

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

Meeting Minutes

June 16, 2022, 6:00 PM – 8:00 PM

Meeting Location

Webinar and phone conference

Meeting Attendees:

- MHSA Steering Committee members: Carmen Briscoe, Diana Burdick, Daniel Calabretta, Karen Cameron, Ebony Chambers, Anatoliy Gridyushko, Hafsa Hamdani, Sharon Jennings, Erin Johansen, Olivia Kasirye, Melissa Lloyd, Brad Lueth, Ryan McClinton, Lori Miller, Arushi Mishra, Noel Mora, Leslie Napper, Ryan Quist, Heidi Richardson, Koby Rodriguez, Lynsey Semon, Mary Sheppard, Martha Sinclair-West, Andrew Swift, Christopher Williams
- General Public

Agenda Item	Discussion
I. Welcome and Member Introductions	The meeting was called to order at 6:02 p.m. MHSA Steering Committee members introduced themselves.
II. Agenda Review	The agenda was reviewed; no changes were made.
III. Approval of Prior Meeting Minutes	The May 2022 draft meeting minutes were reviewed; no changes were made.
IV. Announcements	<p>Heidi Richardson, SC member: Sacramento County joined the Age-Friendly Network of States and Communities in February 2021. We are conducting listening sessions with older adults to ask how our community can be more age friendly. We conducted nine sessions to date, both in person and online. Because of the pandemic, meeting in person is still risky for many; you can also email your ideas on how to make community more age friendly. If you are interested or know a group of older adults that might be interested, please contact me at agefriendly@saccounty.gov and I will send more details, including a mailing address and information in different languages.</p> <p>Sharon Jennings, SC member: I attended the ground-breaking ceremony for Joshua’s House Volunteer Hospice on May 28th. It is located in South Natomas and provides hospice care to terminally ill homeless men and women. It is the first facility of its kind on the West Coast and the first in the country to provide end of life doulas. We hope it spreads across the nation. For more information, please visit the website https://joshuashousehospice.org. They are looking for volunteers and new board members.</p>

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	<p>Leslie Napper, SC member (via chat): Juneteenth Celebrations</p> <ol style="list-style-type: none"> 1. Juneteenth Holiday Rejoice Party Robert Brookins Park, Sacramento, 6/19/22, 11am-6pm https://www.unation.com/event/10292470 2. Juneteenth @ 40 Acres Block Party Esther’s Park, Sacramento, 6/18/22, 4pm-9pm www.comstocksmag.com/event/juneteenth-40-acres-block-party 3. Juneteenth Celebration of Freedom Southside Park, Sacramento, 6/18/22, 12pm-6pm https://www.unation.com/event/10129448 <p>Ebony Chambers, SC member: I want to elevate Pride Month as well as Juneteenth. All the related activities and festivities happening this month are reminders for all of us that Pride is more than rainbows and Juneteenth is more than ice cream and hashtags from Wal-Mart. More than that, we are elevating and amplifying LGBTQ voices and Black voices and the amazing work happening locally and nationally as well as doing our parts addressing mental disparities that exist for black and LGBTQ communities. The more we lean into these celebrations the more we can carry this through the year and ensure we are advocates for change for the communities that need us the most.</p> <p>Koby Rodriguez, SC member: Pride March was last weekend. It was the first time in person since 2019 and I want to give a shout out to our Co-Chair Ebony who was a Grand Marshall to the parade. She looked great.</p>
<p>V. Executive Committee / MHSA Updates</p>	<p>Executive Committee Updates</p> <p>Ebony Chambers, SC Co-Chair, requested those present to submit post-meeting evaluations and also shared the following update:</p> <p><u>MHSA SC membership changes</u> Kim Pearson will join the SC as an alternative for the Child Welfare seat. Beginning in July, Heidi Richardson will represent Senior and Adult Services as the primary member. The alternate for that seat will be named soon.</p> <p><u>MHSA SC Co-Chair change</u> We have results from the SC Co-Chair vote. I am pleased to announce that Christopher Williams has been elected to the new Co-Chair seat, starting next month. I have had the opportunity to work with Christopher, not just in the MHSA Steering Committee capacity, but in the rich advocacy work he does for students and student wellness and am extremely excited to see him in this role.</p>

