Meeting Minutes
April 18, 2019, 6:00 PM – 8:00 PM

Meeting Location
7001-A East Parkway | map
Sacramento, CA 95823
Conference Room 1

Meeting Attendees:
- MHSA Steering Committee members: Ann Arneill, Christopher Barton, Emily Bender, Jerilyn Borack, Gretchen Bushnell, Karen Cameron, Ed Dziuk, Anatoliy Gridyushko, Daniela Guarnizo, Hafsa Hamdani, Nancy Herota, Melissa Jacobs, Lynne Keune, Ellen King, Susan McCreed, Alice Murphy, Leslie Napper, Barbara Oleachea, Carol Plesko, Paul Powell, Dave Schroeder, Rosemary Younts
- General Public

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<td>I. Welcome and Member Introductions</td>
<td>The meeting was called to order at 6:03 p.m. Leslie Napper, Executive Committee member, delivered the sad news that longstanding MHSA Steering Committee member Frank Topping had passed away and that there would be time during the Announcements agenda item for SC members to speak regarding Frank. MHSA Steering Committee (SC) members introduced themselves.</td>
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<td>II. Agenda Review</td>
<td>The agenda was reviewed; no changes were made.</td>
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<td>III. Approval of Prior Meeting Minutes</td>
<td>The February 2019 draft meeting minutes were reviewed and approved with no changes.</td>
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<td>IV. Announcements</td>
<td>Leslie Napper: Before turning to general announcements, we would like to take a moment to honor our dear friend and community advocate Frank Topping, who passed away in March.</td>
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|                                      | Frank was not only on the Steering Committee, he was a Mental Health Board member, and acted as a representative for the Central Region on the California Association of Local Behavioral Health Boards & Commissions. He was an amazing advocate. Not just here. He took it all the way to Washington and advocated on behalf of the homeless. Much of what we have in Sacramento County is because of Frank’s advocacy and tenacity in pushing forth the issues, bringing them to the forefront and being provocative, insisting we should honor all consumers and treat them with dignity and respect. He never stopped. He was on a mission and you were going to hear about it, appropriate time or not – that’s how passionate he
Agenda Item | Discussion
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 | was. For the homeless, for older adults, for consumers at large, he was their friend and mentor and I am so grateful for Frank. I know Frank had a long struggle with illness and was tired, and although I am sad for the loss of such an amazing person, I am so happy he gets to rest. I know he’s looking down, pulling strings for us.

**Dave Schroeder:** Frank was my best friend and I have known him for 30 years. I remember when Frank was homeless and living along the river. I have been on this committee longer than anyone else, so I remember AB34, a pilot program that came into Northgate Point to take homeless people off the streets. Frank was their first client. A few years later he came to my office and said he wanted to thank me. I told him to apply to the Mental Health Board. He did and got accepted. From there, he got on the Human Services Coordinating Council, he went to the California Association of Mental Health Boards, he went to programs for the disabled, he went to the local Veterans’ Administration (VA) as the vice president, he went everywhere trying to help people. He spent the last years of his life doing nothing but trying to help people. He would literally, and I have seen him do it, give the shirt off his back. I know he did this because I replaced the shirt.

He is buried at the military cemetery in Dixon, if anyone wants to stop by and say hi. I know I will. I am working to put together a life celebration for him and will pass on details when I have them.

Frank was the definition of a hero – from the time he served in Vietnam to the very end, he was taking care of other people. One of his neighbors told me that the day before he went to the hospital he gave her all his food. He was an amazing person. He really was. I think we should all be honored we got to know him here and some of us outside of here. I miss Frank. He was more than my friend; he was my brother.

