

**Sacramento County**  
**Department of Health Services, Behavioral Health Services**  
**Mental Health Services Act (MHSA) Steering Committee**

**Our Mission**

*To provide a culturally competent system of care that promotes holistic recovery, optimum health, and resiliency.*

**Our Vision**

*We envision a community where persons from diverse backgrounds across the life continuum have the opportunity to experience optimum wellness.*

**Our Values**

*Respect, Compassion, Integrity • Client and/or Family Driven • Equal Access for Diverse Populations • Culturally Competent, Adaptive, Responsive and Meaningful • Prevention and Early Intervention • Full Community Integration and Collaboration • Coordinated Near Home and in Natural Settings • Strength-Based Integrated and Evidence-Based Practices • Innovative and Outcome-Driven Practices and Systems • Wellness, Recovery, and Resilience Focus*

September 21, 2023 Meeting Minutes		
Time: 6:00-8:00 PM		Location: Virtually (Zoom) and phone conference
Meeting Attendees - General Public and MHSA Steering Committee members:		
Stakeholder Group	Primary	Alternate
Mental Health Board	x Patricia Wentzel	Brad Lueth
Mental Health Director	Ryan Quist	x Jane Ann Zakhary
Service Provider - Children	x Laurie Clothier (River Oak)	Mary Sheppard (Uplift Family Svcs)
Service Provider - Adults	x Erin Johansen (TLCS)	Marlyn Sepulveda (Hope Cooperative)
Service Provider - Older Adults	x Genelle Cazares (El Hogar)	Martha Sinclair-West (El Hogar)
Law Enforcement	Corey Jackson	Laura Mueller
Senior and Adult Services	Heidi Richardson	x Mary Parker
Education	x Christopher Williams	Brent Malicote
Department of Human Assistance	Julie Field	Carmen Briscoe
Substance Use Prevention and Treatment	x Lori Miller	Michelle Besse
Cultural Competence	Koby Rodriguez	x Lakshmi Malroutu
Child Welfare	Melissa Lloyd	Kim Pearson
Primary Health	x Andrew Mendonsa	Noel Vargas
Public Health	x Olivia Kasirye	Staci Syas
Juvenile Court	Dena Coggins	Sarah Davis
Probation	x Lynsey Semon	x David Linden
Veterans	Rochelle Arnold	Vacant
Consumer - TAY	Arushi Mishra	Vacant
Consumer - TAY	Vacant	Vacant
Consumer - Adult	x Hafsa Hamdani	x Clarissa Laguardia
Consumer - Adult	Leslie Napper	Chezia Tarleton
Consumer - Older Adult	x Janet Green	Vacant
Consumer - Older Adult	x Sharon Jennings	Vacant
Family Member/Caregiver of Child age 0-17 Yrs	x Ebony Chambers McClinton	Vacant
Family Member/Caregiver of Child age 0-17 Yrs	x Crystal Harding	Vacant
Family Member/Caregiver of Adult age 18-59 Yrs	Susan McCrea	Ellen King
Family Member/Caregiver of Adult age 18-59 Yrs	x Ryan McClinton	x Diana Burdick
Family Member/Caregiver of Older Adult age 60+ Yrs	Vacant	Vacant
Family Member/Caregiver of Older Adult age 60+ Yrs	x Anatoliy Gridyushko	Vacant
Family Member/Consumer At-large	x Karly Gonzalez	Evin Johnson