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	<p>MHSA Updates Dr. Ryan Quist, Behavioral Health Director, presented the following updates:</p> <p><u>LGBT Pride Month</u> LGBTQ Pride Month promotes self-affirmation, dignity, equality, and increased visibility of lesbian, gay, bisexual, and transgender people. The purpose of the month is to recognize the impact that LGBT individuals have had on history locally, nationally, and internationally. In the US, it also commemorates the Stonewall Riots that occurred in June 1969 when patrons and supporters of the Stonewall Inn in New York City staged an uprising to resist the police harassment and persecution to which LGBTQ Americans were commonly subjected. This uprising marked the beginning of a movement to outlaw discriminatory laws and practices against LGBTQ communities. Today, celebrations include Pride parades, picnics, parties, symposiums, concerts and LGBTQ Pride Month events that attract millions around the world. Memorials are held this month for members of the community who have been lost to hate crimes or to HIV and AIDS.</p> <p><u>Juneteenth</u> Juneteenth is the oldest nationally celebrated commemoration of the ending of slavery in the US. On June 19, 1865, Union General Gordon Granger arrived in Galveston, Texas and informed the enslaved African Americans there of their freedom and that the Civil War had ended. This momentous occasion has been celebrated as Juneteenth for over 150 years. It celebrates African American/Black freedom and emphasizes education and achievement. It is a day, a week, and in some areas a month marked with celebrations, guest speakers, picnics, and family gatherings. It is a time for reflection and rejoicing, a time for assessment, self-improvement, and planning for the future.</p> <p><u>Other celebrations in June</u> June is also Men's Health Month and June 20th is Fathers' Day.</p> <p><u>COVID-19 Update</u> COVID has not gone away. Following Omicron, we saw our first really good dip in case numbers. However, with the recent relaxation of various restrictions, case numbers have plateaued. As of the moment this data was reported, the case rate was not increasing. However, it is still at rather high levels. So please be careful. It is not required to wear a mask anymore, but they are still recommended.</p>

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California Advancing and Innovating Medi-Cal (CalAIM) and Semi-Statewide Electronic Health Record (EHR) Project

We are beginning to implement documentation reform. Our service providers have been very excited about this. Our goal is to allow them to spend less time with charts and more time with consumers. Quality management staff are drafting instructions regarding new documentation requirements. We ask our service providers to watch for the opportunity to review these instructions and provide feedback.

Department of Health Services Organizational Change

Chevon Kothari, who has been our Director of Health Services for the past year, has been promoted. She will be the Deputy County Executive over Social Services, which includes Health Services and Behavioral Health. In my three years here, I am now greeting my fourth Director of Health Services. Currently, Sandy Damiano is filling that role on an interim basis. We are lucky to have her, as she has been in behavioral health previously and knows our division's work very well. She is putting off a planned retirement until they can fill her position, so we are currently recruiting for the Director position.

We are also making changes to the leadership of the Department of Health Services' Division of Behavioral Health Services. Our hope is that these changes will enable us to spend more time on some of our day-to-day operations. Our organizational chart is a little out of step from the norm for a large county. In other large counties, the Behavioral Health Director typically has two or three direct reports. My position currently has twelve direct reports. For this reason, Chevon decided to change my position. I am currently a Deputy Director overseeing the Division of Behavioral Health and acting as the Behavioral Health Director, but this change would place me in the actual Behavioral Health Director position. This will open up my Deputy Director position, which is the principal reason I am sharing this. I want to be sure that if you see a flier for the Deputy Director position you will know I am not retiring. I am still here.

MHSA Fiscal Year 2022-23 Annual Update

On Tuesday we went before the Board of Supervisors and presented on the MHSA Annual Update and it was approved. This update includes the \$25 million of additional investment of MHSA dollars that this Committee approved: the 10 percent increase in rates, 7 percent increase in capacity expansion for direct service programs, expansion of Full Service Partnership programming and our new peer positions. We want to celebrate once again another cycle of the MHSA Annual Update and thank the entire division, our mental health board, and all of you for the work that it took to continue to do this work and guide where our MHSA funds are invested and prioritized in the Sacramento County community.

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	<p>Jane Ann Zakhary, Division Manager, presented the following update:</p> <p><u>MHSA SC meeting format</u></p> <p>Thank you to everyone who responded to the survey we sent out to gauge interest in a hybrid meeting format where we could offer the meeting via Zoom as well as in person. Those survey responses have come in and the Executive Committee will review them at their meeting next week as we plan for future meetings. We will update you on that next month.</p>
<p>VI. MHSA Prevention and Early Intervention (PEI) Presentation - Student Mental Health and Wellness Collaborative</p>	<p>Ebony introduced the presenters.</p> <ul style="list-style-type: none"> • Korlany Roche, Psy.D., LMFT – Mental Health Program Coordinator, Sacramento County Behavioral Health Services • Christopher Williams, Ed.L.D., MSW – Director of School-Based Mental Health & Wellness, Sacramento County Office of Education • Caitlin Vaccarezza – Vice President, Glen Price Group <p>The presenters guided the SC through an overview of the Student Mental Health and Wellness Collaborative. See Attachment A – Student Mental Health and Wellness Collaborative presentation.</p> <p>Member Questions and Discussion</p> <p>Why do you think middle class students do not have access to mental health services?</p> <p><i>The findings in the presentation are not our beliefs but instead came from the community. My understanding of that point is that lower income students and families may be eligible for subsidized services and more affluent students may be able to pay for services out of pocket, but there is sometimes a group in between that lacks ready access to services.</i></p> <p>Do you provide training on the side for the mental health coalitions?</p> <p><i>Yes, that is embedded within the plan that will be released in the next week or so. That plan will probably give you a better understanding of some of the strategies. Tonight's presentation was primarily about the process, rather than the details.</i></p> <p>I want to thank you. I am incredibly excited about this. We know the schools already are some of the best social supports we have for our youth and if we can give them mental health supports before they become system involved it would be fantastic. In particular I was excited about your focus the youth in that middle income bracket where the parents cannot afford mental health services out of pocket and have health insurance</p>

