

Sacramento County
Mental Health Board (MHB) General Meeting Minutes
 February 3, 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
Loran Sheley, <i>Chair</i>	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent	Supervisor Patrick Kennedy	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent
<Vacant>, <i>Vice-Chair</i>		Bradley Lueth	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent
<Vacant>, <i>Secretary</i>		Maria Padilla-Castro	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent
Ann Arneill	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent	Theresa Riviera	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent
Laura Bemis	<input checked="" type="checkbox"/> Present <input type="checkbox"/> Absent	Silvia Rodriguez	<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 Loran Sheley called the meeting to order at 6:00 p.m. and introductions were made.
II. Comfort Agreement	Ms. Ann Arneill read the MHB Comfort Agreement.
III. Approval of Minutes	Ms. Arneill moved to approve the minutes from the December Special Meeting and Ms. Laura Bemis seconded the motion. Motion carried.
IV. System Partner Updates	<p>Advocacy Update Ms. Sandena Bader announced the following:</p> <ul style="list-style-type: none"> The Peers Helping Peers program is a 7 week community health training and paid internship program for Sacramento County youth ages 17-24. The goal of the program is to promote youth interest and assist them in pursuing mental health careers. <p>Ms. Robin Barney announced the following:</p> <ul style="list-style-type: none"> Cal Voices is having its Expert Pool event on February 19th. This was rescheduled from February 12th, which is a holiday. <p>Association of Behavioral Health Contractors No announcements were made.</p>
V. Mental Health Board Business	<p>Mental Health Board Announcements</p> <ul style="list-style-type: none"> Ms. Silvia Rodriguez thanked Ms. Arneill for her leadership as past MHB Chairperson, as well as her continued leadership as the ASOC Committee Acting Chairperson and assistance as a

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	<p>member of the CSOC Committee. Ms. Rodriguez advocated for more members to take on leadership roles.</p> <ul style="list-style-type: none"> • Ms. Arneill outlined the new Behavioral Health Services (BHS) Racial Health Collaborative, which works to ensure equity in Sacramento County. The California Institute of Behavioral Health Solutions facilitates this collaborative, and Ms. Arneill represents the MHB. • Chair Sheley shared that the peer support letter that was sent to MHB members on the day of this meeting will be discussed at the next MHB meeting, due to Brown Act timeliness requirements. <p>Liaison Reports Liaisons reported on the Quality Improvement Committee, Human Services Coordinating Council, and First 5 Sacramento Advisory Commission.</p> <p>Standing Committee Updates</p> <ul style="list-style-type: none"> • Children’s System of Care Committee: Ms. Silvia Rodriguez reported that the Children’s System of Care Committee met on January 28th and accomplished the following: <ul style="list-style-type: none"> ○ The CSOC Committee has been focusing on their school-based mental health goal. ○ Ms. Rodriguez clarified that this goal extends to mental health services of children and youth who are school age, including outside the school system. ○ School districts, non-profit service providers, and community allies have presented and made recommendations on school-based mental health topics. ○ The CSOC Committee meeting will not meet in February and the next meeting will be on March 25th at 4 p.m. • Adult System of Care Committee: Ms. Arneill reported that the Adult System of Care Committee met on January 26th and accomplished the following: <ul style="list-style-type: none"> ○ The ASOC Committee elected Ms. Arneill as the Acting Chairperson, due to the resignation of the previous Chairperson. ○ The ASOC Committee submitted recommendations to BHS and the Board of Supervisors regarding alternatives to 911 for mental health response. This letter is on file and available upon request. ○ Homelessness issues will be highlighted and discussed at the upcoming ASOC meeting. ○ The ASOC Committee meeting will not meet in February and the next meeting will be on March 23rd at 4 p.m. <p>Election of Officers Chair Sheley explained the duties of the MHB Vice Chairperson and the Public Interest Secretary. Nominations and election results were as follows:</p> <ul style="list-style-type: none"> • MHB Vice-Chairperson: Ms. Padilla-Castro nominated Ms. Rodriguez, and Ms. Arneill seconded the motion. Motion carried.