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Agenda Item	Discussion
<b>I. Welcome and Member Introductions</b>	The meeting was called to order at 6:00 p.m. MHSA Steering Committee (SC) members introduced themselves.
<b>II. Agenda Review</b>	The agenda was reviewed; no changes were made.
<b>III. Review of Prior Meeting Minutes</b>	The June 2023 draft meeting minutes were reviewed; correction made to the spelling of Andrew Mendonsa’s name. No other changes were made.
<b>IV. Announcements</b>	<p><b>Crystal Harding</b>, Steering Committee (SC) Member: First 5 Sacramento Parent Leadership Training Institute (PLTI) application for English and Spanish cohort is open. Please share and apply here: <a href="https://forms.gle/Vx3yGZNs5J82EBb39">https://forms.gle/Vx3yGZNs5J82EBb39</a> Main website: <a href="http://www.sacramentoplti.com/">http://www.sacramentoplti.com/</a>. For questions, text or call Crystal at (916) 320-8846.</p> <p><b>Lori Miller</b>, SC Member: September is National Recovery Month which aims to raise awareness and celebrate the strength of millions of people in recovery. This year’s theme is Hope is Real, Recovery is Real.</p> <p>We want to continue alerting everyone here in this committee and community about the dangers of Fentanyl. We have lost 170 people to Fentanyl poisoning and overdoses, and the numbers continue to rise. These are people from all socio-economic statuses and age ranges. Most of the people dying in our community are aged 20 to 40, and we're seeing a rise in our communities of color. We are putting prevention and treatment resources into those areas and engaging those communities and organizations around this danger and support available to them.</p> <p>The Substance Use Prevention and Treatment’s newest initiative is called Safer Sacramento. Our website is a multimedia educational resource to guide individuals to make healthy choices around substance use. There's lots of resources there on the trending substances in our community. There are video learning opportunities from: health officials, Sacramento County’s Assistant District Attorney’s office, our crime lab, and impacted families who've lost loved ones. Please check us out and follow us on all our social media channels. <a href="http://www.SaferSacramento.com">www.SaferSacramento.com</a>.</p> <p><b>Patricia Wentzel</b>, SC Member: The next Mental Health Board (MHB) meeting will be held on October 4, 2023, at 6:00 p.m. This month there will be an overview of the Sacramento County Behavioral budget. MHB meetings are the 1<sup>st</sup> Wednesday of every month, held virtually and in person downtown (700 H Street). Please visit the MHB Meeting webpage for more information:</p>

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<https://dhs.saccounty.gov/BHS/Pages/Advisory-Boards-Committees/Mental-Health-Board/BC-Mental-Health-Board-Meetings-2023.aspx>

The NAMI Sacramento Helpline provides resources, connection to NAMI Sacramento programs, and guidance for individuals with mental health conditions and their supporters. We are now able to help people who speak Spanish for the first time. To receive help in Spanish, call the line and leave your name and number and a Spanish-speaking Helpline volunteer will reach out to you. NAMI Sacramento Helpline number is (916) 890-5467 and operates Monday through Friday, 9:00am – 5:00pm.

**Sharon Jennings**, SC Executive Member and Co-Chair:

This week I participated in a Stop Stigma Sacramento Speakers Bureau event as a speaker and shared my story. The event was held at a men's group in Elk Grove and focused on suicide and mental health as an older adult. There were 35 men and women in attendance. This program is funded by the Sacramento County Division of Behavioral Health Services (BHS) through the Mental Health Services Act (MHSA). Please consider either participating as a consumer, or referring a consumer you know who may be interested. To join the Speakers Bureau or to request a speaker please go to [www.stopstigmaSacramento.org](http://www.stopstigmaSacramento.org).

**Ryan McClinton**, SC Executive Member:

Over the past couple weeks, Public Health Advocates and the Department of Public Health engaged in community health improvement plan process. Through the results of feedback from surveys, three items were identified as priorities by Sacramento County residents: food access, mental health, housing insecurity and the building environment. Folks are welcome to join the next virtual session for mental health planning where we will talk about what the mental health priority looks like, and ways we can address some of the mental health issues and stigmas throughout Sacramento County. This virtual session will be held on September 25, 2023, 1:30 – 3:00pm. Registration link: [https://us02web.zoom.us/meeting/register/tZUvf-ioqzliHtVZub67XI\\_1jJpVLjpxZfoe](https://us02web.zoom.us/meeting/register/tZUvf-ioqzliHtVZub67XI_1jJpVLjpxZfoe)

**Chris Williams**, SC Executive Member and Co-Chair:

The Sacramento County Office of Education (SCOE) and BHS have hosted Student Mental Health and Wellness Collaborative meetings over the past couple years and meeting dates for this upcoming year have been established. The first meeting will be on October 3 and will be an in-person meeting at the SCOE conference center. It is recommended, not required, to register so we can plan accordingly. The goal is to engage community to activate a collective impact model. SCOE runs the school based mental health initiative so that this collaborative is to gain input around how we're really engaging community members, lifting up student voice, building a workforce, and a couple different priority areas in conjunction with the Student Mental Health Wellness Plan written a few years ago. If you can't join in person, please join a virtual session later in the year. Find the flyer here: <https://acrobat.adobe.com/link/track?uri=urn:aaid:scds:US:4cfb9b46-aa91-38d0-acf0-a2e4f86b7a01>

