

Understanding Board Oversight and Recommendation Processes

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Short Summary

You discussed board oversight procedures, focusing on site visits and the formal process for making actionable staff recommendations.

Long Summary

You explored the procedural nuances of board oversight and the formal recommendation process. The discussion clarified how site visits serve as a research tool to investigate contractor concerns and how ad hoc committees can facilitate these reviews. A key point of clarification involved the communication flow: while boards often believe they only advise the Board of Supervisors, formal recommendations actually require a direct response from behavioral health staff, who must either implement the suggestions or justify their rejection to multiple governing bodies.

Membership Requirements (Welfare and Institution Code 5604)

- **General Composition**
 - Minimum of 10 members for most counties; 5 members for counties with populations under 80,000.
 - 50% of the board must be consumers or family members of consumers.
 - At least one member must be 25 years of age or younger.
- **Specific Sector Representation**
 - One member from the Board of Supervisors or the local governing body.
 - One employee from a local education agency.
 - One veteran or veteran advocate.
- **Diversity and Expertise**
 - Membership should reflect the ethnic, racial, cultural, and geographic diversity of the local client population.
 - Experience and knowledge of the mental health system are required for consideration.

Brown Act Compliance and Meeting Rules

- **Public Access and Agendas**
 - Meetings must be open to the public; any action taken in violation of the Brown Act may be voided.
 - Agendas must be posted 72 hours in advance (24 hours for special meetings) both physically at the meeting site and on the agency website.
 - Boards must not deliberate on subject matter outside of a posted meeting if a quorum (50% + 1) is present via email, text, or in person.
- **Public Participation**
 - Public comment must be allowed before or during agenda items, not after.
 - Boards are advised not to respond directly to public comments during the meeting; staff should address urgent individual needs outside the formal session.
 - Reasonable time limits (e.g., 2–3 minutes) should be set for comments, with double time provided for those using translators.
- **Voting Procedures**
 - No secret ballots; all votes and abstentions must be a matter of public record.
 - All votes taken during teleconferenced meetings must be conducted by roll call.

Teleconferencing Guidelines

- **Standard Teleconferencing**
 - All teleconference locations must be listed on the agenda and be accessible to the public.
 - Agendas must be posted at each remote physical location (e.g., a member's office or hotel room).
- **Disability Accommodations**
 - Members with disabilities (temporary or permanent) that prevent in-person attendance can participate remotely.
 - These members are counted toward the in-person quorum and are not required to disclose the specific nature of their disability.
- **Just Cause Allowances**
 - Members may teleconference up to twice per year for "just cause" (e.g., childcare, contagious illness, or official travel).
 - A quorum must still be physically present at a singular primary location.

Duties of Boards and Commissions

- **Review and Evaluation**
 - Evaluate community behavioral health needs, services, and facilities.
 - Review performance outcome data (e.g., school attendance, arrest rates, hospitalization, and housing stability).
- **Advisory Role**
 - Advise the Board of Supervisors and the Behavioral Health Director on all aspects of the local program.
 - Formally draft recommendations; if passed by a majority, the county must either implement them or explain in writing why they were not adopted.
- **Planning and Oversight**
 - Review and approve procedures for citizen and professional involvement in the planning process.
 - Submit an annual report to the Board of Supervisors regarding needs and performance.
 - Participate in the selection process for a new Behavioral Health Director when a vacancy occurs.

Leadership and Best Practices

- **Meeting Facilitation**
 - Chairs should maintain professional conduct, ensuring person-first language and preventing personal attacks or disruptions.
 - Avoid over-reliance on acronyms to remain accessible to new members and the public.
- **Onboarding and Mentorship**
 - New members should receive an orientation guide, including bylaws, a glossary of acronyms, and a roster.
 - Some boards implement a "mentor" system, pairing new members with experienced executive committee members.
- **Recruitment Strategies**
 - Target student centers and healthcare academies at local colleges for youth seats.
 - Reach out to local hospitals and community-based organizations to find diverse candidates with lived experience.

Transcriptions

A - Jan 24, 2026 09:02:18

See secondary pressure.

A - Jan 24, 2026 09:02:52

Excuse me, what name did you say? Alfred.

A - Jan 24, 2026 09:03:05

Hi, I'm Pam Flint Tambeau. I'm from Santa Barbara County on the commission and I'm the former chair.

C - Jan 24, 2026 09:03:07

Okay, and let's go back to Ian.

A - Jan 24, 2026 09:03:14

Hi, my name's Ian Hunt. I'm a new member of the Berkeley Metal Behavioral Health Commission. I'm kind of here for the one on one class today actually.

A - Jan 24, 2026 09:03:28

Gregory? Gregory Farron, Sonoma County Behavioral Health Board. I've been on the board for about two years and I'm the representative of it f to this body.

A - Jan 24, 2026 09:03:39

Good morning. Jo Joanna? Hi, I'm Joanna Morris. I am the Vice Chair of the Butte County Behavioral Health Advisory Board. Amber?

A - Jan 24, 2026 09:03:48

Hi, I'm Amber Gray. I'm staff for the Behavioral Health Commission for San Francisco County. Maria Gonzalez?

A - Jan 24, 2026 09:04:08

Hi, I'm Maria Gonzalez. I'm the board coordinator for Kern Behavioral the Kern Behavioral Health Board.

A - Jan 24, 2026 09:04:15

Morning. Um and Sue?

A - Jan 24, 2026 09:04:21

I am Sue Jones from YOLO County. I'm the vice chair there.

A - Jan 24, 2026 09:04:27

Good morning. Uh Tracy Campbell, new board uh uh behavioral health board member for San Luis Obispo County. Morning. Harriet Good morning, Harriet Stevens, uh I'm a member of the San Francisco Behavioral Health Commission and also a member of the

A - Jan 24, 2026 09:04:47

California Association of Local Behavioral Health Boards and Commissions.

C - Jan 24, 2026 09:05:00

Oh okay. Let's go to Flori.

A - Jan 24, 2026 09:05:07

Hi, I'm Laurie Monroe. I'm a member of the uh Butte County Behavioral Health Advisory Board and I live in Chico.

C - Jan 24, 2026 09:05:15

Morning.

A - Jan 24, 2026 09:05:21

I already went. Oh sorry. Mary Jewell.

A - Jan 24, 2026 09:05:27

I'm Mary Jewel and I'm Secretary to the uh Behavioral Health Board in Kings County. And Yan Nod or why?

A - Jan 24, 2026 09:05:40

Good morning, Ian I Burrell, Contra Costa County Behavioral Health Board. Thank you. Morning, Ian I

A - Jan 24, 2026 09:05:47

Oh.

A - Jan 24, 2026 09:05:49

Yeah, Stafford?

A - Jan 24, 2026 09:06:08

Good morning. This is Kim Stafford. Um I'm a chair of the behavioral health board for County of Marin. I'm also a peer uh state peer certified whatever, whatever it's ca whatever they're calling anyway. I I got my peer certification and um I'm really glad to be here. I'm in the learning process. Thank you.

A - Jan 24, 2026 09:06:29

Michael Price? Michael Bryant, uh Kern County Behavioral Health Board, and I'm the chair this year.

A - Jan 24, 2026 09:06:37

Manuel?

A - Jan 24, 2026 09:06:41

Hello everyone, my name is Manuel and I form part of the Cal B HBC staff. Marty.

A - Jan 24, 2026 09:06:47

Good morning, Amanda Berry. I'm the chair of the San Diego County eHab. Morning. Anya? Hi everyone, I'm Anya Gupta. I'm the youth seat of the Contra Costa County Behavioral Health Board. Morning.

A - Jan 24, 2026 09:06:48

Amanda?

A - Jan 24, 2026 09:07:02

Um Emet?

A - Jan 24, 2026 09:07:10

Jasmine.

A - Jan 24, 2026 09:07:13

Hi, good morning everyone. I'm Jasmine Solorio. I work with um Kern County Behavioral Health. Um, I facilitate the behavioral health board meetings for our department.

A - Jan 24, 2026 09:07:27

Good morning.

A - Jan 24, 2026 09:07:30

Sarah Weber.

A - Jan 24, 2026 09:07:35

Sorry about that. Um hi, I'm Sarah Weber. I'm the chair of the uh Sacramento County Behavioral Health Commission.

A - Jan 24, 2026 09:07:43

Morning.

C - Jan 24, 2026 09:07:47

Hey, um can you get started with um one in the room? Al, is there more in the group? Yeah, this is Al Sims, Director of Veteran Services for Solano County and member of the Salado County Behavioral Health Board.

A - Jan 24, 2026 09:08:03

Great.

A - Jan 24, 2026 09:08:06

And

A - Jan 24, 2026 09:08:13

Pressure, right?

A - Jan 24, 2026 09:08:26

I Stacy Del Gleish, governing board of Cal BHBC and first vice chair of the Los Angeles County Behavioral Health Commission.

A - Jan 24, 2026 09:08:41

Nice to see everybody.

C - Jan 24, 2026 09:08:49

All right, give me just a moment to maybe have a quality.

A - Jan 24, 2026 09:09:17

And good morning everyone. My name is Lashauna Stone. I'm a member of the Kern County Behavioral Health Board.

A - Jan 24, 2026 09:09:24

Which county, I'm sorry. Kern. Kern Kern County.

A - Jan 24, 2026 09:09:30

Yeah, yeah.

C - Jan 24, 2026 09:09:49

Did everybody see the slide on the screen comes online? Pick up if you can't see it.

