

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

**Meeting Minutes**

October 20, 2022, 6:00 PM – 8:00 PM

**Meeting Location**

Webinar and phone conference

**Meeting Attendees:**

- MHSA Steering Committee members: Laura Bemis, Karen Cameron, Genelle Cazares, Ebony Chambers, Anatoliy Gridyushko, Hafsa Hamdani, Crystal Harding, Sharon Jennings, Olivia Kasirye, Melissa Lloyd, Lakshmi Malroutu, Lori Miller, Leslie Napper, Ryan Quist, Heidi Richardson, Koby Rodriguez, Lynsey Semon, Marlyn Sepulveda, Mary Sheppard, Andrew Swift, Christopher Williams
- General Public

Agenda Item	Discussion
<b>I. Welcome and Member Introductions</b>	The meeting was called to order at 6:00 p.m. MHSA Steering Committee members introduced themselves.
<b>II. Agenda Review</b>	The agenda was reviewed; no changes were made.
<b>III. Approval of Prior Meeting Minutes</b>	The September 2022 draft meeting minutes were reviewed; no changes were made.
<b>IV. Announcements</b>	<p><b>Melissa Lloyd</b>, SC Member: The community is invited to attend the Family First Sacramento Comprehensive Prevention Planning Discussion taking place next week. The primary goal of Family First Sacramento is to help reduce children from entering into the foster care system. See <a href="#">Attachment A – Family First Sacramento Comprehensive Prevention Planning Discussion</a>.</p> <p><b>Heidi Richardson</b>, SC Member: Sacramento County Department of Child, Family and Adult Services, Senior and Adult Services Division was awarded up to \$8.9 million in grant funds from California Department of Social Services Community Care and Expansion Preservation Program to upgrade and rehabilitate adult and senior residential care facilities serving low-income residents. Through a competitive application process, funding will be awarded to administer these projects. More information can be found at <a href="https://dcfas.sacounty.gov/Pages/Contractor-Bidding-Opportunities.aspx">https://dcfas.sacounty.gov/Pages/Contractor-Bidding-Opportunities.aspx</a></p> <p>Secondly, Adult Protective Services (APS) is developing a senior shelter for APS eligible adults age 60 and older. The shelter will be operated by Volunteers of America, which was selected through a competitive selection process, and is expected to open early next year.</p> <p><b>Lori Miller</b>, SC Member: Shared a public service announcement video, <a href="https://youtu.be/ltTl2b9c3pQ">https://youtu.be/ltTl2b9c3pQ</a>, and provided a public safety</p>

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	<p>alert on Rainbow Fentanyl. See <a href="#">Attachment B – Public Safety Alert on Rainbow Fentanyl!</a></p> <p><b>Sharon Jennings</b>, SC Member: Under a new ruling issued by the US Food and Drug Administration, adults with mild to moderate hearing loss can purchase hearing aids in stores/online without a prescription.</p> <p>Second, I have founded the South Natomas Improvement Association and created a website, which includes a mental health resource page called Mental Health Matters. You can learn more by visiting <a href="http://www.southnatomas.info">www.southnatomas.info</a>.</p> <p><b>Christopher Williams</b>, SC Member: A Student Mental Health and Wellness Collaborative meeting was held two weeks ago. You can learn more and participate in upcoming meetings by visiting <a href="http://www.scoe.net/news/library/2022/09/23sbmhw_series/">www.scoe.net/news/library/2022/09/23sbmhw_series/</a>.</p>
<p><b>V. Executive Committee / MHSA Updates</b></p>	<p><b>Executive Committee Update</b></p> <p>Sharon Jennings, SC Co-Chair, requested that meeting participants submit post-meeting evaluations. Sharon also shared the following update on behalf of the Executive Committee:</p> <p><u>MHSA SC membership changes</u>  Olivia Garcia’s last meeting was in September. She was in the Cultural Competence alternate seat. Lakshmi Malrouth will fill this alternate seat moving forward.</p> <p><b>MHSA Updates</b></p> <p>Dr. Ryan Quist, Behavioral Health Director, provided the following updates:</p> <p><u>October Observances</u></p> <ul style="list-style-type: none"> <li>• LGBTQ History Month</li> <li>• October 11 as National Coming Out Day</li> <li>• Emotional Wellness Month</li> <li>• National Bullying Prevention Month</li> <li>• National Depression and Mental Health Screening Month</li> <li>• ADHD Awareness Month</li> </ul> <p><u>COVID-19 Update</u>  Sacramento County COVID-19 case numbers are declining; however, it is not gone. COVID-19 is still present in our communities and we need to remain careful of how we take care of ourselves. The new bivalent/updated booster shot is available, which will help protect against the original virus and Omicron subvariant. As we are entering flu season, flu shots are also available.</p>