**Paul Powell:** Thanks so much, Dave, for letting everybody know. He had a really good friend in you.

**Christopher Barton:** I am an alternate on the Steering Committee. I am also on the Mental Health Board. I have to thank Frank Topping for my position on the Mental Health Board. I asked him how I could get involved and he told me to approach the Mental Health Board. I followed his advice. I did not know him well outside of the Steering Committee, but we used to exchange messages on Messenger. He was a night owl and when I was up late I would see him on Messenger and he gave me words of advice. Dave, I know you are quite an advocate and you are not lacking in colleagues and friends, especially here.
### Agenda Item

**Discussion**

*The Steering Committee observed a moment of silence in memory of Frank Topping.*

**Christopher Barton:** I want to give a plug for Wellness and Recovery North. On Tuesdays they have something called “Ask a Psychiatrist” where members of the public who have questions can walk in to talk to Dr. Marzano. They do not have to be a client or have insurance. He is great.

**Karen Cameron:** Dr. Marzano also answers questions at Wellness and Recovery Center South on the first Saturday of each month.

### V. Executive Committee / MHSA Updates

**Executive Committee Updates**

Leslie Napper reported that Sayuri Sion is currently unable to regularly attend meetings as a SC member. For the time being, Karen Cameron will move from the alternate to the primary position for the consumer/family member-at-large seat. Sayuri is still a SC member and will return to the SC when she is able.

Leslie also thanked Karen for her dedication and willingness to step up.

**MHSA Updates**

Julie Leung, Acting MHSA Program Manager, provided the following MHSA updates:

**May is Mental Health month.** In recognition of this, the “Mental Health: It's not always what you think” project will be involved in a number of events and everyone is invited.

#### Mental Health Month Art Displays

The project is sponsoring two art displays:

- From April 29 through May 3, we will have art displayed at the Governor’s Art Wall at the California State Capitol.
- From May 1 through May 31, we will have art displayed at the Sacramento Poetry Center (1719 25th Street). The Sacramento Poetry Center will host a free open house reception on Second Saturday, May 11, from 5 p.m. - 8 p.m.

**Mental Health Matters Day**

On May 22 from 9:30 a.m. - 2 p.m., the project will participate in the Mental Health Matters Day event at the east side of the State Capitol. Mental Health America of California organized this year’s event and has arranged a number of keynote speakers. One of note will be Ruthie Bolton.

**Mental Health Matters Night**

The project is partnering with the statewide anti-stigma project, Each Mind Matters, and the Sacramento Rivercats. On May 24, there will be a Mental Health Matters Night at Raley Field to promote mental health and wellness. We have flyers here with...
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<td>Details of the event and how to purchase tickets for the game that night. See <a href="#">Attachment A – Mental Health Matters Night flyer</a>.</td>
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**Bullying Prevention Training**

Sacramento County, in partnership with Sacramento County Office of Education (SCOE), is presenting a Bullying Prevention Training on May 21 from 8 a.m. - 12 p.m. We have flyers here for this training. See [Attachment B – May 21 2019 Bullying Prevention Training flyer](#).

**FY 2018-19 MHSA Annual Update**

The MHSA Annual Update will be a consent item on the Board of Supervisors agenda early in May.

Melissa Jacobs, Acting Behavioral Health Director, provided the following updates:

**Adult Outpatient Program**

The Division of Behavioral Health Services (DBHS) recently released a Request for Proposals (RFP) for a new Adult Full Service Partnership Program. The evaluation period of the competitive bid process is complete and the DBHS will soon deliver a recommendation to the Board of Supervisors that the contract be awarded to Turning Point Community Programs.

**New Behavioral Health/Mental Health Director**

The Director of Health Services has selected a new Behavioral Health Director. Dr. Ryan Quist is coming to us from Riverside County and will start May 6, 2019, so we will all get to meet him next month.

### VI. Executive Committee Nomination for One (1) Co-Chair and One (1) Consumer/Family Member Seat

Julie Leung explained the nomination process:

The MHSA Steering Committee elects two (2) Co-Chairs, who serve staggered two-year terms. The Co-Chairs facilitate SC meetings and are seated members of the MHSA SC Executive Committee.