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	<p><b>Erin Johansen</b>, SC Member: The Core Wellness Center at 1400 X Street, which is the 11th Core Center that was part of the City and County agreement, will open soon. Everyone is welcome to attend the Open House on October 5, 2023, 3:00pm – 5:00pm. The center is sited in the downtown area so that we can focus and serve people experiencing homelessness with co-occurring substance use disorders. Find the flyer here: <a href="https://dhs.sacounty.gov/BHS/SiteAssets/Pages/Adult-Outpatient-Services-Transformation/CORE%20X%20Street%20Community%20Open%20House%20Flyer.pdf">https://dhs.sacounty.gov/BHS/SiteAssets/Pages/Adult-Outpatient-Services-Transformation/CORE%20X%20Street%20Community%20Open%20House%20Flyer.pdf</a></p>
<p><b>V. Executive Committee / MHSA Updates</b></p>	<p><b>Executive Committee Updates:</b> <b>Sharon Jennings</b>, SC Executive Member and Co-Chair: Requests that meeting participants submit post-meeting evaluations. The following updates are on behalf of the Executive Committee: <u>MHSA SC membership changes</u></p> <ul style="list-style-type: none"> <li>• Welcome new members! <ul style="list-style-type: none"> <li>○ The Selection Subcommittee has approved Clarissa Laguardia to join the Steering Committee in the Adult Consumer alternate seat. Welcome Clarissa!</li> <li>○ The Selection Subcommittee has also approved Janet Green in the Consumer – Older Adult primary Seat. Welcome Janet!</li> </ul> </li> <li>• Goodbye and thank you to Genelle Cazares. Today will be her last meeting. The Association of Mental Health Contractors will appoint a replacement soon.</li> <li>• There is a correction from last month’s meeting Executive Committee updates – It was said that the Selection Subcommittee members have term limits of two (2) years, but it is actually a one (1) year term limit.</li> </ul> <p><b>MHSA Updates</b> <b>Andrea Crook</b>, MHSA Health Program Manager: September is National Suicide Prevention Awareness Month. Thank you to the SC Members who have voluntarily provided us with your bios and headshots. We are working on posting this info on our website. If you haven't sent your bio and headshot to us yet, please e-mail it to <a href="mailto:MHSA@SacCounty.gov">MHSA@SacCounty.gov</a>.</p> <p>SB326, the Behavioral Health Services Act (BHSA), has made its way to the Governor's desk and will most likely be signed. The next step is that it will be placed on the voters’ ballot in March.</p>

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	<p>BHS has just started developing the MHSA Three Year Plan.</p> <p><b>Chris Williams</b>, SC Executive Member and Co-Chair: As a reminder, SB 326 is the bill we discussed last month, and the Committee voted to approve a letter voicing our opposition. That letter was sent, and a copy was sent to the Governor as well.</p>
<p><b>VI. California Mental Health Services Authority (CalMHSA) Prevention and Early Intervention (PEI) Statewide Projects Presentation and FY24/25, FY25/26, FY26/27 Assignment of Funds</b></p>	<p><b>Jessica Watts</b>, Senior CalMHSA Program Manager, presented on the <b>California Mental Health Services Authority (CalMHSA) Prevention and Early Intervention (PEI) Statewide Projects Presentation and FY24/25, FY25/26, FY26/27 Assignment of Funds</b>. <a href="#">See Attachment A: [PEI Statewide Projects presentation]</a></p> <p><b>Jane Ann Zakhary</b>, SC Member and MHSA Division Manager: For historical context on how we have supported all this work in years past, when the MHSA was initially put into place, each county received four years of one time PEI funding to support the PEI Statewide Project work in three areas: suicide prevention, student mental health, and stigma and discrimination reduction. Sacramento County’s total allocation was \$5.3 million. Sacramento and other counties dedicated all that money to CalMHSA as they were administering the statewide projects. Once those funds were exhausted, this work became reliant on voluntary county contribution from local funding.</p> <p>This SC has been supportive of this work over the years. Going back to the past Fiscal Year (FY) 14/15, the SC at that time supported dedicating 5% of our local PEI funding to the ongoing PEI statewide project work. In FY15/16, and FY16/17, you supported a 4% contribution, and then you’ve supported a 3% contribution since FY17/18. The total amount changes based on MHSA revenue we have coming in.</p> <p>Jane Ann reviewed <a href="#">Attachment B - [PEI Statewide Projects Sustainability For Consideration]</a>:</p> <p>Looking at future budget projections for FY24/25, 1% would be \$214,000 per year, 2% would be \$429,000, 3% would be \$644,000, all the way up to 7% at \$1.5 million. In years past, there has been a minimum threshold of \$350,000 that counties tried to contribute which provided opportunities to reap additional benefits at participating at a certain level. This attachment shows a percentage, but we don't have to do percentage. Your committee could instead choose to support at the \$350,000 threshold or support at a specific dollar amount or up to a dollar amount.</p> <p>As you're considering future contributions for next FY 24-25, 25-26, 26-27 MHSA Three Year Plan, think about the additional benefit that we get to do that county specific work through CalMHSA. In the past we've been able to work with the emerging</p>

