

**Sacramento County
Mental Health Board (MHB) General Meeting Minutes**
November 4, 2020

Meeting Location

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 type="checkbox"/> Present <input checked="" type="checkbox"/> Absent
Viva Asmelash	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent	Maria Padilla-Castro	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent
Laura Bemis	<input type="checkbox"/> Present <input checked="" 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 type="checkbox"/> Present <input checked="" 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	Chair Arneill read the MHB Comfort Agreement.
III. Approval of Agenda	Mr. Bryan Richter moved to approve the agenda and Mr. Dan Niccum seconded the motion. Motion carried.
IV. Approval of Minutes	Mr. Richter moved to approve the minutes and Ms. Viva Asmelash seconded the motion. Motion carried.
V. System Partner Updates	<p>Advocacy Update Ms. Robin Barney announced the following:</p> <ul style="list-style-type: none"> • CalVoices continues to have support groups on the 2nd and the 4th Wednesday of every month from 6:30 p.m. – 8:00 p.m. More information is available on the CalVoices website. <p>Association of Behavioral Health Contractors Ms. Diane White announced that providers are in the process of looking at anticipated budget numbers for the coming years.</p> <p>Alcohol and Drug Advisory Board No updates were made.</p>

Agenda Item	Discussion
<p>VI. Mental Health Board Business</p>	<p>Mental Health Board Announcements</p> <ul style="list-style-type: none"> Chair Arneill announced that the CSOC and ASCO Committees are done meeting for 2020 and will not be meeting again until January. An executive committee meeting will be held in November to plan for the MHB annual retreat, which will be held via Zoom in January. Mr. Richter announced that he will be resigning from the MHB at the end of this year. MHB members thanked Mr. Richter for his service and wished him well. <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>VII. Election of Officers</p>	<p>Chairperson</p> <ul style="list-style-type: none"> Ms. Asmelash nominated Ms. Loran Sheley for the office of Chairperson. The MHB voted to approve Ms. Sheley as the Chairperson for 2021. <p>Vice-Chairperson</p> <ul style="list-style-type: none"> Mr. Niccum nominated Ms. Asmelash for the office of Vice-Chairperson. The MHB voted to approve Ms. Asmelash as the Vice-Chairperson for 2021. <p>Public Interest Secretary</p> <ul style="list-style-type: none"> Mr. Richter nominated Mr. Niccum for the office of Public Interest Secretary. The MHB voted to approve Mr. Niccum as the Public Interest Secretary for 2021.
<p>VIII. Action Item: Approve Holding Meeting On December 2, 2020 to Consider Recommendations from Adult System of Care Committee on its Law Enforcement Goal</p>	<p>Mr. Niccum moved to approve holding an MHB General Meeting on December 2, 2020, to consider recommendations from the Adult System of Care Committee on its Law Enforcement goal. Mr. Richter seconded the motion. Ms. Maria Padilla-Castro abstained. Motion carried.</p>
<p>IX. Behavioral Health Services Budget for Fiscal Year 2021-22</p>	<p>Dr. Ryan Quist, Behavioral Health Director, provided a presentation on prospective Behavioral Health Services (BHS) budget changes in future years, including potential budget cuts resulting from the economic downturn resulting from COVID-19.</p> <ul style="list-style-type: none"> Ms. Padilla-Castro asked if cuts would be equal across programs. Dr. Quist clarified that this is currently the planned starting point. Ms. Padilla-Castro asked if more money would be necessary based on increased crisis needs. Dr. Quist affirmed that all current services are necessary and critical, so any cuts would therefore be to necessary services. Mr. Richter asked for clarification on the prudent reserve. Dr. Quist clarified that the prudent reserve is a separate pot of funding that can only be used under certain circumstances, and that current unspent funds are committed to existing budget