A - Jan 24, 2026 09:09:58

Alrighty.

C - Jan 24, 2026 09:10:04

Alright, so let's get started with the training. Thanks to everybody for joining us this morning.

C - Jan 24, 2026 09:10:12

The topics that we're going to review this morning are membership, meeting rules and conduct, committees and tools.

A - Jan 24, 2026 09:10:27

with my screen.

C - Jan 24, 2026 09:10:31

We'll talk about the Behavioral Health Services Act, the role of the boards and commissions, and we'll talk about how to review and evaluate

A - Jan 24, 2026 09:10:56

So

C - Jan 24, 2026 09:11:05

To start out with, we have a lot of membership requirements. This is all in California law. In welfare institution code, six oh four point two is fifty-six zero four is all of the code and the membership um requires three-year terms. The members should be appointed by the governing body. Usually that's the board of supervisors.

C - Jan 24, 2026 09:11:26

Um ten member minimum for most counties. If it's a very small county with a population of less than eighty thousand, then it's a five member minimum. So among that.

C - Jan 24, 2026 09:11:45

Fifty percent of the members should be either consumers or family members. And a consumer is defined by uh a somebody that has in the past or is currently having services for metal or substance use um and that includes alcohol and drugs.

C - Jan 24, 2026 09:12:06

One of those members who is either a consumer or family member should be twenty five years of age or younger.

C - Jan 24, 2026 09:12:14

There should be one Board of Supervisor member or member of the governing body. Not a board of supervisor.

C - Jan 24, 2026 09:12:25

Um one employee from a local education agency, one veteran or veteran advocate. And that uh definition is pretty open. A veteran advocate even be uh just a family member of a veteran.

C - Jan 24, 2026 09:12:40

Um the board should border commissions should reflect the diversity of the local client population. So diverse membership includes ethnic, racial, cultural.

A - Jan 24, 2026 09:12:46

And we've been growing geographic.

C - Jan 24, 2026 09:13:05

Individuals with experience and knowledge of the mental health system should also be considered for membership. Um so sectors that intersect with behavioral health.

C - Jan 24, 2026 09:13:25

And then there are exceptions. There are people that may not serve. If they work for the California Department of Healthcare Services, or if they work for the County BK Rome agency or as contractors, but then there's an exception to the exception. So if the person has lived experience, so if they're a consumer, they may possibly be able to be a member and be an employee of the agency or a contractor.

C - Jan 24, 2026 09:13:44

control or track role or either the behavioral health agency or for the uh contractor brown out

C - Jan 24, 2026 09:14:04

And what I'm going through, we do have a recording of. We had a teleconference in early December because there were changes to the Brown Act. Let me blurb that up.

C - Jan 24, 2026 09:14:45

The Brown Act is open meeting rules for California's uh local boards along and your board or commission is considered an advisory board.

C - Jan 24, 2026 09:14:59

The topics we're gonna review

C - Jan 24, 2026 09:15:04

Having open in public meetings, who is covered by the brownhouse and who is not covered, document, handling documents, posting the information about your meetings, public participation, teleconferencing, and voting. And we'll talk of

C - Jan 24, 2026 09:15:24

about teleconference and then the new alternative teleconference rules and then some frequently asked questions.

A - Jan 24, 2026 09:15:35

The um

C - Jan 24, 2026 09:15:45

Meetings of public bodies must be open and public. So any action taken in violation of entities clause may be voided. Um so any votes that are taken could be voided.

C - Jan 24, 2026 09:16:04

half plus one of your current membership. Okay, so if you have ten members, it would be five members plus one is a course that would be six members.

C - Jan 24, 2026 09:16:19

So whenever they are together

C - Jan 24, 2026 09:16:24

In any way, it could be they could be together by email or text.

C - Jan 24, 2026 09:16:44

That would be considered a quorum and you should not do that. There's requirements to post meetings and to meet in a public way. So if you have a forum of folks in that situation where they are deliberating on the subject matter of behavioral health, they should be within a meeting environment that's posted while the Brown Act rules.

C - Jan 24, 2026 09:17:04

Legislative bodies are what you're called in California law because you are if you're on a local board or and you are an advisory body.

C - Jan 24, 2026 09:17:14

Who is covered?

C - Jan 24, 2026 09:17:24

Any standing committees of your border commission are also covered by the ground app. So if you have a smaller group of people, um, say they have three people on a committee that meets regularly, has subject matter that's ongoing, um, then you have a standing committee, and that must divide by the ground.

C - Jan 24, 2026 09:18:04

What is not covered, um, ad hoc advisory committee. Um those are also called work groups. Um and that could be, you know, groups that come together for certain topics. Sometimes it's just a couple members that are coming together to work on the annual report or uh um uh maybe what's called the dated notebook, which is a survey that the board's community every year.

C - Jan 24, 2026 09:18:25

It could be uh a work group could be on a certain topic that people are really interested in um and they wanna do some research together. They could they can meet outside of Brown Act rules as long as it's less than a quorum and it's short term. So you want to make sure there's certain projectives in place, kind of a timeline.

C - Jan 24, 2026 09:18:45

Nonprofit organizations are usually not covered by the Brown Act. And then the state government has different uh open meeting law called daggries.

C - Jan 24, 2026 09:19:04

documents treated um they should be treated um as open in public if they are in the subject matter of behavioral health so anything that's shared with majority of your board and commission should be shared with the public as soon as possible.

C - Jan 24, 2026 09:19:25

Agendas. The agendas must be posted on the agency website and at a physical meeting location. And they should be freely accessible. Public should be able to find them.

C - Jan 24, 2026 09:19:43

Um and I know that's a problem sometimes because I go to a lot of meetings, sometimes in person and sometimes online, and it's not always easy. So you know I'll reach out to the board if I see that happening, but be aware of that yourselves because I don't always see everything. You know, just remind staff that these things need to be posted. The agenda should be posted suddenly two hours in advance.

C - Jan 24, 2026 09:20:04

visible on the building or outside the door of where you're meeting um so the public can see it and um also on the website.

C - Jan 24, 2026 09:20:23

24 hours in advance of the special meeting, special meetings outside of your normal meeting schedule, maybe a different location.

C - Jan 24, 2026 09:20:33

And then if it is a special meeting, if there's media in the area that wants to be notified, they should be notified if there's a special meeting.

C - Jan 24, 2026 09:20:44

Agendas should include an opportunity for the public to address your Board and Commission on any item of interest within the subject matter of behavioral health for your community.

C - Jan 24, 2026 09:20:59

And items posted on the agenda.

C - Jan 24, 2026 09:21:03

You must abide by the agenda, but don't take action on anything that's not posted on the

C - Jan 24, 2026 09:21:23

So if you are getting public comment on items not on the agenda, make sure you're not responding to it during that meeting. Take notes, decide if you want to, you know, bring up that topic at another meeting, put it on the agenda, and

then you can

C - Jan 24, 2026 09:21:43

terms of public participation, public comment should be before or during agenda items. Don't do it after.

C - Jan 24, 2026 09:21:43

before or during. You could do all of your public comment at the very beginning of the meeting if you want to. The public has the opportunity to comment on any item they want to comment on as well as what's on the agenda. Or it could be that you open up public comment each individual agenda item. So make sure it's before or during, not after.

C - Jan 24, 2026 09:22:06

Well let me ask you about that because uh Yeah, do you have that microphone? I think I spread them out that it's gonna make sure it's sure which end is press anything or okay. I remember you you notified us that hey, you gotta

A - Jan 24, 2026 09:22:23

it up to the We gotta move up the uh public comment up to the beginning of the meeting. So we did it right after our roll call, right guerrill? Public comment. And uh uh now you're telling us that we might need to have public comment after each item or no? Never after.

C - Jan 24, 2026 09:22:43

Before it's up to your discretion how you manage that. It could be all of it at the beginning of the meeting if you want. But a lot of supports they do it on each thing hour. Okay, well we're just doing it right up front. Okay. All right. So wanna make sure we're complying.

A - Jan 24, 2026 09:23:02

Thank you.

D - Jan 24, 2026 09:23:09

I'm not sure how that's how you use it, 'cause I can just use loud voice. Thank you.

D - Jan 24, 2026 09:23:15

Well that that's what this is. Yeah. Yeah, I get it's what I'm saying. If I can j I don't necessarily need this too, but anyway.

D - Jan 24, 2026 09:23:23

So the public comment, the before or during agenda items, that's fine. And then it says that I just wanted clarification. It says anything that is relevant for the commission that's either on the agenda or is under the auspices of that commission. So my question is what actions or how is it handled when somebody comes in and comments on things that have nothing to do and are with

D - Jan 24, 2026 09:23:42

are not within the control or jurisdiction of the commission, how should that be handled? Which sometimes are disruptive. So it's not, yeah, it's a beautiful day, I'm glad to be here. That that's fine. But we've had other things. So I my question is how would that be handled? How do you shut that down? Or or do you shut that down?

C - Jan 24, 2026 09:24:07

is making the comment how they might respond because sometimes shall we try to shut somebody down take a more time than just letting them finish.

C - Jan 24, 2026 09:24:22

But yeah. So um it it's good to um just try to determine that. Um sometimes it's just better to say, okay, we have a time limit of two minutes or three minutes and the time's up. Um sometimes it's better to remind maybe remind everybody before the meeting should be on the subject matter of being from all

D - Jan 24, 2026 09:24:42

So we we put some of this in writing because we were having this going on.