The Executive Committee (EC) is a 6-member committee charged with developing SC meeting agendas. EC members may step in to help facilitate meetings when a Co-Chair is absent. The EC is comprised of the two elected Co-Chairs, the Behavioral Health Director, and three (3) elected Steering Committee members.

See [Attachment C – MHSA Steering Committee Co-Chair and Consumer/Family Member Seat Nominations](#).

Tonight the SC will put forward two sets of nominations, one for an Executive Committee member and the other for a Co-Chair. Once the nominations have been submitted and confirmed, all SC members and alternates will have an opportunity to vote by
## Agenda Item

### Discussion

- online survey. Results will be shared at the next MHSA Steering Committee meeting.

### Member Discussion and Questions

What happens if a current EC member is elected as Co-Chair and thus creates another vacancy on the EC?

*We have considered that possibility. If that should happen, the two nominees for the EC who receive the most votes will both be seated.*

### SC Action

SC members made the following nominations:

**For Executive Committee:**
- Karen Cameron
- Lynne Keune
- Ellen King
- Ann Arneill – declined
- Daniela Guarnizo

**For Co-Chair:**
- Leslie Napper
- Dave Schroeder
- Anatoliy Gridyushko – declined
- Gordon Richardson – declined

### VII. MHSA Community Services and Supports Program Presentation: Guest House

Monica Rocha-Wyatt, DBHS Program Coordinator, presented information on homelessness in Sacramento County and provided background on the Guest House Homeless Clinic, a MHSA Community Services and Supports (CSS) funded program. She then introduced Katie Freeny, Guest House Homeless Clinic Program Director, who spoke regarding the Guest House services administered by El Hogar Community Services. See [Attachment D - Guest House Homeless Clinic presentation](#).

#### Member Discussion and Questions

**What are your hours of operation and your address?**

*Our hours are Monday through Friday, 8 a.m. - 5 p.m. The Connection Lounge is open Monday through Friday from 9 - 3 p.m. The address is 600 Bercut Drive, Sacramento, CA 95811.*

