2150 Stockton Blvd. Will give to Jason today to send out today. Member Bemis also to ask Jason of people who can go to take notes because she may not be able to make it. Member Cho volunteered to do it. Member Arneill asked if you have to be vaccinated. Member Bemis said they didn't say anything but can call them back and check and send another email if there is. Knows masks are required.

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**d. Update on 2022 Presentations - select presentation for November 2022**

Chair Sako referred to Member Arneill in having elections and looking at FSP. Asks if there would be time for a presentation or would this be packing it? Wants to be mindful of time and not run over. Looking at the presentation polled, looking at BH Racial collaborating for their purpose and what they've done. Member Arneill has a 15-page power point which could be done in about 10-12 minutes and if with a 10-minute discussion, could be done in 30-minutes. Member Wagstaffe suggested given this is last meeting of the year anything else needed to be added to November? Chair Sako asks if retreat planning needs to be added. Member Arneill stated it's for December meeting of Executive meeting. Asked if Nancy Pena to facilitate retreat again. Member Arneill thinks November Executive meeting should start talking about it, needing substantive meeting with Nancy in early December for a January retreat. Board needs to put ideas in November meeting. Chair Sako opting not to have a presentation. Per Paul, likes BH racial equity and would like to give them a good amount of time. Member Arneill stated they should have half an hour.

**e. Update on Proposed Recommendation re: adding Youth seats to the Mental Health Board**

Behavioral Health identified youth and team doing competitive process for the youth. Also stipends for youths. No mention of amount but will put money. Member Arneill commented the need for bylaw amendment to be approved by BOS. Chair Sako asks if CSOC would do language and shared that Dr. Quist said it'd take time for RFP.

**V. Public Comment (3 minutes per person), Members of the Public**

No public comment.

Member Bemis with heads up for court on Tuesday, the 18<sup>th</sup>, yet to be confirmed but this is next meeting. Member Bemis to check if it can be done on Wednesday. Member Cho asks if this could be the meeting. Chair Sako thinks not because of time for public comment.

**VI. Adjournment, Corrine McIntosh Sako**

Chair Sako adjourned the meeting at 1:13pm.