D - Jan 24, 2026 09:25:02

So we put it because people would come in, they'd see other people public commenting. They didn't really understand the guidelines. So we actually put it in writing so it's posted and on the note for the public comments that we can say so-and-so has a comment. It says on there as well to help with that. And we did set a time limit for the same reason is that sometimes you get passionate and you don't realize that you picture going on, and other times it was just again that way it was very, very limited. Hi, I'm glad to be here. I appreciate or whatever it was. But it was uh I think ours is three minutes now, and that's helped.

C - Jan 24, 2026 09:25:24

For the most I think you would hope. Um it's better not to respond or push back. It's better

A - Jan 24, 2026 09:26:04

Down Colish, LA County. What we have done, because obviously this is often an issue, on the screen, we have a screen where everything is shown that's being presented, and we have a timer on that screen. And then now, because that didn't seem to be working as well as we wanted, there's a um they have a laptop right in front of them, and on that laptop is the countdown. Um

A - Jan 24, 2026 09:26:22

For me, I like to ask people if they'd like I don't know how many of you are in AA or Alan or any of the you know, twelve step programs, but we ask people, how would you like your time? Would you like me to remind you uh, you know, one minute before, thirty seconds before? Uh and I think that that has, you know, been helpful as well, but it's a difficult thing.

D - Jan 24, 2026 09:26:44

I'm sorry, I have one more question and I'll just use loud voice though. So don't you still want it?

A - Jan 24, 2026 09:26:52

Oh public.

D - Jan 24, 2026 09:27:01

Com you said uh that we should not respond on it. So my question is, are we literally not supposed to respond? Is it okay to say thank you for your comment, but not to say, Oh, that's terrible, awful, anything? So I I I a little bit more clarification on our response to public comments.

C - Jan 24, 2026 09:27:21

Or or just nod. Sometimes you might not explain but um you know not

A - Jan 24, 2026 09:27:21

acknowledge if you would. That's somet sometimes we get some heated comments and so we'll just say thank you and then some usually s somebody in the sp staff will go and meet with them somehow because they want to

C - Jan 24, 2026 09:27:41

quell whatever it is that's how full of staff steps in. Sometimes it really is an issue. Staff students just work with them immediately. Get them to the services they need or address the degree have

A - Jan 24, 2026 09:28:03

I forgot to say that one of the things that is very helpful is we have someone in the room from the department for patient advocacy. And so it's easy for us to say, um, please go to this person and that person will help you with this. And then at least it's finished in front of the body and moved someplace else. Um

A - Jan 24, 2026 09:28:21

Thank you.

C - Jan 24, 2026 09:28:29

We'll talk so we can take more questions later today too when we have the chair and being so easy.

C - Jan 24, 2026 09:28:41

Recording is allowed as long as it's not destructive.

C - Jan 24, 2026 09:28:47

Removal is allowed. This is actually it it has been uh a part of the ground act, but more words were put into the ground act of class revision.

C - Jan 24, 2026 09:29:01

Um so individuals can be removed if they do not promptly seek disruptive behavior after receiving a warning from the presiding member. So usually that's the chair.

C - Jan 24, 2026 09:29:22

in or identification is not required. So if you have a sign-in, then it should stay on the sign-in sheet, sign-in-the-coxable. Make sure people know that that they are not required to sign in. And when they have new public comment, they're not required to give it.

C - Jan 24, 2026 09:29:41

allow at least twice the amount of time um for a member of the public who uses the translator.

C - Jan 24, 2026 09:29:44

And then translation.

A - Jan 24, 2026 09:29:54

Oh

A - Jan 24, 2026 09:30:04

And hi. Should work. I was gonna share a message from the chat by Alfred. He asked um any requirements for videos in the meetings? So Alfred asked that online.

B - Jan 24, 2026 09:30:22

There's not a re uh we'll go through the teleconference requirements in just a moment. I have a question, Teresa. Yeah. So it says that we can um remove someone from a meeting. Do you have any suggestions how that is done? Um it's we haven't had that happen, but I can see an instance where it might.

B - Jan 24, 2026 09:30:41

Okay, right. So you would need some help from I guess the building security or law enforcement, right?

B - Jan 24, 2026 09:31:01

Some of these larger counties they already have um some of that in place. But yeah, for smaller county like Napa County when when I I ran meetings in Napa County a number of years ago, there was one person that came into a meeting and he was very agitated. So I just asked security to come and sit in the room with us and so they were there just in case. But yeah, you need to reach out for help.

B - Jan 24, 2026 09:31:22

And if if if it's not if it's not something that you can accomplish, you know, with the resources that you have, you can shut down the meeting, have everybody leave, and then allow your own group to come back in and any members of the public that aren't disruptive.

A - Jan 24, 2026 09:31:42

You might need help though.

B - Jan 24, 2026 09:31:46

Yeah, leave the room. Right.

B - Jan 24, 2026 09:31:49

And then yeah. And start again.

B - Jan 24, 2026 09:32:01

Um I I saw this happen at the Capitol in Sacramento, um, where they they did actually um stop the meeting and had um everybody leave the room and the folks that were disrupted refused to leave the room and the legislators decided not to physically remove them. I think that would have been on the news if they just they ended up just letting them stay.

B - Jan 24, 2026 09:32:20

And they had, you know, the legislators had microphones. It was a budget committee. They needed to get the budget passed. They just popped over 'em. They stood these people stood on their chairs, made noise. The legislators moved on. Um

A - Jan 24, 2026 09:32:42

That's great.

B - Jan 24, 2026 09:32:44

Your meetings should not be like that. I don't ever see one of the local board or commission meetings like that.

B - Jan 24, 2026 09:32:54

All right. So agendas. Oh, I see two comments in chat. Let me check. All right, we're okay, I think. All right. So for teleconferencing, just standard teleconferencing, which has been an allowance in the Brown Act for a number of years. That's what I'll start with. So agendas need to be posted at all teleconference locations.

B - Jan 24, 2026 09:33:23

And each teleconference location must be listed on the meeting notice or agenda. So this means if a member of your board or commission wants to be at a different location and connect in through a teleconference, they have to post the actual physical agenda outside of their door. Maybe it's their office, maybe it's a hotel room. And then their address needs to be listed on the agenda. So that's the agenda that's posted 72 hours in advance. That's a public document.

B - Jan 24, 2026 09:34:02

And then each teleconference location must be accessible to the public. So you have to allow people to come in and view the meeting, audio and video.

B - Jan 24, 2026 09:34:40

And the agenda must provide an opportunity for members of the public to address uh your border commission at each teleconference location. Um so during the pandemic, I know there was one county, I think it was San Joaquin County, where um one of the members um just decided to do the teleconference from her front lawn, and she had um she had chairs set up, invited people to come, so she got some members of the public to participate by teleconference that way. Oh nice. That's a question. Yeah. Nice way to get to know your neighbor. Um and you can recruit for your we have our health border commission at the same time. Um let's see. So the okay, we have a question. Does the member who is participating virtually have to be in the state? If there is already a quorum, no, they don't have to be in the state, they could be anywhere participating.

A - Jan 24, 2026 09:35:52

So um have a maybe comment.

A - Jan 24, 2026 09:35:58

So we are told that we have to be there in person. Is this new? Is you have to you might have maybe you have something within your county where your board is county council has to approve or something. This this is okay by the state. We're okay with all the boards and local boards and commissions doing this teleconferencing. And this has been in the statute for a number of years. Um sometimes counties have boards of supervisors that say no, you can't, but it it's okay by law to do it.

A - Jan 24, 2026 09:36:36

I have a question before I studied.

A - Jan 24, 2026 09:36:42

This is a follow-up question from Brenda's question. I thought the outdated bylaws. Can you speak up a little bit? Oh, I'm sorry. The updated bylaws for 2026, I thought we in order to do a teleconference alternative location, we had to seek approval from the Board of Supervisors six months in advance. So we'll get to that. We're not on the alternative yet. Thank you. Yeah, this is standard practice that's still in place, that's been in place. So I I just want to make one clarification because someone asked if you were out of state, could you still participate by teleconference if it was a capability for your board to do so? The answer is yes. But if you're in Hawaii and you're teleconferencing from your hotel, you need to post 72 hours ahead of time that it is a meeting open to the public, even though the public's not in your jurisdiction. So so that's you still have to be open to the public and let people come into your hotel room. Yeah.

B - Jan 24, 2026 09:37:48

Participate.

B - Jan 24, 2026 09:37:52

Members with disabilities, either temporary or permanent, may participate. Um let me check my chats here. I want to make sure that everybody can hear me on the screen.

B - Jan 24, 2026 09:38:20

All right, so members with disabilities temporary or permanent.

B - Jan 24, 2026 09:38:39

Um may participate. This is the federal definition of disability. It's very open. The person with a disability does not have to publicly state what their disability is. They just need to inform the staff or the chair or you know the folks that are facilitating the meeting. Let them know that they will be participating by teleconference due to their disability. Okay. And then they're treated like they're in person. So they're part of that in-person quorum.

B - Jan 24, 2026 09:39:20

In terms of yes, another question in the room. So those limitations in terms of posting 72 hours in advance and public access do not apply to individuals with disabilities? Right. They're treated as if they're in the room. They do need to um if if possible, have their video and audio on. Sometimes uh because of disability, they don't have their video on, um, but keep their video and audio on. And sometimes with Zoom or teleconferencing, bandwidth can be an issue, and turning video off helps. So that that's okay if it's technical, they just need to state they're having this problem and let folks know that's why they're not on video. Um, and they also should let people know if there's somebody 18 years or older in the room. Thank you. Or older or yeah.

