

**Sutter-Yuba Behavioral Health  
Behavioral Health Advisory Board**

**Minutes of the Regular Meeting**

Thursday, November 14, 2024

5:00 p.m.

---

1. **Call to Order**

Chair Esemann called the meeting to order at 5:00 p.m. and welcomed everyone to the meeting.

2. **Roll Call**

The following members were in attendance: Chair Heather Esemann, Supervisor Mike Ziegenmeyer, Supervisor Don Blaser, Gwen Ziegenmeyer, Vice-Chair Manny Cardoza, Bill Harris Jr. Maggie Walker, Wendell Peters and Secretary Mary Page.

Excused: Jay Kaze and Renick House

Absent: Lesley Clarkson

Also, in attendance: Rick Bingham, HHS Assistant Director/Behavioral Health Director; Betsy Gowan, Adult Services Branch Director; Jesse Hallford, Adult Services Staff Services Manager; Jen Harnden, PAL Facilitator; Martha Griese, PAL Facilitator; Tommy Arguijo, PAL Facilitator; Bruce Adams (via ZOOM), and Sue Hopper, Administrative Assistant, Sutter County.

Ms. Esemann announced that she will call a meeting for December 12, 2024, to make up for the missed meeting in August 2024.

3. **Public Comment:** None provided.

4. **Action Items:**

- a. **Approve October 10, 2024, Meeting Minutes** - Member M. Ziegenmeyer moved to approve the October 10, 2024, Meeting Minutes as submitted. The motion was seconded by Member Page.

Aye votes: Esemann, Clarkson, Page, Cardoza, M. Ziegenmeyer, G. Ziegenmeyer, Blaser, Walker and Peters

Nay votes: None

Abstentions: None

The 2024 Data Notebook was considered an action item and was moved from New Business to Action Items.

- b. **Approve Responses to 2024 Data Notebook and authorize Chair Esemann to input responses and submit to the State by November 30, 2024.** Member Walker moved to approve the Responses to the 2024 Data Notebook and authorize Chair Esemann to input responses and submit to the State by November 30, 2024, noting that Question #8 will be revised to include the list of Enhanced Case Management Providers that Mr. Bingham will provide to Ms. Esemann. The motion was seconded by Member M. Ziegenmeyer.

Aye votes: Esemann, Clarkson, Page, Cardoza, M. Ziegenmeyer, G. Ziegenmeyer, Blaser, Walker and Peters

Nay votes: None

Abstentions: None

5. **Program Presentation – Parents of Addicted Loved Ones (PALS)**

- Viewed three-minute YouTube video on PALS.
- PALS offers free support for parents of loved ones who struggle with substance use disorders.
- Meetings are facilitated by parent volunteers.
- Local group is meeting at Adventure Church on Tuesdays from 6:30 – 8:00 p.m.
- Meetings offer an educational component using evidence-based practices and literature.
- All family members affected by someone with substance use disorders are welcome to attend – doesn't just have to be the parent.

6. **MHSA Program Update – Betsy Gowan, Branch Director, Adult Services; Jesse Hallford, Staff Services Manager.** Ms. Hallford reported on the following:

a. iCARE 3<sup>rd</sup> Sector Update

- ✓ 3<sup>rd</sup> Sector is the contractor being used for the Multi-County FSP Partnership and to evaluate the effectiveness of the iCARE Innovation Program.
- ✓ 3<sup>rd</sup> Sector will provide technical assistance support through:
  - Data Entry & Sharing Guidance
  - Step Down Guidelines, Criteria, & Disenrollment Processes
  - Evidence-Based Services & Operations (within Prop 1 parameters)
  - LPS FSP (FSP+Public Guardian) Operational Guidelines
  - Training Assessments & Recommendations
  - Continuous Improvement
- ✓ 3<sup>rd</sup> Sector met with clients to gauge their definition of success within the programs.
  - Conducted 22 interviews with 12 clients throughout Adult Services, TAY and Older Adults.
  - Five different SYBH programs were represented including both mental health and substance use services.
  - Interviews identified what wellness meant to each person; what long and short-term goals were; what motivated the individual to stay in recovery.
- ✓ Qualitative analysis focused on:
  - Identifying predominant themes emerging from the interviews.
  - Exploring which areas and domains were coming up the most often.

- Discovering overlap between what different individuals were sharing related to wellness and recovery goals & outcomes.
  - The vast majority of those interviewed felt most items/questions were relevant and import to ask. All questions were revised based on consumer feedback.
  - iCARE staff are reviewing the revised metric and recommending an adapted version to pilot the iCARE project, that will be a part of 3<sup>rd</sup> Sector's evaluation report in May 2025.
- ✓ iCARE program has been in place for five years now and will end on June 30, 2025
  - ✓ Ms. Esemann requested Michael Harwell, Telecare, to present on the transition from MHSA to BHSA.

7. **Behavioral Health Director's Report** – Rick Bingham, Assistant Director of Health & Human Services and Behavioral Health Director reported on the following:

- a. Underage Drinking - Sutter County District Attorney received a grant. Mr. Bingham will speak to the DA about presenting to the BHAB on January 9, 2025.

8. **New Business**

- a. Program Presentation for December 12, 2024, will be CARE Court.
  - ✓ Program presentation for January 9, 2025, may also include the Sutter County District Attorney speaking on the grant received for underage drinking and further legislative updates from Mr. Bingham – anything impacting behavioral health.
- b. Legislative Impacts Discussion
  - ✓ Prop 36 – voter passed. This ballot measure will lengthen criminal sentences for certain drug and theft crimes. It also requires certain people convicted of repeat drug crimes to treatment instead of prison, although treatment programs are unfunded. Both Sutter and Yuba County's Drug Courts will most likely grow. SYBH will be impacted by the growth in Yuba County Drug Court, but not Sutter County Drug Court, since Sutter County Probation staffs that program.
  - ✓ Prop 35 – tax on Managed Care Health Plans that will fund Medi-Cal – voter passed.
- c. Program Presentation Format Form
  - ✓ This item was moved forward to the December meeting for discussion.

9. **Old Business**

- a. Shirt order for BHAB members – mock-up has been received. Shirts may arrive before December 12, 2024, meeting.

10. **Other Announcements/Correspondence**

- a. SYBH Consumer Holiday Party is on December 19, 2024, from 4:00 – 7:00 p.m. – all encouraged to attend.

11. **Adjournment** - There being no further business brought forward, Chair Esemann thanked everyone for their participation and adjourned the meeting at 6:04 p.m.