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	<p>that will not pay for them. I cannot tell you how many times I have pulled my hair out in court regarding families with health insurance that should be helping with mental health services and cannot get it done. I encourage you to look deeply at that because I think you will have real value there. Again, thank you for your efforts.</p> <p><i>The credit is due to the community. This report stems from engaging with them and hearing from them how they understand the challenges and some of their ideas as to what we can do about it. I think there has been a lot of consensus around this. The hard work is in front of us now that we have a better understanding about these challenges. I think the foundation has been laid and I am excited to work with our community to address them.</i></p> <p>Thank you for the presentation and all the work done in bringing the community into the discussion. With what has been happening in current events, I hope there is consideration to incorporate supports regarding children’s safety. I also hope that efforts are made to ensure our mental health services are culturally reflective and that mental health assessments in our schools do not further stigmatize or marginalize students who identify as children of color or having LGBTQ status.</p> <p><i>Thank you. As mentioned in the presentation, the fourth of the five Pillars of this plan is having a responsive workforce. When the plan is released, it will contain language stating that one of the components of a responsive workforce is one that is reflective of the community. We heard that loud and clear and we are excited to work with the community to figure out solutions for that.</i></p> <p>Do you see any possibilities for the Safe Zone grant and the work at the school sites to expand into other school districts? It sounded really interesting and impactful.</p> <p><i>That grant did not grow out of this collaborative, but came from Senate Bill 82. We hope to sustain it after those dollars expire and have already done some work in that direction with MHSA dollars supported by this Committee.</i></p> <p>I appreciate the great presentation and am excited to hear about the plan you will unveil in the near future. One thing I hope is in the plan is significant thought given to the question of what agile needs assessment looks like. Looking at the increase we see in mental health services needs, especially the spikes in some of the K-12 sites, are there plans on how frequently those assessments can be done? Speaking with different teachers at school sites, we see challenges from a lack of providers accessible to the families and on the school sites themselves. How will we reassess needs, given that we have so many kinetic</p>

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	<p>incidents hitting our underserved population? Is that a piece of the puzzle that you are folding into the plan?</p> <p><i>The focus of our presentation tonight is the student mental health wellness collaborative. That being said, there are other opportunities not based on MHSA dollars that support school based mental health and wellness. We are working in conjunction with the county and the mental health plans that serve Medi-Cal students. There is funding through the state and we are fortunate in being able to keep our relationship with the Glen Price Group to do a robust needs assessment in the way you are describing. So to respond to your question, there will be ongoing needs assessment happening and through that needs assessment we will look into how to continue this work in some of the ways you are talking about, whether it is screening or a continuous cycle of improvement.</i></p> <p>This collaborative will help us at CPS to have families with problems that should never come to our attention avoid going through the further trauma of being involved in our system.</p> <p>Public Comment None.</p>
<p>VII. General Steering Committee Comment</p>	<p>Leslie Napper: Ebony, thank you for your leadership as Co-Chair I just want to say publicly and out loud how much I professionally and personally appreciate you. You bring so much value and knowledge and I hope you stay with the Steering Committee.</p>
<p>VIII. General Public Comment</p>	<p>Waynette Brock, CEO, One New Heartbeat: One New Heartbeat is a community based organization and we are here networking and learning how we can be of support to the community and population that we are passionate about serving. http://onewheartbeat.org/initiatives.html</p> <p>Join us as we explore how to recover wellness back into our lives during this challenging time Wellness Check In: Monday-Friday - 7am - 8am PST Zoom Meeting https://zoom.us/j/937508228 Meeting ID: 937 508 228</p> <p>Melissa MLuv Wallace, Program Director, One New Heartbeat: As the program director of One New Heartbeat, I am especially excited to meet all of you. I have enjoyed the presentation and we are looking to be of service. We are highly motivated to make everyone feel at home and welcome. I will be placing in the chat our Juneteenth offering which will be on Friday at 3:00 P.M. Pacific time. Two members of peers of the Philadelphia communities will tell their stories in being incarcerated and ending in wellness.</p>

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	<p>Also, our Pride celebration is coming up on Monday and all of you are welcome.</p> <p>I would love to know more about your programming, so please feel free to invite us as we would love to interface with all of you.</p>
IX. Adjournment / Upcoming Meetings	<p>The meeting was adjourned at 7:30 p.m. Upcoming meetings will be held on</p> <ul style="list-style-type: none"> • July 21, 2022 • August 18, 2022

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 Anne-Marie Rucker one week prior to each meeting at (916) 875-3861 or ruckera@saccounty.gov.