B - Jan 24, 2026 09:40:25

Older. 18 years or older in the room. Yeah. Any other adults in the room?

B - Jan 24, 2026 09:40:32

No, don't introduce them. Unless you want to, then it's okay.

B - Jan 24, 2026 09:40:38

Yeah. Um, teleconference both must be by roll call.

B - Jan 24, 2026 09:40:39

Oh, okay. I didn't go through this slide. So for voting, cut conduct, only public votes, no secret ballots. That's even if you're voting for your officers, your executive committee members. Um public record um should be made of all member votes and abstentions. So that should go in the minutes. And then teleconference votes must be by roll call. Uh excuse me, T.

B - Jan 24, 2026 09:40:45

Oh, I should say there should be also um

A - Jan 24, 2026 09:41:06

Yes? Question uh uh from the last slide. Uh does that mean that our behavioral health board must provide a teleconference option for members with disabilities?

B - Jan 24, 2026 09:41:23

Um it's my understanding that yes, they they must do that for members with disabilities if if it's required and if their disability requires them to participate by teleconference. That's that's great to know. Uh we currently don't have a teleconference option for attendance, and um, you know, being on a behavioral health advisory board, of course, many of uh members have disabilities. Yeah, but it's not just having a disability, it's a disability that prevents them from attending in person.

A - Jan 24, 2026 09:42:02

Okay. And another question in the room. You guys I I think you're okay using the little mics just so online. Excuse me, this is Christine Hafia from Napa County. I just want to point out that not all counties have teleconferencing capability in their meeting rooms. So I don't know if we had someone with a disability, we wouldn't even have that capability. Right. And in your meeting room, um, I know they used to do just audio teleconferencing. Um, so hopefully they still have that capability in Napa County and they could just pull up a laptop and have the video.

B - Jan 24, 2026 09:42:38

So I think it's it's a matter of just trying to go through the thought process and do just the simplest type of this isn't something that's for the public. Um it's you know it's not a it it does it's not required for the public to be on teleconference, it's just for the individual.

A - Jan 24, 2026 09:43:00

Sorry, we move on.

A - Jan 24, 2026 09:43:03

Go ahead. Before we move on, could I can I ask a question? Uh I just want to clarify. So all somebody has to do is say, I have a disability that prevents me from attending in person, and you don't ask any other questions.

A - Jan 24, 2026 09:43:19

Right. Okay.

D - Jan 24, 2026 09:43:23

On the topic of voting, it said um that if somebody's uh that if it's teleconferencing, it has to be um by roll call. So if we're in a room and it's all public, can we just uh do do each and every uh does each and everything have to be by roll call, or can it just be majority, you know, all for and all against, and then just does that have to be noted each individual? Um yeah, just do all four or all against and then it would just say eight all against it would just say eight two or instead of but you need to indicate so you'll have you'll have a full roll call, you know, on your agenda so people know who's in attendance. So the minutes could just reflect who abstained or who voted no, but motion passed, you know, there are ways to do it so that you don't have to do every single individual, um, but just indicate so that people know how to still if it was if it if the vote let's say was eight to two, you would still say who abstained, or would you just say eight to two abstained? That's my question. So if it's eight to two, that's not abstaining, that means no. Two it sounds to me like it's eight yes, two no. So you would known on the um minutes these two the motion passed, these two members voted no.

D - Jan 24, 2026 09:44:37

Okay. Abstaining means you didn't. I'm saying but if you have abstentions you'd have to note that as well. Yeah. Okay. And specific. I'm just curious as I guess you're assuming that if they have the full roll call that they'll just be able to see who who did vote for it as opposed to okay.

B - Jan 24, 2026 09:44:56

Okay. Yeah, and just for for those that don't know, abstaining means they're they're not voting on something. Sometimes people because they don't feel prepared, they don't vote or um hopefully that's not the case because we want people to be prepared. Um but sometimes they might have a conflict of interest, so they they don't vote. Um and it's and if you do have a conflict of interest on something, it's best to just leave the room when people are discussing it or deliberating on it. So your facial expressions won't influence them or or your feelings, you know, if they're they're concerned about how you feel about it, um, just leave the room.

A - Jan 24, 2026 09:45:40

Sorry I didn't raise my hand, I'm on the line. I think it's also country cost the county behavioral health board. I also think it's important to note that abstentions count towards when it comes to did it pass or not. So those numbers are just as important as those who said yes or no. And that's just a note when it comes to when we say majority or the motion has passed. Those abstention votes calculate into that number as well. Thank you. Yeah, but we we do not when we calculate a vote, we calculate yes or no. Okay. So those that did not vote aren't part of that. I mean they need to be there because you have to have a quorum to vote if if it's gonna you know.

B - Jan 24, 2026 09:46:37

stop you from having a quorum but um abstention doesn't mean yes or no. And Teresa in the chat Amanda Berry asked if Windberg was not at the last meeting, can they abstain from the approval of the minutes? Yes, they can abstain. Yes. That's usually where we see people abstain as if they they just haven't been there. And you can vote on the minutes if you weren't there. Sometimes um you need to just because you have a limited number of people and so you can just you know in good faith say yes I'll vote yes.

B - Jan 24, 2026 09:47:17

So we're gonna talk about alternative teleconference rules now. Teresa Teresa this is Kim um I'm using my iPhone and I'm out for a walk. But I just want to ask one question for clarification and that is um uh I'm leaving the board in March so in February we need to appoint an executive committee there is a chair a vice chair he could step up to be chair but we are going to uh put it out for our board to to for their agreement and consensus I'll ask you know are there any members of the behavioral health board that are willing to serve on an executive committee and then we gather the names and as long as so what exactly do I need to put on the agenda because it's already on the agenda but it just

says AOD board behavioral health board and um executive this you know I it has to be real specific on the agenda that this is uh an important item that it will require votes and um

A - Jan 24, 2026 09:48:36

Then we could appoint the the current executive committee that's on the board can appoint once we get we know who's interested, then we can still in the same meeting appoint people.

B - Jan 24, 2026 09:48:53

Okay. Yeah, you got you're getting off of our current agenda slides, so I'm gonna talk about this later. Okay, but yeah, you you do need to put on the agenda, you know what what you're gonna be voting on. And it it's it's good to put if you already if a lot of times people have nominated committees, it's better to do that behind the scenes um as a you know a couple members could get together and just talk about who they would recommend. Um maybe have the executive committee put forward recommendations or have a nominated committee put forward recommendations and have those listed on the agenda. That makes the vote go a lot easier. Um it's harder to have those type of conversations in a public format.

B - Jan 24, 2026 09:49:45

Okay, thank you. Um alternative teleconference rules for eligible subsidiary bodies. Um the Brown Act Code um now has this new area that they call um alternative teleconferences, and uh the eligible subsidiary bodies are defined to include your local advisory boards and commissions. So there are some boards out there that this does not apply to, but it does apply to you. Um there are a lot of requirements around it. Um first the board of supervisors must authorize you to um have these teleconference rules.

B - Jan 24, 2026 09:50:36

The second is there must be one physical meeting location at least, one, um, and that's for members who do not want to participate remotely and for the public.

B - Jan 24, 2026 09:50:52

There should be one staff member at least, um, and they must be from the behavioral health agency or from the governing body, which is probably the Board of Supervisors, and they must be at the physical meeting location.

B - Jan 24, 2026 09:51:08

And then public participation must be facilitated, so the public must be able to remotely hear and visually observe the meeting.

B - Jan 24, 2026 09:51:20

Disclosure of uh individuals present who are 18 years of age or older.

B - Jan 24, 2026 09:51:29

Members must appear on camera, with the exceptions due to disability or technical difficulties.

B - Jan 24, 2026 09:51:40

And uh I mentioned before, people need to let you know if it if it's a member, they need to let you know if they're gonna go off camera because they're having technical difficulties. Um then an elected official serving as a member of an eligible subsidiary body, so each of your advisory boards has a board of supervisor member on it. Um, they shall not participate unless their use of teleconferencing complies with a different um section of the Brown Act. Basically, this means they should come in person because they can't participate with these rules.

B - Jan 24, 2026 09:52:37

Okay, Stacey, do you have a a little mic next to you? I do. And is it on already or it it's green? Okay. Um I just had a question though about the uh people who are present who are 18 years of age or older. Could you just explain that a little bit more to me? So just let people know that somebody's in the room because usually it's um uh like their basic relationship to you. Like you might say my husband is in the is in the room. Oh I see. Okay, thank you.

B - Jan 24, 2026 09:53:19

Okay, so there's also teleconferencing during a state of emergency. Um and that I'm gonna skip over this one hope hoping that we won't have to go there anytime soon, but we can always revisit and when that does happen, we Cal VHBC will send out an email informing everybody what rules are in place. Um but also with these emergencies, the local jurisdiction can um call the emergency now. It used to be just the state first and then the local. Now the board of supervisors can say we're having a local emergency and allow you to do the teleconferencing.

B - Jan 24, 2026 09:54:00

All right, so

B - Jan 24, 2026 09:54:05

get this screen to cooperate again.

B - Jan 24, 2026 09:54:17

All right, just cause allowances.

B - Jan 24, 2026 09:54:23

So local board and commission members.

B - Jan 24, 2026 09:54:29

I don't know why I've got so many different things on my screen today, sorry.

A - Jan 24, 2026 09:54:36

I'm sorry.

A - Jan 24, 2026 09:54:41

Oh.

