

Sacramento County Mental Health Board Executive Committee Meeting

MINUTES – TELECONFERENCE MEETING

Tuesday, November 15, 2022

12:00pm

Members Present: Corinne McIntosh-Sako, Laura Bemis, Paul Wagstaffe, William Cho, and Ann Arneill
(staff: Glenda Basina)
Members Absent: None

Agenda Item	
I.	Welcome and Introductions , Corrine McIntosh Sako, Chair <ul style="list-style-type: none">Chair Sako convened the meeting at 12:01pm and introductions were made.
II.	Conduct Agreement , Laura Bemis, Vice Chair <ul style="list-style-type: none">Chair Sako shared the Conduct Agreement on screen, read by Member Bemis.
III.	Discussion Item – Review Youth Membership Bylaw Amendment Provisions , Ann Arneill <ul style="list-style-type: none">Member Arneill shared her ability to draft a bylaw for Executive Committee for submission to the Mental Health Board for approval. Several questions for committee.Add 5 youth as voting members to bring total members to 21. The 5 youth would comprise of the 24% population of youth in Sacramento County. 1 for each district to appoint. Member Bemis fair to have 1 from each district which will make a big committee. Member Wagstaffe likes Section 4:11 in bylaws. Gives board discretion with number if needed. In the meantime, 1 appointment per Board of Supervisor and 24% of constituency, leaving bylaws as is; up to 5.On language of “associate members”, drop associate and leave as members, if voting. Chair Sako agrees.On language of youth has right to participate on all matters except training outside the county. Member Arneill discussed with Risk Management and issue is chaperoning, transporting but if parent chaperones, transports and attends with them then liability is not a concern. Member Wagstaffe suggested to reword to youth unable to participate in training outside the county except when transported/chaperoned by a parent/guardian and youth members may also participate in training via electronic means and similar media. Member Arneill to amend that part of bylaws.On the 2-year terms per youth, Member Arneill thinks it should say appoint 2 years and can be reappointed once and can reapply after 1 year break. Member Cho concurs with Member Arneill that 2 years for high school youths is significant. Member Bemis stated if 15-18 that’s 3 years. If 2 year term at 15 by the time they reapplied they’ll be 19 and would need to apply for non-youth seat. Member Wagstaff asked what happens when they’re in mid-term and turn 19, do they fulfill term for the full year? Chair Sako’s response with the competing demands, keeping it at 1 year is being mindful/respectful. Member Cho concurs with a shorter term. Member Arneill will draft with 1-year term can be reappointed to 2nd term then off for a year then reapply. In Member Bemis’s understanding this’ll make it a 1-year term 3 times,

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reappointed 2 times then off a year. Member Arneill suggested to pause here and continue with the rest at the next meeting. Member Arneill to amend bylaws up to the issues discussed here for review at the next meeting.

IV. **Discuss Possible MHB Bylaw Amendment to Remove Term Limits**, Corrine McIntosh Sako

- Chair Sako shared Supervisor Kennedy's idea regarding looking at term limits for the board. According to County Counsel term limits in bylaws under Article 4 Section 8. Brought issue out for discussion of any interest in amending. Member Arneill supports term limits, a benefit of adding new blood; allowing for introduction of new people. Having unlimited term will not bring in new ideas. 6 years is good to share expertise. Member Cho has mixed feelings and mostly agrees with Member Arneill. New ideas are important to process. The bylaws now, there is a term limit but with the break in between gives member a break and option to return. Maybe an option to allow an ex-officio seat with no voting right. Member Bemis thinks the same as Members Arneill and Cho. 6 years is a long time and 1 year to wait coming back to the board is not long. As a consultant or person on board without voting rights would make sense for them to stay on for something like 2 years. Another thing, do we need to look at where the person resides in the district of the supervisor that is appointing the individual. Member Arneill on idea of termed people as ex-officio members would make longer meetings. Having them on committees would be a really good idea and they have the expertise to advance issues that committees are working on. It wouldn't make numbers on board unwieldy. Member Wagstaffe generally in agreement with Member Arneill making a point on committees having ex-officio as members. There's nothing that stops current members of the board to attend meetings and in part their knowledge. Chair Sako in agreement with terms. Chair Sako shared her briefing with Chiefs that there's been application and interests in a seat.
- On this topic, all in agreement for no action to remove term limits in bylaws.

V. **Discussion/Action item: Review & Approve MHB Member Orientation & Training**, Committee Members

- Chair Sako shared that the slides for update have been updated except the CalAIM slides which will be updated when CalAIM goes live. Member Arneill moved to approve, seconded by Member Bemis. Motion passed.

VI. **MHB Retreat Planning**, Executive Committee Members

- Chair Sako stated there would be no meeting in December and retreat is in January. Executive Committee's role is to plan the retreat. Chair Sako asked Member Arneill if it's to be an ad-hoc or adding an extra meeting for planning the retreat. Chair Sako thinks this may need a couple of meetings to put together. The past couple of years has been on Zoom for 7.5 hours. Asked if to have on Zoom for that long. Member Bemis responded that historically it's been that long. If in person, have a lunch break and smaller breaks. Member Arneill responded it would depend on what's to be accomplish. If just goal oriented, that could be done in a shorter retreat. Also reminded of talk about updating the mission, this could be a longer discussion but can also redirect to an ad-hoc committee. Just have a preliminary discussion of ideas of what is

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wanted. It can be a controlled discussion creating an ad-hoc committee. Chair Sako added certainly reviewing goals and liaison assignments. Asked members what they want to see at retreat. Member Wagstaff is with Member Arneill on depending what goal for retreat will be. If longer, better to have it on Zoom. If shorter, would like to do it in person. Member Cho likes a productive meeting, sometimes a long session to get things done; if a goal oriented agenda with hard stops for break sessions and having a proctor/chaire moving meeting along. Has ideas on substance for meeting. Chair Sako stated goals also for team building. Member Cho added activities with smaller group is a good way. Chair Sako asked for content items. Member Cho mentioned refresher on basics; how to conduct meetings, record keeping, activity logging, a central place for all files (cloud). Helps annual report to compile, easier and professional. Establish having a discussion at retreat. Chair Sako asked if this would also be a tool on tracking status of goals set. Member Cho responded depending on the tool. Chair Sako wondered how this would work with Brown Act and materials noticed to public. Would need to check in with Counsel on how this would align with it. Member Cho responded that it's only there to check out a file or log an activity. Member Wagstaffe likes the idea and stated it would be nice to have partners give 5-minute explanation of what they're group does. Builds familiarity with folks important to the work. Thinks this would be good for new members. Not sure if this would be for retreat. Member Bemis suggested maybe they can write something up if not attending. Chair Sako would like to continue discussing this. Chair Sako would like an additional meeting to flesh out this retreat but next meeting is on 12/20 and retreat is in January. Opts to have additional meeting before 12/20 specific to retreat planning. Member Wagstaffe supports it. Member Bemis prefers 1st week in December. Chair Sako to call for Special Meeting on Tuesday, December 6 at 12pm.

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

- No comments.

VIII. Adjournment, Corrine McIntosh Sako

- Chair adjourned the meeting at 1:08pm