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refugee populations to create specific material this that are language and culturally appropriate to really get into those communities and highlight the prevention programming that's available

**Member discussion:**

The work CalMHSA is doing relating to social media and reaching youth is wonderful. However, I'm not sure that we should commit million dollars over the next Three-Year Plan to this when we're facing some serious cuts to the PEI funding.

I am also concerned about committing funds considering Proposition 1, which is SB 326, and AB 531. The changes would be mandated in July 2026. And that Statewide PEI programs will be funded at a significant level if it passes. The total funding under Proposition 1 to counties will be reduced by 5% right off the top of the amount we get from the MHSA, and then the PEI will be 18% of the total, versus 19% of the total now. But it will be less than that – 18% of the total 90% that we get, whereas right now it is 19% of the 95% that we get.

I echo the concerns about SB326. If we make a three-year commitment to this, can we go revise that as changes happen? I would like this to be included in the motion.

The \$350,000 investment was from our county. I imagine it was not the same for all counties, so what was the budget overall for this?

*CalMHSA: Each county individually presents a contribution amount. Then it just goes into additional county resources that provides opportunities to work with contributing counties on a special project specific to that county. Additionally, our toolkits, social media and other resources can be customized and evidence-based expert-level thought process can be utilized for this customization. The total overall budget for this past fiscal year was \$5 million.*

Do you have examples of what was customized for Sacramento County? Which Sacramento organizations do CalMHSA partner with?

*CalMHSA: We partner with Sacramento County and the organizations that they partner with. In Sacramento County, we've disseminated CalMHSA's Take Action Campaign materials and kits at outreach events and to community members who were unhoused.*

*Mary Nakamura, Cultural Competence/Ethnic Services Program Manager: We've disseminated CalMHSA booklets about self-care and developing your own wellness plan, in English and Spanish. The "Mental Health Thrival Kits" were popular with transition age youth. At our contribution level, we received an extra quantity of many of these items in addition to the green ribbons.*

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*In the past, CalMHSA partnered with us for ways we could use extra support for our local communities. Pre-pandemic, we wanted to develop some outreach materials for a few emerging refugee communities. We asked for Arabic, Farsi, Dari and Pashto. This was good foresight, because we thought about this before we had the large number of refugees from Afghanistan that we have now. We were able to work with local community members to develop the messaging and photograph community members for those outreach materials.*

*With the Latino/Latinx/Spanish-speaking community, CalMHSA held community health worker training for a number of bilingual Spanish-speaking workers in Sacramento. They shared the information with them so that they could then go back to their communities and help educate.*

When we do take motion, are we going to be voting on the continuation of funding CalMHSA's Statewide PEI Projects?

*Chris Williams – SC Executive Member and Co-chair:*

*Yes. My understanding is that there's a Statewide PEI effort through CalMHSA that includes all the mentioned components. We would vote on whether we want to continue our Sacramento County contribution to that statewide effort which would be roughly \$350,000.*

Can we find out about our regional impact, or could it be available at some point?

*We (CalMHSA) will work with our vendors and the folks that help create these resources and make sure we highlight Sacramento County's reach.*

I hear the concerns around the budget, which are valid. We can only make decisions based on information we have at hand. Whatever happens with the modernization plan (SB 326), all counties will be affected, and we will all have to rethink our funding strategy. While some are taking a scarcity perspective on the budget, does that mean we hold on tightly to what we have and miss out on a good thing? Our contributions to the statewide effort do have value. Those statistics were compelling - 14 million people, 10,000 views on a single day. If the pandemic taught us nothing it is that we are responsible for one another. Although we are concerned about Sacramento County, what is happening in Placer or Stanislaus County affects us too. I do think there's value in us contributing to statewide effort even in the absence of Sacramento impact data. I suggest that we continue this because it is having an impact, and we should think about our contribution statewide.

I agree I think you bring up a very valid point, especially regarding how we're all interrelated and interconnected.