B - Jan 24, 2026 09:54:42

I'll move things around. Sorry for the delay.

A - Jan 24, 2026 09:54:44

Yep.

A - Jan 24, 2026 09:55:01

Your microphone is off.

A - Jan 24, 2026 09:55:10

Sorry. All right. We're gonna need a break soon.

B - Jan 24, 2026 09:55:16

Okay. So with just cause allowances, this is in the event that okay, your board of supervisors has not allowed you to do teleconferencing with an alternative teleconferencing that I went over with you. Um they still have ways to do teleconferencing. And usually it's about two per year that um we qualify for just cause for each of your members. Um so there are some requirements around this. This is this is a carryover from the last section that we had of allowances. Um what they've done is they've combined what are emergency circumstances and just cause allowances and put it all under the umbrella of just cause. And the next slide will tell you what those just causes are. So number one, there should be a quorum at a singular physical location. So you still need to have members there physically in uh in one location at least.

B - Jan 24, 2026 09:56:34

And then the member that wants to tell a conference should request it as soon as possible. It could be before the meeting. It could be at the very beginning of the meeting. There no longer need what there no long longer needs to be a vote on that. There used to have to be a vote at the beginning of the meeting. No longer need a vote. They can just state they need to have that and the reason why. And then they should participate by audio and visual. The meeting minutes should include the reason the member relied upon to participate remotely. And then number five, um, which is also in our Brown Act guide, which you all have you all have uh links to this information and the folks in the room, you have that, yeah, I see it on the table. Um we um we have lots of different numbers in terms of limits to remote participation, depending on how many meetings a member attends every month. So for boards that have some standing committees, they may have uh the ability to um to miss more than two meetings per year. It could be uh five meetings or seven meetings, but it depends on how many times they're meeting. And then also if there are meetings that are back to back on the same day, any meetings that are on the same day um that they miss, it counts as one meeting if it's the same uh date.

A - Jan 24, 2026 09:58:13

I have a comment. Comment keep it brief. We've been running this topic for a while. Riverside county. We had a main water break in our building and we've been meeting remotely since October. Okay.

A - Jan 24, 2026 09:58:29

Everybody. Yeah, no meeting in person.

B - Jan 24, 2026 09:58:36

I would say it's probably not okay with the Brad Act, but your county council thought it was okay.

B - Jan 24, 2026 09:58:42

Okay. All right. Um does cost allowances um include child care or caregiving, um need for a family member that requires you to participate remotely, uh contagious illness, uh need related to a physical or mental condition that does not um qualify as a disability.

B - Jan 24, 2026 09:59:10

And then official travel, so travel on official business of your border commission or another state or local agency. Umpromised family member. Um that's uh uh oh let's just move on to number six, physical or family medical emergency that prevents you it from attending in person, and then military service obligations.

B - Jan 24, 2026 09:59:41

All right, and then we have a few physical oh Joe has your hand raised. Joe, go ahead and I ran into problem, our county is huge, and it takes me uh about an hour and a half to get over the hill as we call it. And when it's snowing, I won't drive over the hill. So I I have um once had to call, you know, ask for teleconferencing. Would that be allowed? Because it's just not safe to drive over. It's two lanes windy on the top of the very hill.

B - Jan 24, 2026 10:00:22

Sorry about that. No, you shouldn't be sorry about that. It's a good question. Um yeah, it's I think if you so you didn't have time to have your address posted on the agenda.

B - Jan 24, 2026 10:00:35

Yeah, I um I think that uh the Brown Act doesn't really have you know any anything that can inform me on that one.

B - Jan 24, 2026 10:00:51

But that's something to advocate for.

A - Jan 24, 2026 10:00:55

What about County Council weighing in?

B - Jan 24, 2026 10:00:59

Right. County council can always weigh in, but I'm gonna give you the state in the code.

A - Jan 24, 2026 10:01:06

Yeah, we could stretch it a bit and and say that it specified by item C, you know, a need related to a physical or mental condition. The the need, you know, related to not wanting to die on a mouth pass. Okay, yeah, like that's interestable. Thanks, we said. It gets pretty slick up there. And even last week there was snow on the hills around Ukaya. Right. Okay. So Bill? Thank you. I have a question as far as if you're an employee of state college or you have to travel.

A - Jan 24, 2026 10:01:45

Is that

A - Jan 24, 2026 10:01:52

reasonable to miss the meeting?

B - Jan 24, 2026 10:01:59

Uh organization. It's it's uh local agency, so it probably qualifies.

D - Jan 24, 2026 10:02:33

We're not talking here about just cause for missing a meeting. We're talking about just cause for teleconferencing into a meeting as an exception. Or did I miss it? This is for telecoms for missing meetings a different is a different thing. Right.

B - Jan 24, 2026 10:02:46

Yeah, this isn't about missing meetings. This is about teleconferencing. Physically not being there. Right. Okay. And I just missing meeting. So um I'm gonna in the interest of time, I'm gonna stop here and um see it's 10 oh two. So let's move to the duties and um then we'll take a break probably about 10 30.

A - Jan 24, 2026 10:03:19

So

A - Jan 24, 2026 10:03:23

can we move to duties.

B - Jan 24, 2026 10:03:30

All right. The first one here, now uh there are eight different duties in welfare and institution code related to your boards and commissions. Mostly it's around that you are advisory boards to uh your board of supervisors and your behavioral health director. Um, but you're also there to ensure the community's input is is heard and is part of the planning processes. So the first uh duty is to review and evaluate the community's public behavioral health needs services, facilities, and special problems in any facility within the county or jurisdiction.

B - Jan 24, 2026 10:04:13

And we have some tools that we recommend, but um you know, part of what you do may be that you just show up at your meetings, and this is something that you know you're thinking about during the meetings, is that you need to be listening to the speakers um and looking for ways that you can evaluate volume down just um the tools that are speakers, panels, community forums, um

B - Jan 24, 2026 10:04:32

Of course, you're going to be listening to the behavioral health agency staff. And inviting uh panels can be really helpful if you're getting different organizations. Maybe you're getting somebody from law enforcement, but you're also getting somebody from your behavioral health agency that works with people that have had law enforcement involvement, and you're getting you know multiple perspectives, and you could even be bringing in like the public defender's office or the DA's office, um, getting their perspectives because well, some people are are in multiple systems. They're they have um significant significant behavioral health needs, and it is like a team collaborative approach. Um the second is having liaisons to other commissions and committees within your county. So they would go your member might go to their meetings and bring back information, or if you your board or commission had certain recommendations or reports to share that could be shared with other commissions and committees by visits, ad hoc committees, and then performance outcome data.

B - Jan 24, 2026 10:05:55

And we'll talk more about that.

A - Jan 24, 2026 10:05:58

Um

B - Jan 24, 2026 10:06:02

review any county agreement. Um that uh this code has a pointer to another code of law called section 5650, which points to a document which is uh signed by your behavioral health director every year. It's called a performance agreement, and it's an agreement with the state in order to pull, it's a huge document, um, but it it uh points to a lot of the different funding that you receive, um, federal and and state. And

B - Jan 24, 2026 10:06:32

So within that, they want assurances that the behavioral health director is consulting with you before they do new contracts. And this part of code is saying you have the ability to look at contracts. So and you you could also be looking at contracts before they're written. So you could be reviewing the applications that come in for a major new contract. Be asked to be part of a panel to interview the potential contractors.

B - Jan 24, 2026 10:07:12

And ask for updates from the staff, you know, ask is sometimes staff will even hire a consultant, you know, to help them if they're doing a major project. You know, ask for these types of presentations so you can learn what they're

doing and make some comments on it, maybe make it better. Um other areas to think about are the different reports that come out from the state. There are um annual audits that are done with Medi-Cal.

B - Jan 24, 2026 10:08:32

Within the reports, they're often large reports, and there are two sections that we recommend you look at. One is the recommendations that come out of the audit, and the second is performance improvement plans. Those are what the county has agreed to, and it's good for you to know. And it's good to have staff present on this because oftentimes they will have a different take on what the state said. And the state is they're hiring a contractor, an outside organization to come in and do the audit. So there's not always agreement, but it's good for you to know what you know what the outside group said and compare it to what your own staff says and make sure that the if the issues that are coming up that they're being addressed.

B - Jan 24, 2026 10:09:26

And then the Behavioral Health Services Act plans and updates have a lot of information on the different programs. That's one way to be reviewing. And then the SAMHSA Substance and Mental Health Services Administration has grants as well.

B - Jan 24, 2026 10:09:49

And within those, they have requirements for data. So it's good to be able to get some updates on that when they're doing their new uh grant applications.

B - Jan 24, 2026 10:10:05

When there's uh I think I already mentioned when there's a request for proposal or request for application, when the staff is looking for new contractors, that's a good time to be part of that process, and then site visits. And uh within the Brown Act or within the best practices binder that you all have here in the room, or if it goes online if you want these sent to you in the mail, we're we're glad to send them, just email us and let us know. Um we have uh information on doing site visits and even uh a sample form if you're not used to doing site visits in your county. Um, and also this is on our website in our resources.

A - Jan 24, 2026 10:10:32

Yeah, regarding site visits, um there was some discussion of doing a site visit to a new county jail in Dew County, but they were worried about a Brown Act violation if we all went in the same group. Is that any concern?

B - Jan 24, 2026 10:10:48

I yeah, I recommend doing uh small groups too, it's less than a quorum for a site visit. Um but I know some counties like to do uh the whole group. Um with the Brown Act, they actually should be bringing the public with them. Um that's not always doable, especially in large counties. Um so yeah, in practice I wouldn't agree with with that practice.