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	<ul style="list-style-type: none"> MHB Public Information Secretary: Ms. Arneill nominated Ms. Laura Bemis, and Ms. Maria Padilla-Castro seconded the motion. Motion carried.
<p>VI. Mental Health Board Action Item: Review and Approve 2020 Report on Performance of the Sacramento County Mental Health System</p>	<p>Chair Sheley provided an overview of the MHB's 2020 Report on the Performance of the Sacramento County Mental Health system. This annual report is prepared to comply with statutory mandates. Comments and recommendations from MHB members were as follows:</p> <ul style="list-style-type: none"> Ms. Arneill thanked Chair Sheley for all of her work on the report. Ms. Bemis asked if the chart on page 33 was incomplete, due to it not mentioning gender identity or sexual orientation. Chair Sheley to follow up with BHS on why this information was not included, and include it if available. Ms. Arneill clarified that this may be a training issue. Ms. Theresa Riviera and Ms. Padilla-Castro asked if members of the public could have a copy of the report to review, in order to provide public comment. <ul style="list-style-type: none"> The report was emailed to members of the public and placed in the chatbox on Zoom for participants to view. A vote on the report was postponed until the next meeting to give members of the public a chance to read the report and prepare their comments.
<p>VII. Mental Health Board Discussion Item: Changes to Mental Health Board Membership</p>	<p>Chair Sheley discussed the 8 existing MHB vacancies, which is half of the total membership.</p> <p>Behavioral Health Director, Dr. Ryan Quist, discussed recommendations that members of the public provide input on the development and implementation of alternatives to 911 mental health response programs.</p> <ul style="list-style-type: none"> Community meetings will be held to address this topic on February 9th from 5:30 p.m. – 6:30 p.m. and February 10th from 12:00 p.m. – 1:00 p.m. (see handout). Supervisor Kennedy encouraged input from MHB members at these meetings, and on an ongoing basis moving forward. Ms. Arneill and Ms. Rodriguez expressed support for MHB involvement in this issue, including in discussions at future MHB meetings. Ms. Riviera discussed the importance of using data to inform decision making on this issue. <p>Dr. Quist announced that a Youth Advisory Board is in the process of being developed, with leadership from Supervisor Kennedy, Sacramento County Office of Education, and community organizations.</p> <ul style="list-style-type: none"> Dr. Quist also discussed the possibility of youth members being on the MHB. Supervisory Kennedy expressed support for the development of the Youth Advocacy Board, which will be youth driven. Supervisor Kennedy advocated for youth participation on both the Youth Advisory Board and the MHB. Ms. Janice Snyder clarified that youth MHB members are currently allowed in the bylaws as non-voting members. These

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	<p>would be in addition to existing membership seats, and would not reduce the number of adult members.</p> <ul style="list-style-type: none"> • In response to the idea that the same youth serve on both the Youth Advisory Board and the MHB, Ms. Arneill asked if they would have the time and energy to serve on both boards.. Supervisor Kennedy clarified that the community has expressed that youth have the bandwidth to participate in both. • Ms. Riviera asked about the ages of youth that would be included. A community partner, Ms. Bina Lefkovitz, summarized that the Youth Advisory Board proposal includes youth ages 14-24 who have been involved in County services. • Ms. Arneill asked if the MHB bylaws allow for the same ages. Ms. Snyder clarified that the MHB bylaws currently allow for youth ages 15-18. Ms. Snyder clarified that the MHB bylaws could be amended for the same age group if needed. • Ms. Padilla-Castro moved asked that the minutes reflect that she supports youth involvement in the MHB and the Youth Advocacy Board.
<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"> • COVID-19 continues to present challenges for the mental health of community members. Please see the included handouts for coping strategies and reach out to BHS for support if needed. • Though the status is still unknown, there is a possibility that cuts to 1991 and 2011 Realignment may not occur. BHS may therefore be made whole to pre-COVID funding levels. BHS would normally have seen 2 increases during the same time period, so this still results in a net decrease. While funding was not as badly reduced as expected, it will still likely result in a reduction in capacity. • MHSA funding is expected to remain at normal levels, which is better than anticipated. Exact numbers will be received by BHS in the coming weeks. • The State of California Governor’s Budget allows for additional grants that BHS could apply for, to build up available beds in preparing for the possibility of the Institutes of Mental Disease (IMD) exclusion waiver. Augmented Board and Cares and Adult Residential Treatment programs would allow Sacramento County to have additional beds for consumers leaving inpatient psychiatric care. Other funding items in the Governor’s Budget include CalAIM, student mental health, and MHSA flexibilities. • BHS has obtained access to COVID vaccines for behavioral health providers, through Sacramento County Public Health. Inpatient and other congregate living behavioral health environments received vaccines first, followed by outpatient behavioral health providers who are working in person. • Sacramento County continues to have a shortage of vaccines due to statewide and nationwide supply issues. • Three job classifications were created in Sacramento County for peer positions, including management positions.

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	<p>Discussions at the MHSA Steering Committee indicated that community members were looking for something different in Sacramento County peer support, so the existing Board Letter to bring those positions into BHS was cancelled accordingly. Conversations will continue moving forward regarding the role that peers should have in the community.</p> <ul style="list-style-type: none"> • Ms. Padilla-Castro asked about the current situation with mental health services for individuals experiencing homelessness. Dr. Quist discussed continued efforts to address COVID testing, water availability, encampment hygiene, and other needs of individuals experiencing homelessness. Mental health providers continue to provide services to this population during this time. • Ms. Arneill requested additional discussion of peer support in Sacramento County, and advocated for thorough discussion of BHS topics at MHB meetings. • Ms. Rodriguez highlighted recent deaths that have occurred among individuals experiencing homelessness, and asked for discussion on what the MHB could have done to help prevent those deaths. MHB members proposed a letter to the Board of Supervisors to advocate for this population. Ms. Snyder clarified that discussion and approval of such a letter would need to be agendized in compliance with the Brown Act and approved at a subsequent meeting. Ms. Rodriguez volunteered to draft a letter, with Ms. Padilla-Castro and Ms. Riviera to assist.
IX. Public Comment	<p>Public Comment 1: Community member discussed a positive experience with behavioral health staff vaccinations at provider sites, and advocated for changes in the law for mental health services for older adult clients.</p> <p>Public Comment 2: Community member expressed support for the upcoming community sessions for alternatives to 911 mental health response. This community member advocated for similar input from community members regarding youth involvement in County boards such as the MHB and the proposed Youth Advisory Board.</p>
X. Adjournment	Chair Sheley adjourned the meeting at 8:01 p.m.