

**Sacramento County
Mental Health Services Act Steering Committee**

**June 3, 2010
Minutes**

**Department of Behavioral Health Services
7001A East Parkway, Sacramento, CA 95823
Conference Room 1**

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 Mary Nakamura one week prior to each meeting at (916) 876-5821 or Nakamura@saccounty.net.

Members: Michael Beebe, Mary Ann Bennett, Kathy Briem (*alternate for Department of Human Assistance*), Caroline Caton, Lois Cunningham, Katherine Elliott, Stacy Hart, Edwina Browning Hayes, Laura Heintz (*alternate for Children's Service Providers*), Marilyn Hillerman, Reina Kaslofski, Al Lipson, Hiep Ma (*alternate for Transition Age Youth*), Susan McCrea (*alternate for Mental Health Board*), Stephanie Ramos, Dave Schroeder, Marguerite Story-Baker (*alternate for Alcohol and Drug Services*), Joyce Wright (*alternate for Education*)

Alternates: Dorian Kittrell

Facilitator: Eileen Jacobowitz

	TIME	TOPIC
1.	6:00 pm	Comfort Agreement Stephanie Ramos read the Comfort Agreement. No changes were suggested.
2.	6:05 pm	Approval of Prior Meeting Minutes Minutes of May 20, 2010, were approved with no changes.
3.	6:10 pm	Agenda Review Eileen Jacobowitz, Facilitator Al Lipson requested that copies of all recent letter exchanges between the county and the state Dept. of Mental Health Chief Counsel regarding the proposed budget cuts (referenced in June 3, 2010, Sacramento Bee article) be made available to Steering Committee members. Copies were emailed to members/alternates on 6/4/2010.
4.	6:15 pm	Announcements Marilyn announced that SAMHSA is hosting a free webinar on Teen Suicide Prevention on Wednesday, June 16 between 3:00 p.m. and 4:00 p.m. Eastern Time.
5.	6:20 pm	Student Mental Health and Wellness Plan (SMHWP) The SMHWP was previously sent out for Steering Committee review. See Attachment A – Student Mental Health and Wellness Plan . Michelle Callejas, MHSA Program Manager, reviewed the process used to develop the Plan. See Attachment B – SMHWP Development . Diane Lampe, Elk Grove Unified School District and Barbara Kronick, Sacramento City Unified School District, reviewed the overall plan and discussed the Education and Training strategic direction.

TIME	TOPIC
	<p data-bbox="347 117 618 151"><u>Member Discussion</u></p> <ul data-bbox="347 172 1536 1766" style="list-style-type: none"> <li data-bbox="347 172 1536 344">• Concern that post-training employee surveys are not as valuable as mandatory tests on material. Barbara Kronick responded, saying that the surveys she'd discussed were intended to determine employees' opinions regarding the value and effectiveness of training. She agreed that pre and post tests were better to assess whether training was successful in informing staff and changing attitudes. <li data-bbox="347 365 1536 432">• Training regarding confidentiality is vital, as mental health issues are very sensitive, especially for youth. <li data-bbox="347 453 1536 590">• No specific dollar amount has been determined for this plan, as it has not been fleshed out yet. The idea is to use local non-sustainable Prevention and Early Intervention (PEI) dollars at the start with the hope of later using statewide Student Mental Health Initiative dollars. <li data-bbox="347 611 1536 716">• We will explore opportunities to use these PEI dollars in conjunction with Workforce Education and Training (WET) dollars, attempting to maximize services and training without duplication of effort. <li data-bbox="347 737 1536 804">• Hope was expressed that services be available for students who currently aren't eligible because they do not meet mental health target population. <li data-bbox="347 825 1536 930">• The inclusion of consumer, family and youth voice with representation from culturally and ethnically diverse communities in the further development and implementation of this plan is of vital importance. <li data-bbox="347 951 1536 1157">• The project's goals are desirable, but if successful, it will increase demand for services at a time when fewer county services are available. Expanding partnerships with outside agencies is a strategy that could and should be used to address these needs. By leveraging partnerships through interns, training through community-based organizations (CBOs), etc., Sac City has been able to provide a higher level of care and support to more kids. <li data-bbox="347 1178 1536 1245">• Private health insurance companies should be pushed to cover more of these kinds of services. <li data-bbox="347 1266 1536 1371">• Some teachers are insensitive to students with mental health disabilities. What recourse would students have? Diane Lampe responded, saying that increased training and education is needed to change the school culture. <li data-bbox="347 1392 1536 1497">• Youth were involved in developing this plan. The collaborative did not want to re-create the wheel; the strategy would be to use existing evidence-based practices and free and low cost practices that could implemented across the county. <li data-bbox="347 1518 1536 1585">• Stigma and discrimination must be addressed, as they are at the base of so many other problems. <li data-bbox="347 1606 1536 1766">• Perhaps the principals should be targeted for training first so that they can help bring the message down the line that carries through the schools. Outreach to the children themselves who need support and information will empower them to help themselves. There should be more in the plan about outreach and education to children in school. <p data-bbox="347 1787 574 1820"><u>Public Comment</u></p> <ul data-bbox="347 1841 1536 1942" style="list-style-type: none"> <li data-bbox="347 1841 1536 1942">• James Bennett, consumer, said that as a consumer, he has faced exclusion and discrimination. He doesn't see how this plan will help anyone and doesn't think that the services are in place to help anyone who is identified through this plan as a