B - Jan 24, 2026 10:10:58

So I mentioned before you should advise the board of supervisors and the local behavioral health director regarding any aspect of the local behavioral health program. Lori?

A - Jan 24, 2026 10:11:18

So you you would agree with avoiding a quorum during site visits? Right. Okay, thanks.

B - Jan 24, 2026 10:12:34

All right. So for this item, advice in the board of supervisors and advising the behavioral health director. We've broken down sort of a process for doing this. Um in order because a lot of times people come on these boards and commissions and they think, okay, it's advisory. I need to give advice right now on in the meeting. Uh I need to make my recommendations. They need to hear from me. Um, but that's not exactly what we're looking for in in these duties. The we're looking for the actual board or commission to make those recommendations. So this is uh this slide tells you a process that helps you work together to do that. Um identify is the first item. Um listen, listen to each other. You know, a lot of times people on the board or commission have specific things they're very interested in. Listen to public comment, um, look at performance outcome data, look for the barriers or gaps, um, look for successes as well. Things that you may and areas that you think need to be scaled, be brought to scale and brought to different geographical areas in your county. Um listen to presentations from staff and uh bring in patients' rights advocates if you can and contractors and then um liaisons, um, you know, have have board members act as liaisons with other committees um or commissions that intersect with behavioral health. Um secondly, research. Uh you can use ad hoc or short-term work groups to um have research meetings, meet with the the people and it could be outside the behavioral health agency or within the behavioral health agency that you want to have some specific meetings just to learn more about a topic, um, get more information, go to the internet, you know, look at other reports and things like that. Look at Cal B HBC's website, we have a lot of uh subject matter um areas that um may be part of the research that you do. And then

um the chair is really the point of contact with the behavioral health director. Uh we don't want all of the different board and commission members contacting staff individually, it's better to go through uh the chair. No, okay. And the chair, um sometimes that just means the chair asks who who would the behavioral health director recommend that we work with on this project and you know get that referral to staff, get that.

A - Jan 24, 2026 10:14:30

the site visits is a way to do research and if there's an issue that comes up um to your board maybe through public comment that makes you very concerned about a contractor um oftentimes the staff is really the right entity to be following up um if something's happened the staff can do you know surprise visits they can they can decide are we having a problem here um and follow up um sometimes we don't want that in a public meeting um but your own site visits are a way for you all to go in um to you know have uh the the tour of the facility have some set questions to ask staff um and as part of those questions ask them are there barriers or challenges that you have um and ask about successes as well i think i see a handout is it

B - Jan 24, 2026 10:15:27

So bring the Scott Rivers Side County, would that be an ad hoc committee if you're doing something like that? Yeah, the performance. I call it an ad hoc committee.

D - Jan 24, 2026 10:15:38

no more put her hand down all right and then advise so draft your recommendations and um if you vote on recommendations and a majority of your board um or commission supports that recommendation um then the staff needs to respond and they either need to put that um recommendation into to practice or into the new programming that's in the behavioral health services act integrated plan so the three year plan the next one um

C - Jan 24, 2026 10:15:39

And then um

A - Jan 24, 2026 10:16:30

needs to appear in that um or they need to explain why they didn't take your recommendation and and respond to it um in a positive manner and it might be budget you know we don't know exactly what the reason it would be but this is a a formal way for for you to communicate with the behavioral health agency and for you for them to communicate um back to you and they also need to communicate to the um board of supervisors so they have to explain why they didn't didn't uh implement your recommendation to them and to the California Department of Health Care Services as well all right Sue Yeah I'm just a little confused about how the recommendations work because I think we've been assuming that we're making recommendations to the Board of Supervisors and the Board of Supervisors is directing staff but you seem to be saying that we're making the recommendations directly to the staff bypassing the board of supervisors. Is that correct?

Unknown - Jan 24, 2026 10:17:39

A lot of the issues that you work with really

Unknown - Jan 24, 2026 10:17:47

response is what you need so um this says advice board of supervisors and behavioral health director um at the top of the slide there are times when I've seen counties uh effectively you know make recommendations to the board of supervisors directly but that's usually outside of um

Unknown - Jan 24, 2026 10:18:30

In your annual report, you might have recommendations reported to them that you've made throughout the year. But if it's just specifically to the Board of Supervisors, it's usually something that's intersecting with the behavioral health agency. It's not under the purview of the behavioral health agency. Like in San Francisco, they had a bridge where there was a lot of attempts at suicide. So the commission they recommended netting. And it took a number of years and probably repeated recommendations of the same thing, but they managed to get that done. And that that's advising the board of supervisors directly. But the behavioral health director is also pointed to here as an entity to advise. So you're not bypassing the board of supervisors. Keep in mind the board of supervisors, even in small counties, have like 40 different boards and commissions.

Unknown - Jan 24, 2026 10:19:39

And you're the most important one.

Unknown - Jan 24, 2026 10:20:11

And they're the ones that are going to respond.

Unknown - Jan 24, 2026 10:20:29

Okay, so if we're making if we're doing this formally though, making you know writing a recommendation letter or something, we can do that either to the behavioral health director or to the board of supervisors. Right. I would say think about what is your subject matter. Is it related directly to the capacity of the behavioral health director or is it outside of their jurisdiction? So if it is a recommendation that the agency work on something, then I would address it to the behavioral health director. You could copy the board of supervisors or just just put it into your annual report.

Unknown - Jan 24, 2026 10:21:14

Because the annual report is directed to the board of supervisors. Right. Okay, thank you very much. Sure.

Unknown - Jan 24, 2026 10:22:29

And duty number four is review and approve procedures to ensure citizen and professional involvement at all stages of the planning process. And we have uh some resources related to this and even another PowerPoint presentation related to this that you can access to learn more. But the the behavioral health agencies have a lot of requirements to include stakeholders through their planning processes. And because your boards and commissions hopefully are made up of a diversity of your community, you can help inform them on how to approach certain different stakeholder groups. You should be getting updates and presentations on how will the behavioral health agency be including the stakeholder groups in their planning processes. They have 29 stakeholder groups or 29 categories of stakeholder groups that are uh required to be part of the planning process. And for uh especially for unserved and underserved groups, they are not gonna just show up at one big community meeting. Um so there are lots of different ways and tools that the um the staff can be using in order to hear from the the different the variety of different stakeholders. So we recommend that you be part of that, you know, go to stakeholder meetings if they're open to the public, um, have some of your members attend, um, you know, get some staff presentations, um, try to make sure that your own behavioral health board and commission meetings are open to the public because the stakeholders could come to you also with um what they would like you to make recommendations on, you know, though they'll be um advocating for certain topics. I did see if I could go back to the last thing you mentioned about recommendations to either the behavioral health director or the supervisors.

Unknown - Jan 24, 2026 10:24:27

Yeah. Right. Yeah. Oh, you can as individuals you can always make recommendations, but we're trying to get you to work together as a board or commission to make a recommendation as an entity. So as that body, it has more of an impact.

Unknown - Jan 24, 2026 10:24:47

And in California law, there's a requirement when you do vote on a recommendation and a majority votes yes.

Unknown - Jan 24, 2026 10:24:50

Did I hear earlier that you said if there's a recommendation there must be a vote of the majority of the board members for that? If there was a program or an interest that we kept hearing a common theme of public comment. I just want to make sure I heard it couldn't be one board member that makes a recommendation, it has to be a majority.

Unknown - Jan 24, 2026 10:25:18

So once you vote, then in law it becomes what's called a substantive recommendation.

Unknown - Jan 24, 2026 10:25:27

So that's what we're trying to get across with that part.

Unknown - Jan 24, 2026 10:25:36

Okay. Every year you should submit an annual report on the needs and performance of the county's behavioral health system.

Unknown - Jan 24, 2026 10:25:45

We have some examples of reports and even a template that you can use.

Unknown - Jan 24, 2026 10:26:28

Yes, another question.

Unknown - Jan 24, 2026 10:26:30

This is not a question. I just wanted to comment that it's also very helpful to actually get on the agenda for your board of supervisors to do a short presentation on your annual report. Now we are given about five to ten minutes, so it's

really really that executive summary and you know some of the key high points. It's not a big long presentation. Right. Yeah, thanks for pointing that out. That's a good opportunity once that annual report's done is to ask, can you can you present to the board of supervisors?

Unknown - Jan 24, 2026 10:26:32

And sometimes that comes in the form of a letter that you put at the front of the annual report, a letter from the chair to the board of supervisors, or it could be an executive summary. But we recommend that you do that.

Unknown - Jan 24, 2026 10:26:52

And then

Unknown - Jan 24, 2026 10:27:05

All right. Um duty number six is um if your uh behavioral health director resigns and you have a vacancy, um, you should be part of the process of hiring the new um or selecting the new behavioral health director. And that is in California law. So when that happens, you know, for a lot of your counties, the staff in the county, they don't they don't necessarily know duty number six of welfare and institution code 5604.2. So you need to tell them, you know, it maybe put it in front of them, bring your best practices handbook and show it to them. Um say this is our duty, and we need to be part of this process. Um the way that I've seen this happen is um uh oftentimes the chair and maybe another member are included in reviewing applications and being part of um interviewing panels.

Unknown - Jan 24, 2026 10:28:16

Logan Yes, uh thank you for bringing that up, by the way. I believe that also applies to department heads, so for example, like alcohol and other drugs, um their chief and some of the other chiefs within behavioral health as well. I know that's been something in the past for Contra Costa County. Okay, thanks.

