

**Sacramento County
Mental Health Board (MHB) General Meeting Minutes
September 2, 2020**

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
Ann Arneill, <i>Chair</i>	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent	Bradley Lueth	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent
Bryan Richter, <i>Vice-Chair</i>	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent	Caroline Lucas	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent
Dan Niccum, <i>Secretary</i>	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent	Mike Nguy	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent
Viva Asmelash	<input type="checkbox"/> Present <input checked="" type="checkbox"/> Absent	Maria Padilla-Castro	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent
Laura Bemis	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent	Theresa Riviera	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent
Mark Hoover	<input type="checkbox"/> Present <input checked="" type="checkbox"/> Absent	Silvia Rodriguez	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent
Supervisor Patrick Kennedy	<input type="checkbox"/> Present <input checked="" type="checkbox"/> Absent	Loran Sheley	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent
County Staff to MHB			
Name	Attendance	Name	Attendance
Jason Richards	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent	Janice Snyder	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent

Agenda Item	Discussion
I. Welcome and Introductions	Chair Ann Arneill called the meeting to order at 6:01 p.m. and introductions were made.
II. Comfort Agreement	Ms. Laura Bemis read the MHB Comfort Agreement.
III. Approval of Agenda	Mr. Bryan Richter moved to approve the agenda and Ms. Bemis seconded the motion. Motion carried.
IV. Approval of Minutes	Ms. Caroline Lucas moved to approve the minutes and Mr. Richter seconded the motion. Motion carried.
V. System Partner Updates	<p>Advocacy Update Ms. Sandena Bader and Ms. Robin Barney announced the following:</p> <ul style="list-style-type: none"> • CalVoices has been assisting a non-profit organization called The Third Sector with conducting interviews of the Full Service Partnership programs in Sacramento County to improve mental health services at those programs. • To receive updates about Cal Voices Sacramento County Programs, such as the Expert Pool, support groups, Wellness Recovery Action Plan, and Consumer Operated Warmline, please visit this link to join the mailing list: https://bit.ly/ExpertPoolList <p>Association of Behavioral Health Contractors No announcements were made.</p> <p>Alcohol and Drug Advisory Board</p>

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	<p>Ms. Silvia Rodriguez announced that the Alcohol and Drug Advisory Board did not meeting during the month of August. They will resume meetings in September.</p>
<p>VI. Mental Health Board Business</p>	<p>Mental Health Board Announcements</p> <ul style="list-style-type: none"> • Chair Arneill announced the dates for the next Children’s and Adult System of Care committee meetings. These meetings were well-attended in August. Please see the summaries and dates below. • The California Behavioral Health Boards and Comissions Data Notebook will be coming to the MHB within the next few weeks. This year’s topic will be the use of telehealth during the 2020 public health emergency. The Data Notebook will be reviewed and approved at the November MHB General Meeting, provided the information is received in time. • Cindy Cavanaugh, Director of Homeless Initiatives at Sacramento County, was originally scheduled to present at the November MHB General Meeting. Chair Arneill will ask her to present to present at the October MHB General Meeting instead. <p>Liaison Reports Liaisons reported on the Alcohol & Drug Advisory Board, Mental Health Services Act Steering Committee, National Alliance on Mental Illness, and Older Adult Coalition.</p> <p>Standing Committee Updates</p> <ul style="list-style-type: none"> • Children’s System of Care Committee: Chair Ann Arneill reported that the Children’s System of Care Committee met on August 27th and accomplished the following: <ul style="list-style-type: none"> ○ Sacramento City Unified School District and Elk Grove Unified School District provided a presentation on school-based mental health services in Sacramento County. Common themes included a focus on identifying at-risk youth who may need mental health services before crises occur and a positive working relationship with mental health providers in the community. ○ The next Children’s System of Care Committee meeting will be on September 24th at 4 p.m. • Adult System of Care Committee: Chair Ann Arneill reported that the Adult System of Care Committee met on August 25th and accomplished the following: <ul style="list-style-type: none"> ○ MHB member Ms. Laura Bemis and Ms. Kaino Hopper from the National Alliance on Mental Illness discussed family member experiences with law enforcement first responders. <ul style="list-style-type: none"> ▪ Challenges with collecting this information were discussed, including retraumatization of family members and consumers. ○ Ms. Bridgette Dean, Director of the City of Sacramento’s new Office of Community Response discussed collaboration with community partners in developing new law enforcement programs. More