**What is the community queue?**

*The community queue is a list where people are placed who are experiencing homelessness and are in need of housing. It is prioritized based on a person’s vulnerability and length of time homeless. When housing becomes available, the list is reviewed.*
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<td>for best match, greatest need, and long periods of homelessness. For example, if an opening became available for a transitional age youth (TAY) from a permanent supportive housing provider, the list is reviewed to identify a TAY individual who has experienced long periods of homelessness.</td>
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<td>Who manages the queue? Sacramento Steps Forward, the continuum of care program contracted with US Housing and Urban Development (HUD) manages the queue in our community.</td>
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<td>Has Guest House entered into an agreement with Women Escaping a Violent Environment (WEAVE)? We coordinate with and refer to WEAVE if appropriate for the consumer. We do not have a formal agreement with them, however.</td>
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<td>What about people who have pets? We currently cannot accommodate pets other than certified service animals. We provide transportation to Loaves and Fishes for their day shelter for animals. We will reschedule appointments so that individuals can find a friend or family member who can watch their animals. Since we have such a high number of people coming through, we are unable to manage the behavior of animals as well. El Hogar’s policy only allows service animals to come in to appointments.</td>
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<td>A lot of problems happen after 5 p.m. Is there anything you do that helps the consumers during that period? Guest House is open 8 a.m. - 5 p.m. If consumers experiencing homelessness are already linked to one of our providers, we do have some crisis response services available, but if they are not yet linked then unfortunately we do not.</td>
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<td>There are other programs that can respond to crisis after hours such as the Mobile Crisis Support Teams and the Crisis Respite Center.</td>
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<td>Anyone feeling stressed and feeling as if they might end up in an Emergency Department can call Crisis Respite Center at 916-RESPITE (916-737-7483) 24 hours a day and they will do a telephone assessment. If that person is in need and eligible, they will send a taxi to pick that person up. Individuals can come to the center; which is staffed around the clock and can stay up to 23 hours, develop a plan for themselves, and have respite.</td>
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|             | The TLCS Crisis Respite Center is a good resource, but does have one limitation I have run into when referring. If someone has mobility issues that require assistance, crutches or a
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<td>wheelchair that needs to be pushed, they cannot come to the respite center because they do not have staff for that.</td>
<td>I will look into that.</td>
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<td>TLCS Crisis Respite Center and other crisis programs with after hours capacity are part of MHSA-funded supports and services and have come before the SC for presentations in the past. DBHS staff are available after the meeting if anyone has questions regarding those programs.</td>
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<td>Is the transportation Guest House provides wheelchair accessible?</td>
<td>No, we do not have a wheelchair accessible van. We do coordinate with Medi-Cal Transit and any of the medical providers, depending upon insurance. This is not something we have had many challenges with, as we have been able to coordinate with most of the Primary Care Providers.</td>
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<td>Are you on social media?</td>
<td>El Hogar is on Facebook.</td>
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<td>You said that the Guest House intake wait time has shortened. What is it now?</td>
<td>Scheduled intakes have a six week wait time. However, 32 out of 37 intakes utilize the standby process. If people come Monday through Friday at 8:15 a.m., they will know within half an hour whether they will be seen. Most people are seen within the week using the standby process.</td>
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<td>Is the standby system still the process where people come at 4 a.m. and wait so they can try to get the “golden ticket”?</td>
<td>No, we moved away from that four or five years ago. Now it is a lottery system, except for individuals recently discharged from the hospital or incarceration needing medication management who are given higher priority. But all others should show up at 8:15 a.m. and they will know by 8:45 a.m. whether they will be seen. Either way, they can use the Connection Lounge and get refreshments while they wait.</td>
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<td>My understanding is that you are always trying to improve things. I really like that. So I have several questions. There are a lot of homeless children in Sacramento County. How do you serve them?</td>
<td>We do not directly serve children; however, they may come with their parents. Depending on the situation, we may quickly refer families to a more appropriate family setting, such as family shelters, Pathways, or WEAVE if appropriate.</td>
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Regarding Sacramento Steps Forward, I know it is a good program, but I think the vacancy rate in Sacramento right now is 2% or less. Can you speak to that? Without speaking for Sacramento Steps Forward, yes, it can be difficult finding housing. Many of our providers are utilizing room and boards.

Guest House is out of the way for a lot of people. What do you do about transportation? Although we are unable provide transportation for everyone, we try to facilitate it for individuals with barriers. We will go over bus routes with them, or outreach to the individual, especially if the individual is high priority or recently released from a hospital. Depending on where people are, we might also refer to one of the Wellness and Recovery Centers.

What is your connection with the Whole Person Care program and the Mental Health Urgent Care Clinic? We continue to develop that relationship. We presented at their program and they have presented at our staff meeting. We are trying to prevent duplication of services or referring people to the same programs. So when we become aware we are serving the same client, we contact the other program to coordinate.

If I have someone who owns a home who is at risk of homelessness, would I refer to you or to the Center for Independent Living? And when it comes to helping with utilities, what is the difference between you and Home Energy Assistance Program (HEAP)? We prefer natural supports whenever possible, so when HEAP is appropriate we would refer to a provider who could help make that happen. However, a lot of the time when we do help with utilities it is because a very quick turnaround with utilities is needed to obtain or retain housing.

Monica provided background on the MHSA CSS-funded Wellness and Recovery Centers (WRC). WRC and Guest House were both identified to expand services for people with serious mental illness who are homeless or at risk of homelessness and might also have co-occurring disorders.