Unknown - Jan 24, 2026 10:28:27

Hey team, I just want to confirm that I understood correctly, uh, Teresa. Uh you're saying that our behavioral health advisory board are supposed to have input into the hiring of our uh director of behavioral health? Right. Exactly. So it's not just good enough that they announced to us who the new behavioral health director is, we're supposed to have some type of affirmative input into the selection process. Right. Right.

Unknown - Jan 24, 2026 10:28:53

That's it. Right.

Unknown - Jan 24, 2026 10:29:02

Yeah. Just to piggyback on that. So if it doesn't happen, is there some sort of accountability? Is there some sort of you know, can we point how how do we how do we it's it's hard when it's after the fact. I'll I'll say that if you hear, you know, sometimes that happens.

Unknown - Jan 24, 2026 10:29:21

That happened to us, and I just bring it up all the time. You just bring it up. Yeah.

Unknown - Jan 24, 2026 10:29:32

Hiring our last director, we had to fight tooth and nail to get input on it. But you know, we cited the law, we pushed and shrubbed, and at least we gave input. Good. We didn't get to pick, but you know, right. But you really have to fight. Yeah.

Unknown - Jan 24, 2026 10:29:48

The thing is that the chat often will pull together a panel, so being part of that panel is what you want. You know, they're gonna bring a lot of different individuals from different agencies sometimes to do this interview process.

Unknown - Jan 24, 2026 10:30:06

All right, so the seventh item is review and comment on the county's performance outcome data and communicate findings to the California Behavioral Health Planning Council. CBHPC. Now their name is similar to my organization, but we're a different organization. So um

Unknown - Jan 24, 2026 10:30:26

They are counsel to the state government. They advise the Department of Health Care Services and the legislature, and they should be advising the local boards and commissions as well.

Unknown - Jan 24, 2026 10:30:42

In recent years, they use this data notebook survey. It's an annual survey that they ask the boards and commissions to complete. They've been using it mostly to educate and to they learn some data, but it's not performance outcome data right now. I'm hoping in future years they'll ask more questions on performance outcome data. And the state, because of Proposition One, has new requirements to put into place standardized requirements for reporting performance outcome data. So in the next couple of years, I'm hoping that we actually have more ability to comment on performance outcome data to this planning council. But we also CalBHBC, our organization, we have performance outcome data that we've just looked for in each of the counties. We look into your Mental Health Services Act plans and we look at the medical data that's available in order to find out more about performance outcome and what what's performing, what's not performing. And when we talk about performance, we're not just talking about do you have a certain service?

Unknown - Jan 24, 2026 10:32:16

What's the life impact that it's made on an individual who's received that service?

Unknown - Jan 24, 2026 10:32:26

Um, so there's information that's reported all around the state right now in different ways in all of your counties, and and the the topics that have come up the most where we've seen performance outcome data relate to children and youth. So if they've been receiving services from the behavioral health agency, um, there's tracking on attendance sometimes in school, um behavior in the classroom, um, behavior reported by their parents or themselves or uh therapists that have been involved with them or assessments that have been done for criminal justice for those that are being served again, all of this is they're being served by the behavioral health agency. Um we see a reduce in arrests and a reduce in incarceration. Sometimes it becomes zero. People stop having that justice involvement once they get into services, and then employment there are integrated vocational um behavioral health programs that help people become employed or start the route toward employment. Um, so there's information on the outcomes with that, and then hospitalization and re-hospitalization. You can see if there's uh an issue with um people who have been hospitalized re-entering um within seven to thirty days. That's Medi-Cal data. And then also the Mental Health Services Act data has hospitalization reductions as well. Um and Behavioral Health Services Act data will have requirements for that.

Unknown - Jan 24, 2026 10:34:25

And then housing, um, just reduction in homelessness and in increase in stable housing is what we see reported generally. Sometimes we see things going in the wrong direction, or sometimes we'll see different measures like Medi Cal data not match up to Mental Health Services Act data, which is interesting, like with hospitalization, Alameda County was really different in terms of what was happening. So the the types it gives you an idea once you look at that data of where where are the gaps and challenges and those are areas where you could be making recommendations.

Unknown - Jan 24, 2026 10:35:07

Um additional duties, you can have more duties than these. If the Board of Supervisors wants to give you more, they can.

Unknown - Jan 24, 2026 10:36:06

So there's there's some concerns when that happens, but um

Unknown - Jan 24, 2026 10:36:25

Uh California is very different in the way that we administer behavioral health programs. In other states, it is centralized. In California, we have 59 behavioral health agencies for the public system.

Unknown - Jan 24, 2026 10:36:41

On realignment, the southern counties seem to get less, especially Riverside San Bernardino's on realignment. We talk about it all the time. Okay. And so we're like 20 million dollars a year. We are we get shorted. But counties that are closer to Sacramento for some reason get more because maybe they haven't grown as much as us.

Unknown - Jan 24, 2026 10:37:06

Oh yeah.

Unknown - Jan 24, 2026 10:37:08

But there won't be because no one is motivated to do that because why would they otherwise are going to be getting less money? So it would take like an act of Congress is probably what we've been told for it to actually change.

Unknown - Jan 24, 2026 10:37:23

Okay.

Unknown - Jan 24, 2026 10:37:25

All right. Well, let's stop here and take a break. And um we will come back. Let's see what time it is. 10 37. Let's take 15 minutes. So um we'll come back at 10 52.

Unknown - Jan 24, 2026 10:37:50

Pardon me?

Unknown - Jan 24, 2026 10:37:52

Yeah.

Unknown - Jan 24, 2026 10:37:56

Yeah, not getting

Unknown - Jan 24, 2026 10:38:00

trying to why did we

Unknown - Jan 24, 2026 10:38:04

come off as a map

Unknown - Jan 24, 2026 10:38:07

years ago? Somebody said, why aren't we getting as much as huge? And you're not spawning back.

Unknown - Jan 24, 2026 10:38:18

People bring it up with lower.

Unknown - Jan 24, 2026 10:38:28

That's what they say. And that is a fact.

Unknown - Jan 24, 2026 10:38:34

Yeah. Yeah. You are are you the farthest?

Unknown - Jan 24, 2026 10:38:34

So geographically.

Unknown - Jan 24, 2026 10:38:38

So that's what Steven tells you.

Unknown - Jan 24, 2026 10:52:35

52. So take your seats.

Unknown - Jan 24, 2026 10:52:43

All right. So the rest of our training is uh specifically geared for chairs, um, for leadership of boards and commissions and the administrative liaisons as well. But all are welcome to join this uh part of the training.

Unknown - Jan 24, 2026 10:53:03

Okay, the topics that we're going to cover are running a good meeting, recruitment, review and evaluate.

Unknown - Jan 24, 2026 10:53:06

Let me um go back to my screen. I think I am screen sharing.

Unknown - Jan 24, 2026 10:53:15

recommendations, annual goals, and task list.

Unknown - Jan 24, 2026 10:53:22

So in terms of running a good meeting, we'll talk about um some of these things more in depth, but some of the basic areas um are attendance.

Unknown - Jan 24, 2026 10:53:35

Conduct, the content of the meeting, uh, rules, handling disruptions, and facilitation. And we do have a section on this in the best practices guide.

Unknown - Jan 24, 2026 10:53:50

So in terms of attendance,

Unknown - Jan 24, 2026 10:53:56

Um sometimes I'll get um feedback from boards and commissions that they're not able to get a quorum at their meetings. You know, they that's only half plus one, right? So that's that's a real problem when they can't even get a quorum. Um it it is better to have more than a quorum, try to have all your members attend.

Unknown - Jan 24, 2026 10:54:15

So one of the um things I will say is just remind them. Um for some people they need multiple reminders. You know, remind them by email. For young people especially, they use text more than email.

Unknown - Jan 24, 2026 10:54:35

For older people, sometimes the mail can be more effective. For me, I like I like all these methods. And I especially like when I get a packet by mail or I'll print things out myself, leave it out on the counter, and it reminds me that I've got something coming up. And it actually it reminds me to prepare for it.

Unknown - Jan 24, 2026 10:54:54

Yes, well.

Unknown - Jan 24, 2026 10:55:15

Um and also the attendance of the public or organizations um that are working within the BK Rahald system, be intentional about inviting them, especially if you have that topic but related to them on your agenda. Um so invite you know consumer and family member organizations, uh different community organizations representing um ethnic, cultural or racial populations.

Unknown - Jan 24, 2026 10:55:35

or LJBTQ, advocacy groups, county agencies or boards.

Unknown - Jan 24, 2026 10:55:55

including housing, older adults, veterans officer, the drug and alcohol board. Actually most of you are integrated, but some of big town you still have drug and alcohol boards. Um and you're integrated. Um jail boarded and patients rights advocate.

Unknown - Jan 24, 2026 10:56:14

Um yes, I I was just gonna make a comment about inviting. How do you invite? And we we face that situation. It's it's hard to get something out to everyone. So we now have almost every month, uh if if it's relevant to the um like we didn't put a a flyer out for training. But anyway, we put out a a monthly flyer. It gets emailed to all the government officials

Unknown - Jan 24, 2026 10:56:19

Comment please. Yes, comment in the view.