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	<p><u>Cal-AIM</u>            We are preparing for our Electronic Health Record implementation on July 1, 2023. This will take into account the documentation redesign requirements and mark the implementation of payment reform for behavioral health services.</p> <p>Andrea Crook, MHSA Program Manager, presented the following updates:</p> <p><u>MHSA Fiscal Year 2023-24 Annual Update Timeline</u>            The Division has started developing the Fiscal Year (FY) 2023-24 Annual Update to the MHSA Three Year Program and Expenditure Plan. More updates to come.</p> <p><u>Medi-Cal Peer Certification Scholarship Opportunity</u>            CalMHSA has extended the deadline for peer certification scholarships. These scholarships are only awarded through the County. See <a href="#">Attachment C – Scholarship Opportunity for Medi-Cal Peer Support Specialist Certification</a>.</p> <p><u>MHSA Definitions</u>            We have compiled a list of definitions from the California Code of Regulations (CCR) and Welfare and Institutions Code (WIC). We hope to empower you and further your understanding and interpretation of the MHSA. Much time and attention to detail went into creating these MHSA definitions. The law was enacted in 2005 and continues to remain today. More information can be found at: <a href="https://dhs.saccounty.gov/BHS/Documents/Advisory-Boards-Committees/Mental-Health-Services-Act-Committee/GI-BHS-MHSA-Definitions.pdf">https://dhs.saccounty.gov/BHS/Documents/Advisory-Boards-Committees/Mental-Health-Services-Act-Committee/GI-BHS-MHSA-Definitions.pdf</a></p> <p><u>MHSA General Standards</u>            The MHSA General Standards are the foundational elements of MHSA. Every county is required to adopt these standards in planning, implementing, and evaluating MHSA funded programs and services. More information can be found at: <a href="https://dhs.saccounty.gov/BHS/Documents/Advisory-Boards-Committees/Mental-Health-Services-Act-Committee/GI-BHS-MHSA-General-Standards.pdf">https://dhs.saccounty.gov/BHS/Documents/Advisory-Boards-Committees/Mental-Health-Services-Act-Committee/GI-BHS-MHSA-General-Standards.pdf</a>.</p>
<p><b>VI. MHSA Prevention and Early Intervention (PEI) Program Presentation — Youth Mental Health First Aid (YMHFA) and Question Persuade Refer (QPR)</b></p>	<p>Andrea Crook presented an overview of the Prevention and Early Intervention (PEI) component. See <a href="#">Attachment D – Prevention and Early Intervention Overview</a>.</p> <p>Dr. Kristen Curry, BHS Program Coordinator, provided background and context regarding MHSA PEI Program Presentation — Youth Mental Health First Aid (YMHFA) and Question Persuade Refer (QPR). See <a href="#">Attachment E – SCOE Youth Mental Health First Aid and Question, Persuade, Refer for Suicide Prevention Program Highlights</a>.</p>