I think what CalMHSA and Stop Stigma do is really important. We may not be able to see the results as much as another type of program, but the outreach, taking the shame out of mental illness, and normalizing getting help is very impactful in a way

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that can't also be measured. I see billboards for Stop Stigma on my way to work every day, and they are often in several different languages. It's extremely important to be in tune with the cultural needs of the community.

I agree that we need to take a broader view of the impact of programs beyond just the borders of our county. NAMI Help Line receives calls from individuals from all the surrounding counties. Defining our success by what exactly happens in Sacramento County may not be the best way to evaluate that program.

I want to lift up Lori's comment in the chat about adding substance use to this initiative. I know there are some restrictions on using MHSA for treatment, but I don't know about messaging.

**Motion:**

Patricia Wentzel moved to fund the CalMHSA PEI Statewide Project with 2% of local PEI component funding annually for the FY 24-25, 25-26, 26-27 MHSA Three Year Plan, that CalMHSA include messaging around substance use prevention and treatment, and to revisit funding levels annually. Seconded by Crystal Harding.

**Member Discussion on Motion:**

Does approving the 2% contribution mean we are reducing our commitment by 1% but still hitting that threshold? And can this be reviewed every fiscal year?

Our current funding level is 3%, and it looks like 2% would still get us above the \$350,000 mark.

Is it possible to include the substance use messaging?

*CalMHSA will take this back for consideration.*

Instead of a percentage, could we say up to \$350,000? If the total fluctuates then the 2% could put the contribution considerably below or over \$350,000.

*\$350k and above is where we get that additional benefit. Since FY17/18, we've been at \$350k or more up to last year. Current year, we are at \$489,000. Two percent would put you at \$429,000 based on the current revenue projection for next year.*

**Public Comment on Motion**

None.



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	<p><b><u>SC Action on Motion</u></b> Motion passed.</p>
<p><b>VII. MHSA General Standards Refresher</b></p>	<p><b>Ryan McClinton and Karly Gonzalez</b>, Executive Committee Members:, provided a refresher on the MHSA General Standards. See <a href="#">Attachment C - [MHSA General Standards presentation]</a></p> <p><b><u>Member Discussion</u></b> None</p> <p><b><u>Public Comment</u></b> <b>Dr. Diane Wolf</b>, member of the public: Where does this put the Steering Committee in terms of current controversy about outing children who choose to change pronouns and names at school without advising the parents.</p> <p><b>Karly Gonzalez</b>, SC Executive Member I believe this has been brought up in past SC meetings. I am aware and tracking it as it is happening in my home county. I sent a letter to the Board of Supervisors for the schools.</p> <p><b>Ryan McClinton</b>, SC Executive Member Would this body be interested in sending a letter to the school board to speak against it? I think it's important for bodies like this one, when we do see harm that happens to children, youth, and families, that we can use the voice of this Committee to take action. That is something I hope we can discuss as possible action or motion we can make either here or in the near future to support our youth across the region.</p> <p><b>Chris Williams</b>, SC Executive Member and Co-Chair I heard the issue of school boards potentially voting on the parental notifications on students wishing to be associated with a gender other than their biological gender and I think that is something we might want to take up in the executive committee to bring back.</p> <p><b>Sharon Jennings</b>, SC Executive Member and Co-Chair We can include this in the next Executive Committee meeting agenda.</p>

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<p><b>VIII. General Steering Committee Comment</b></p>	<p><b>Ebony Chambers McClinton</b>, SC Member: I appreciate the uplifting language in the presentation. There is a big impact on youth's mental health and wellbeing when they are not being affirmed and so I appreciate that this will go to the Executive Committee for further discussion to bring back to this group. There is a lot of advocacy and support we can potentially offer in this space.</p> <p><b>Lori Miller</b>, SC Member: I want to lift up incorporating substance use into MHSA conversations at the Executive Committee level.</p> <p><b>Chris Williams</b>, SC Executive Member and Co-Chair We can also add that to our Executive Committee meeting agenda to discuss and see we want something like a presentation at a future meeting around this.</p> <p>Just want to express appreciation and gratitude again for our voting process. I always really appreciate the level of respect that we show and demonstrate to one another, even as we express different opinions. Thank you to my fellow SC Members.</p>
<p><b>IX. General Public Comment</b></p>	<p>None.</p>
<p><b>X. Adjournment/ Upcoming Meetings</b></p>	<p>Upcoming Meetings: * November 16, 2023 * January 18, 2023</p>