TIME	TOPIC
	<p>consumer. Decisions are being made that exclude, marginalize, and disregard consumers. He believes the decision-makers' claim of necessity for bad choices made is an evasion of responsibility. County workers are paid a lot to help mental health consumers - they are not helping.</p> <ul style="list-style-type: none"> • Michael Wilkins, consumer and family member, talked about the discrimination he faced as a child saying that children need help. He asked that services not be cut. • With regard to the Sacramento Bee article of June 3, 2010, Sandra Marley asked what alternative plans the county is currently considering to alleviate the loss of the RSTs. Mary Ann Bennett responded that copies of the state letter and the county attorney's response to that letter would be sent out to Committee members. She also said that the county is reviewing different options to redesign the adult outpatient system and are in discussions with the Regional Support Teams. The situation is in flux, but when an option is ready to present to the Board of Supervisors, she will ensure a synopsis is sent out to the community via email. • Meghan Stanton, consumer advocate, said that SAMHSA has an initiative that she thinks is congruent with SMHWP. She also said that she was alarmed to discover that many Transition Age Youth do not believe in recovery. She said that peer-run Wellness and Recovery Centers are an effective and low-cost way of delivering mental health services. • Jane Clarr, family member and school-based counselor, recommends that this plan be approved and thanked those who had worked to bring it this far. She noted that prevention and access to current services is the key to addressing the social and emotional needs of our 240,000+ students and approving this plan is one step toward that. • Patty Gainer, consumer advocate, is glad to see that this plan appears to be well thought out and holistic in that it addresses physical as well as mental health and hopes that this plan is going to use a trauma-informed perspective. She wishes that the adult system were more focused on the holistic and trauma perspective. She's heard of models she'd like to see replicated here that involve training peers at all levels, about intervening with inappropriate behavior from peers, bullies, and authority figures, and the use of peer panels to decide on repercussions for inappropriate behavior. Many people in the consumer movement have had problems with being labeled early and stigmatized because of it--she would like information regarding the ways in which this plan will identify early without stigmatizing, and in what ways it will use a recovery and strength-based focus. She also asked why the MHSA Steering Committee and the Mental Health Board have not voted on the total redistribution of MHSA funds that will be proposed to the Board of Supervisors in 1 ½ weeks. She asked that the following objection be placed on the record verbatim: "I think that by circumventing the approval process of this body and the MH Board, the county has done a great injustice to the community democratic process." <p><u>Action</u></p> <ul style="list-style-type: none"> • Reina Kaslofski moved that we move forward to flesh out and add detail to the Education and Training component of the SMHW Plan. Mary Ann Bennett seconded. • Dave Schroeder requested that we use correct terms when talking to and trying to help students. The term Special Education is stigmatizing. He requested that students and parents of children be involved in developing this plan as we go

	TIME	TOPIC
		forward. Motion approved on unanimous vote.
6.	7:35 pm	CalMHSA Update (Joint Powers Authority) Mary Ann Bennett, Michelle Callejas and other mental health staff members met with Ed Walker, Executive Director, CalMHSA Joint Powers Authority, and presented a list of questions. He has offered to make a presentation to the Steering Committee this summer to give the history of CalMHSA and tell us where they are headed. Mary Ann announced that the next CalMHSA meeting will be on Thursday, June 10 . Information will be sent to you with the Agenda.
7.	7:38 pm	Next Steps <ul style="list-style-type: none"> • Members voted to cancel the June 17 Steering Committee meeting due to the Board of Supervisors budget hearings being held that week. • Ad Hoc Charter Review Report Back. • Concern was voiced that the two proposals made by The Effort and an RST addressing the closing of the RSTs were not being brought before the Steering Committee. Mary Ann Bennett stated that because the final plan hasn't been fully formulated yet and because any plan at present is to be funded with realignment and not MHSA dollars, it has not been brought before the committee. Mary Ann assured the committee that should there be a decision to alter or expand any MHSA funded programs or to request more MHSA funding, the community planning process with committee input will be conducted. • Mary Ann Bennett could not be specific about when the Mental Health presentation to the Board of Supervisors would be ready. She could not comment on any pending litigation.
8.	7:48 pm	Upcoming Meetings (meetings are held the 1 st and 3 rd Thursday of each month, from 6:00 – 8:00 pm) <ul style="list-style-type: none"> • June 17, 2010 canceled • July 1, 2010 • July 15, 2010
9.	7:50 pm	Adjourn