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	<p>Presenters:</p> <ul style="list-style-type: none"> <li>• Lindsay Cathcart, Program Lead – Prevention and Early Intervention Department, Sacramento County Office of Education (SCOE)</li> <li>• Ryan Miranda, QPR Lead, Center Unified School District</li> </ul> <p><b>Member Questions and Discussion</b></p> <p>[numerous SC members thanked the presenters and for the YMHFA and QPR programs via voice and chat]</p> <p>Why is the San Juan school district absent from this program?  <i>As districts have turnover, there is not always the capacity for staff to retrain in a timely fashion. All districts are invited, but not required, to participate. SCOE offers these trainings to the districts that do not have YMHFA or QPR trainers so their staff, administrators, parents, and community members still have the opportunity to attend the trainings.</i></p>
<p><b>VII. Proposed Psychiatric Advance Directives (PADs) Innovation Project Presentation</b></p>	<p>Andrea Crook presented an overview of the Innovation (INN) Projects' purpose and requirements and introduced the Sacramento County Mental Health Board (MHB) presenters. See <a href="#">Attachment F – Innovation Projects Overview</a>.</p> <p>Presenters:</p> <ul style="list-style-type: none"> <li>• Laura Bemis, Sacramento County MHB member</li> <li>• Maria Padilla-Castro, Sacramento County MHB member</li> <li>• Paul Wagstaffe, Sacramento County MHB member</li> </ul> <p>The presenters provided an overview of the Proposed Psychiatric Advance Directive Innovation Project. See <a href="#">Attachment G – Proposed Psychiatric Advance Directive Innovation Project</a>.</p> <p><b>Member Questions and Discussion</b></p> <p>I think Psychiatric Advance Directives (PADs) are important to have, as I have one for myself. However, I do not feel spending Innovation dollars on PADs is prudent. I think we already have PADs advocacy at both state and national levels and we should already be incorporating PADs for individual's personalized service plans. I think there is a way we can still incorporate the use of PADs without spending Innovation dollars and instead look at Innovation projects that will provide other service provisions where PADs can be incorporated.</p> <p><i>The second phase of the project is testing the tool kit which will be on a cloud based technology platform. Hospitals, crisis teams and first responders will have access to that information. A person will not have to worry if they go to a different hospital because it is all cloud based. Additionally, at this time there is no statewide statutory form for PADs where there is one for</i></p>

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	<p><i>healthcare advance directives. This is important and different, where the same person may have both healthcare concerns and psychiatric health concerns but want different directives because they want to keep each directive information confidential in the hands of different decision makers. I am not aware of any legislative movement for PADs and that is why the multi county collaborative became necessary. The cost would be shared between multiple counties and we would be able to educate the public and consumers in a joint effort.</i></p> <p>I cannot understand why this has not been in place a long time ago. Here we are in 2022 and we do not have mental health parity.</p> <p>As a Patients' Rights Advocate for many years, I have often seen that the PADs is not enforced because the patient might want to go to a named hospital and there is no bed in the hospital at the time the patient needs it.</p> <p>I echo the same thought as earlier and I am not sure how this is innovative. My other thought is this should be a community driven process. Will other communities have the opportunity to uplift different Innovation proposals to the Steering Committee?  <i>For clarification, the Innovation survey will be sent out that will provide an opportunity for community and stakeholders to offer different suggestions for Innovation projects. The survey will have some pre-populated/multiple choice options and an opportunity to fill in with a new consideration. PAD would be one of several ideas. The idea behind the survey is to gather input from the larger community and help guide the next MHSA Steering Committee discussion</i></p> <p>I really appreciate your thoughtfulness, and need for PADs. How do you imagine this being incorporated in existing programs?  <i>That is part of the proposed Innovation project. There is a report on the multi county collaborative and specific project details that can be found by visiting <a href="https://mhsoac.ca.gov/sites/default/files/Multi%20County_INN_PADs_0.pdf">https://mhsoac.ca.gov/sites/default/files/Multi%20County_INN_PADs_0.pdf</a>. I appreciate the feedback and recommendation the MHB made tonight and I do believe PADs are a state of the art best practice standard of care. I also recognize MHSA Steering Committee is the body responsible for advising the County on how we should be prioritizing MHSA funding so I am very interested in continuing the discussion and continuing to hear all the various feedback that come from all of you.</i></p>

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<b>VIII. General Steering Committee Comment</b>	<p><b>Leslie Napper:</b> I really appreciate this type of presentation from the MHB. As a stakeholder community member, I encourage all to participate at the MHB meetings as we do here, along with other systems, to have a better understanding of all that is involved in the service provision around behavioral health.</p> <p><b>Karen Cameron:</b> Make sure to involve Patients' Rights in these discussions. The patients would get the medication they requested at several hospitals.</p>
<b>IX. General Public Comment</b>	<p><b>Robin Barney,</b> Adult Family Advocate: Thank you, MHB, for your wonderful presentation. PADs is definitely something we need to look into and stay apprised on.</p> <p><b>Dr. Diane Wolfe:</b> I would like to hear success stories about PADs.</p>
<b>X. Adjournment / Upcoming Meetings</b>	<p>The meeting was adjourned at 7:59 p.m. Upcoming meetings will be held on</p> <ul style="list-style-type: none"> <li>• November 17, 2022</li> <li>• January 19, 2023</li> </ul>

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](mailto:ruckera@saccounty.gov).