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	<p>information will be provided as new programs are developed.</p> <ul style="list-style-type: none"> ○ Ms. Flojaune Cofer of Public Health Advocates gave a high level view of the problem of Adverse Childhood Experiences and the risk they pose in terms of poor health outcomes and a greater likelihood of involvement in the criminal justice system. ○ Ms. Melinda Avey, Chairperson of the Alcohol and Drug Advisory Board (ADAB), provided an update on the activities of ADAB and expressed the intent to continue working with the MHB on issues common to both boards, such as co-occurring disorders. ○ Ms. Jennifer Ryman gave a presentation on BHS's Community Support Team and Mobile Crisis Support Team programs. ○ The next Adult System of Care Committee meeting will be on September 22nd at 4 p.m. <ul style="list-style-type: none"> ● Ms. Lucas asked if MHB Zoom meetings could be recorded and kept on record for later viewing. County staff will look into the legal requirements of this request and report back to the MHB. <p>Assisted Outpatient Treatment (AOT) Programs</p> <ul style="list-style-type: none"> ● Dr. Ryan Quist, Behavioral Health Director, provided an overview of AOT, as it currently exists in California under Laura's Law. High-profile advocates for and against AOT in the behavioral health community exist on both sides of this issue. ● Legislation (AB 1976) is currently pending which would require Counties to opt out of Laura's Law and provide justification, instead of opting in as they currently do. ● Dr. Quist asked for MHB perspectives on the AOT issue, and clarified that he is taking a neutral position on the issue so that the community can inform the position for Sacramento County. ● Ms. Bemis advocated for AOT as a community member. ● Mr. Brad Lueth advocated for AOT as a family member. ● Mr. Richter asked Dr. Quist how much of a budget an AOT program would require. Dr. Quist summarized that general service delivery could be provided through existing Full Service Partnership programs, but additional costs are yet to be determined and would involve psychiatrists and other staff. ● Chair Arneill spoke on behalf of the Recovery Model, which emphasizes client self-efficacy and choice. ● Community member discussed client choice being compromised by AOT and advocated for the enhancement of Peer services. ● Community member spoke in support of AOT based on experiences as a family member. ● Community member advocated for AOT as a former consumer, while emphasizing the importance of the Recovery Model and Peer Support. ● Mr. Richter asked Dr. Quist what Sacramento County is doing under Laura's Law currently. Dr. Quist clarified that

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	<p>Sacramento County has not opted in to the AOT system under the current law.</p> <ul style="list-style-type: none"> • Chair Arneill advocated for a robust stakeholder process to discuss the AOT issue to consider opting out under the new pending legislation. • Community member emphasized the potential cost savings of implementing AOT and advocated for inclusion in the community planning process. • Ms. Padilla-Castro expressed empathy and thankfulness for the stories of family members of consumers who discussed their experiences during this discussion.
<p>VII. Presentation – Research, Evaluation, and Performance Outcomes</p>	<p>Dawn Williams, Health Program Manager, provided a presentation on the structure and activities of the BHS Research, Evaluation, and Outcomes unit, which collects and reports data regarding Mental Health and Substance Use Prevention and Treatment Programs.</p>
<p>VIII. Division of Behavioral Health Services</p>	<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 acknowledged the challenging circumstances around recent wildfires throughout the state. • Dr. Quist clarified that decisions regarding AOT will need to be made by the Board of Supervisors with community input. • A recommended budget has been posted for Sacramento County and will be voted on by the Board of Supervisors next week. • BHS is projected to receive a reduction in Mental Health Services Act (MHSA) and Realignment funds in the coming budget cycles. • Department of Health Services Director, Dr. Peter Beilenson, and the Division of Public Health have prioritized COVID testing for BHS programs. COVID testing will be provided to congregate care programs, programs providing in-person services, and rapid testing for programs in the crisis continuum. • Mr. Richter asked about the amount of cuts that will be necessary due to the budget shortfall. Dr. Quist clarified that the amount will be determined when the budget is passed by the Board of Supervisors. • Ms. Padilla-Castro asked about the testing frequency for consumers in jail. Dr. Quist clarified that the Division of Public Health would have that information and offered to look into it. • Ms. Padilla-Castro asked about mental health services that could be enhanced if funding is allocated to those services instead of law enforcement. Dr. Quist expressed understanding of the concerns of community members and a willingness to work collaboratively with community input on this issue.
<p>IX. Public Comment</p>	<p>Public Comment 1: Community member expressed concerns about the adequacy and frequency of mental health services her son has received by Sacramento County providers. The community member advocated for additional funding for mental health providers so that they can provide services such as therapy on a more frequent basis.</p>

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	<p>Public Comment 2: Community member discussed the favorable findings of an AOT report from another county.</p> <p>Public Comment 3: Community member discussed a State report addressing the lack of services received by mental health consumers. This report advocates for the implementation of AOT.</p>
X. Adjournment	Chair Arneill adjourned the meeting at 7:52 p.m.