Monica introduced Meghan Stanton, Executive Director of Consumers Self Help, who presented on the Wellness and Recovery Centers administered by Consumers Self Help. See Attachment E – Wellness and Recovery Centers presentation.
### Member Discussion and Questions

Do you have therapy services?
*We offer rehab, case management, crisis intervention, and medication support services similar to the services provided by the Regional Support Teams.*

What about getting more therapists?
*That would be wonderful. It is a challenge to get Licensed Clinical Social Workers and Marriage Family Therapists to work in our settings. We can work on that, but it is not an easy thing to accomplish.*

I remember there used to be a coalition of board and cares. Is it still around?
*Yes, there was. With increasing costs, more and more board and cares have converted to room and boards..*

Do you serve youth?
*We serve individuals 18 years and older.*

You talked about services being evidence based. Could you expand on that?
*Substance Abuse and Mental Health Services Administration (SAMHSA) has stated that consumer-run programs are an evidence-based practice in and of themselves. We also offer SacPort groups and dialectical behavior therapy (DBT) skills groups. In the past, we have offered cognitive enhancement therapy (CET).*

Are any of your dollars used for follow-up or outreach and engagement?
*We assist individuals that need lower or higher levels of care to appropriate services.*

If someone is homeless or at risk of homelessness, can they walk in and get oriented at your centers at any time other than the 10-2 time period?
*Depending on staff availability, we try to fit individuals into personal orientation at another time of day, but cannot guarantee that. However, individuals may engage with groups and peer supports immediately.*

This is a question for the county – are there any other county-funded youth homeless services?
*The majority of youth services funded by the county mental health plan are Medi-Cal reimbursable. Homeless services are not usually reimbursable by Medi-Cal. There are four Full Service Partnership (FSP) programs that were supported and recommended by the SC that serve youth or all ages: Juvenile Justice Diversion and Treatment Program (JJDTP), Pathways,*
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<td>and the Transcultural Wellness Center (TWC), and the new TAY FSP. These FSPs serve youth and have flexible funds that may be used for supports to assist individuals who are struggling.</td>
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| IX. General Steering Committee Comment | **Dave Schroeder:** We need something like the wallet cards with resources listed upon them. We used to hand them out to homeless people. We need the cards to be updated with current resource information. I would also like to challenge all of us to try to get more consumers and family members involved and at the table, even if it is just attending as members of the public. We have lost our edge as far as having consumer involvement. This county used to get awards because of our consumer involvement. We have not done that in a long time. We need to ask people to come and let us know what they think. This is supposed to be a consumer-driven system and if they are not coming to drive it, we are going backwards.  

**Daniela Guarnizo:** I cannot speak for anyone else, but I just heard about several programs I do not know anything about. I wonder if the SC could take the initiative to create a list that puts all these resources together. I would love to volunteer, together with anyone else who wanted to do this, unless a resource guide already exists.  

*Many of those resources are posted and available on our website. Julie will connect with you after the meeting.*  

**Ellen King:** I can point to two resources. The [Street Sheet](#) is really helpful and something I have handed out a lot, although it is not updated on a regular basis. Also, Sacramento County Regional Coalition to End Homelessness has a booklet called [People’s Guide to Health, Welfare and Other Services](#) that has instructions and advice, not just a list. Both are really helpful.  

I want to commend Guest House because they provide great services and they are always trying to improve. I wish they were in more parts of the County.  

Regarding the Wellness Centers, my involvement with NAMI and other community organizations has led me to believe people like the Wellness Centers because such a wide variety of people go there. I remember one guy who was just struggling and having trouble getting along who said he liked going there because “people are doing so much better than me and I can see myself getting to that point eventually.” They are great resources and I want to commend them.  

**Karen Cameron:** We do have a supply of the blue and white wallet cards we hand out at the Wellness and Recovery Centers, listing about 16 resources.
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<td>X. General Public Comment</td>
<td>None.</td>
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<td>XI. Adjournment / Upcoming Meetings</td>
<td>The meeting was adjourned at 7:54 p.m. Upcoming meetings will be held on</td>
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<td></td>
<td>• May 16, 2019</td>
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<td>• June 20, 2019</td>
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Interested members of the public are invited to attend MHSA Steering Committee meetings and a period is set aside for public comment at each meeting. If you wish to attend and need to arrange for an interpreter or a reasonable accommodation, please contact Darlene Moore one week prior to each meeting at (916) 875-7227 or mooreda@saccounty.net.