Agenda Item	Discussion
	<p>allocations. Mr. Richter recommended using some of the prudent reserve to cover the upcoming shortfall of funds.</p> <ul style="list-style-type: none"> • Mr. Niccum asked if programs with federal match funds would be targeted for cuts differently than those without them. Dr. Quist clarified that the current proposed starting point would be to cut across programs equally. • Ms. Asmelash encouraged BHS and the MHB to think about why funds are allocated the way they currently are, who is in control of those funds and why. Ms. Asmelash affirmed that all services provided through BHS are critical and necessary. • Mr. Brad Lueth reminded MHB members that with an economic downturn comes reduced income, which results in an increased need for mental health and substance use disorder services. Mr. Lueth suggested that funds should be allocated to programs that are the most effective and serve the greatest number of consumers. Dr. Quist discussed ways that BHS supports existing programs and stated that he is open to that possibility. • Mr. Richter asked if there have been discussions between BHS and the Sheriff's department on potential funding solutions from the Sheriff's department. Dr. Quist clarified that conversations are ongoing between BHS and the Sheriff's department on this topic. • Ms. Sheley asked about the funding structure of the Mobile Crisis Support Teams. Dr. Quist and Deputy Briggs from the Sheriff's department clarified that BHS funds pay for the program and the Sheriff's department donates the time and resources of deputies participating in the program. <p>Public Comment: Community member asked about MAA (Medi-Cal Administrative Activities) funding, BHS plans to utilize SB 803 (which allows peer services in California), and proposals to utilize provider performance as a way to equitably distribute funds. Dr. Quist summarized what MAA funds are, discussed plans to implement Medi-Cal billing for peer services in Sacramento County before implementation of SB 803 and continuing thereafter, and discussed the challenges in accurately evaluating provider performance in terms of funding allocation.</p>
<p>X. Action Item: Review and Approve Data Notebook</p>	<p>Chair Arneill gave a presentation on the 2020 Data Notebook. The Data Notebook is collected annually by the California Behavioral Health Planning Council (CBHPC) for reviewing information and reporting on behavioral health services in each California county.</p> <p>This year, the CBHPC moved the Data Notebook survey to an online format utilizing the SurveyMonkey platform. The focus topic for 2020 is "telehealth and other strategies to provide services during the COVID-19 public health emergency." Full questions and responses are available in the 2020 Data Notebook Presentation handout, distributed to members at the meeting and available upon request.</p> <p>Feedback and recommendations were received as follows:</p> <ul style="list-style-type: none"> • Ms. Asmelash shared feedback regarding a family member's experiences with receiving services in Sacramento County compared to a neighboring county. Dr. Quist highlighted the decrease in the number of Board and Cares across the state,

Agenda Item	Discussion
	<p>as well as Sacramento County’s implementation of Augmented Board and Cares to address this need.</p> <ul style="list-style-type: none"> • Ms. Sheley asked for clarification about the number of requests for telehealth services during COVID-19. Dr. Quist stated that some clients have had challenges with telehealth sessions at the usual service length, so providers have been accommodating client needs by having shorter services more frequently. • Ms. Asmelash expressed an appreciation of the positive response by clients for telehealth services, and asked if the need for services has been identified and is being met. Dr. Quist clarified that initially during the COVID-19 crisis, providers were utilizing telehealth services to a greater extent, but it was determined that some clients required in-person services due to privacy concerns and other challenges. • Ms. Caroline Lucas asked if BHS has data regarding the effectiveness of telehealth services longterm. Dr. Quist clarified that there are times in which telehealth services are not clinically appropriate for all consumers, but that data is being collected on the effectiveness of telehealth services to inform decisions moving forward. • Community member asked if demographic information was collected about responses to BHS surveys that informed Data Notebook responses. Dr. Quist clarified that the BHS surveys are still being collected and that these results will be shared. • No comments or recommendations were given for improvements to the Data Notebook for next year, in response to question #36 for this year’s Data Notebook. <p>Mr. Richter moved to approve the Data Notebook and Mr. Niccum seconded the motion. Motion carried.</p>
<p>XI. Division of Behavioral Health Services</p>	<p>Dr. Ryan Quist, Behavioral Health Director, provided a written report on the status of BHS. He also provided verbal updates and answered questions as detailed above. In addition:</p> <ul style="list-style-type: none"> • Dr. Quist expressed appreciation to Chair Arneill, Mr. Richter, and Mr. Niccum for their contributions as MHB officers this year.
<p>XII. Public Comment</p>	<p>Public Comment 1: Community member discussed her experiences with Sacramento County mental health services and suggested that a wider array of services be made available for consumers.</p>
<p>XIII. Adjournment</p>	<p>Chair Arneill adjourned the meeting at 8:31 p.m.</p>