Unknown - Jan 24, 2026 10:56:34

county, city, you know, police fire all the uh behavioral health related nonprofits in the county and um to the faith leaders in the county. So it's a way of getting um

Unknown - Jan 24, 2026 10:56:54

information come down really easily because you only have one document and you just send it via email. That's an excellent idea. And um Christine from Napa who just spoke, she she's also I've seen some of the flyers that um

Unknown - Jan 24, 2026 10:57:15

Her group has created, you know, just on different topics and they also have a logo that they created for their report. Um, so it's recognizable and it's helpful.

Unknown - Jan 24, 2026 10:57:33

All right, there's a question in the chat.

Unknown - Jan 24, 2026 10:57:35

Um how do you overcome core staff support in communicating your meeting and materials distribution if everything has to go through the staff?

Unknown - Jan 24, 2026 10:57:54

You need to be kind to the staff. Um just try to be as professional as possible and remember that it's the chair that should be working with the staff. So if you're not the chair and you're a member, talk to the chair about what you need. Uh um and if you have an executive committee that meets you could also address the executive committee and say it would be

Unknown - Jan 24, 2026 10:58:14

if we could um you know have packets mailed to us or whatever that is. It's more housekeeping type of thing that you don't really want coming up in your regular monthly meetings, but it's important that it be addressed.

Unknown - Jan 24, 2026 10:58:30

Um Logan?

Unknown - Jan 24, 2026 10:58:34

Yeah, just to the attendance part of it and I can just speak from my experience from Contra Costa as the former chair of the Alcohol and Drug Advisory Board and I know I've heard this with mental health. I know after COVID it was a big change for people not being able to do teleconferencing. But being a chair or vice chair, attendance is like

Unknown - Jan 24, 2026 10:58:54

you need to attend or be able to commit to all the meetings and not and also in between that be able to communicate with the board members and the staff. Without a strong chair I mean it it felt like a full time job, um, but by doing s all those things

Unknown - Jan 24, 2026 10:59:14

everything kind of fell into place. So I just wanted to for everyone else that has maybe not had the opportunity yet and is interested to really understand that outside of the scheduled meetings, there's a lot of work in between communicating with staff, the behavior health director, going to the uh board of supervisors meetings and having a presence.

Unknown - Jan 24, 2026 10:59:34

So just wanted to stress that. Yeah, thank you, Logan. All right. So um so on to running a good meeting. Um active listening. Oh, this is the conduct slide.

Unknown - Jan 24, 2026 10:59:54

Sorry, for those in the room I've got like multiple windows popping up. Um so

Unknown - Jan 24, 2026 11:00:13

When I say active listening, it's listen, listen, listen, not listen and think of your reaction at that moment to what they're gonna say and what you're gonna say next. Don't start thinking about what your response is. We want you to have considered responses and we want them to be

Unknown - Jan 24, 2026 11:00:33

of of interest but when it comes to real recommendations um we want to start with active listening listen to each other um listen to the staff listen to the public and focus on issues that's number two um

Unknown - Jan 24, 2026 11:00:53

For uh areas

Unknown - Jan 24, 2026 11:01:14

in behavioral health within your own services or in services that intersect with other parts of the community, maybe it's older adults or children and youth or justice involvement. Um you know so many different places where behavioral health takes place or needs to take place. Um so focus on issues. Number three is person first language. Talk about people um as if they are people

Unknown - Jan 24, 2026 11:01:33

We have a lot of aspects to us. Um so we would say some um we would say somebody with schizophrenia or a person with schizophrenia, individual per s or people with schizophrenia. Um we could say a person with bipolar

Unknown - Jan 24, 2026 11:01:53

alcohol and drug issues or conditions, um, we always start with the person first, knowing that that's one aspect of them, but that that's the one we're focused on.

Unknown - Jan 24, 2026 11:02:13

Um no swearing if possible. Sometimes we do hear that from members and staff and not so often usually staff but um uh members of the public. We can't we can't always stop that, but try not to. Um no personal attacks or criticism.

Unknown - Jan 24, 2026 11:02:53

And if somebody personally attacks you, the best response is not to attack back. We don't want that to continue. When you respond to that, then they can respond back. We don't wanna we don't wanna open up those types of conversations. It takes us away from the behavioral health issues.

Unknown - Jan 24, 2026 11:03:14

Um one person speaks at a time, no sidebars, even whispering. I I'm even when I hear or even see people whispering in the room, I I get distracted. And so speakers get distracted, other members get distracted and want to know what's going on. And you're in a public meeting, so you know, speak speak up so the public can hear you. Get the chair's permission to speak. Um, you know, as chair.

Unknown - Jan 24, 2026 11:03:33

one to be um asking which board members want to speak and allowing them to speak.

Unknown - Jan 24, 2026 11:03:40

Um

Unknown - Jan 24, 2026 11:03:53

Keep comments short if possible. Do not monopolize. You're gonna have many, many meetings. There will be ways for you to get your points across, but we we wanna get through the meeting at hand. Um limit use of acronyms.

Unknown - Jan 24, 2026 11:04:32

The room that doesn't know the acronym. Um, Behavioral Health Services Act, BHSA, people coming in from uh as new members, they won't know what that is. Um, full service partnership. That's you know program that um I I remember the staff just talking about it as if I knew, but I was a new member. I'm like, wow, okay. Sounds great. Full service partnership.

Unknown - Jan 24, 2026 11:04:52

Limit use okay. And then silence your cell phones if possible. We know some people they use their phone just for their own anxiety, they'll be checking it. Um or they might have emergency or or things that need to happen so they'll check it but um what we don't want to see is

Unknown - Jan 24, 2026 11:04:59

Um

Unknown - Jan 24, 2026 11:05:32

to the public or to the speakers or to the other board members. Um so when you disagree with somebody, that's not the time to shake your head and just start looking at your phone. That's the time to just listen. Listen to them quietly. Just listen to them. Um and um give them respect. You know, just treat everybody with dignity and respect. Even if they don't treat you that way.

Unknown - Jan 24, 2026 11:05:56

Okay, so um content.

Unknown - Jan 24, 2026 11:06:01

We have an example of an agenda in our best practices on page 25. Um and we we have this on our website also in Word and PDF format.

Unknown - Jan 24, 2026 11:06:13

Um it's it's good to you know have a format where the public understands how public comment works, um, make sure that you have your location and you know just basic information is available there.

Unknown - Jan 24, 2026 11:06:29

And um

Unknown - Jan 24, 2026 11:06:32

On the agenda, um you would want speakers who can talk about priorities that have been identified by your board members and concerns of the public, the access and effectiveness of services and needs, issues and successes.

Unknown - Jan 24, 2026 11:06:52

Yeah. Um keep housekeeping limited if at all possible. That is not not good to to be doing during your normal meetings, your regular meetings, uh are there for behavioral health topics as much as possible.

Unknown - Jan 24, 2026 11:07:12

Christine Hoffia, Napa County. I just wanna bring this up because it someone spoke to me at a previous meeting and said, Well, who writes the agenda? And I said

Unknown - Jan 24, 2026 11:07:31

I just wanted to bring it up because it is the board's agenda. The the Director of Behavioral Health is not on the board, you know, and

Unknown - Jan 24, 2026 11:07:52

There are others who are not on the board. It's really directed by us. Right. So I just want to bring that up. Yeah, thanks for bringing that up. I've seen that happen in some counties. Sometimes uh boards become dysfunctional and the staff just starts taking it on and they forget that it's the board. You know, once they get members that are capable of of doing the work, they should be doing it.

Unknown - Jan 24, 2026 11:08:11

Maria?

Unknown - Jan 24, 2026 11:08:13

Hi Maria Maria Valencia with um Santa Barbara County. We do have the

Unknown - Jan 24, 2026 11:08:31

Like you say, if they took over for a while 'cause we had another staff member take o over from another person.

Unknown - Jan 24, 2026 11:08:51

And sometimes this they're doing it the way the other person did it or they were left absolutely nothing and they're starting from scratch. So you gotta kinda train 'em. That's true. You have to let them know. And the in in California law it says that the behavioral health director is the CEO of behavioral health. So sometimes they might come in not knowing what the board does and think, Oh, well I'm CEO, so I gotta do the agenda. You know, it's it's understandable.

Unknown - Jan 24, 2026 11:09:31

And we in San Diego County has been going through a process where our agenda as far as what the county's doing could be packed from start to finish. But um we found and Robinsale, our outgoing chair, made adjustments with the input up members on we have a more productive and healthier meeting when we leave time for discussion, a lot more time. So we agendarize where we touch base and cover the big stuff.

Unknown - Jan 24, 2026 11:09:51

all the members and we do that and just more vital discussion, more input and it just is a good path that we're going on now, it seems to work for us. All right. Yeah, as long as the items you're talking about are on the agenda.

Unknown - Jan 24, 2026 11:10:11

All right, so let's go to the next slide.

Unknown - Jan 24, 2026 11:10:16

Okay, the Brown Act. Um we we're gonna skip that since we've done that.

Unknown - Jan 24, 2026 11:10:22

All right, making a motion.

Unknown - Jan 24, 2026 11:10:31

So a lot of people, you know, they haven't been on boards before, so they they don't know how this works and um for a lot of chairs they're not used to this either. Um so this describes what the procedure could be. It's a it's a suggestion for for running uh a boat.

Unknown - Jan 24, 2026 11:10:51

Um a motion's generally a proposal for a member to take an action. Um on an advisory board you don't have a lot of things you need to make motions on. I know some of the boards make motions on a ton of stuff, but I wish they wouldn't.

Unknown - Jan 24, 2026 11:11:11

um make you can have um a motion on the minutes um yeah and on recommendation those would be the things that i would I would say make make uh votes for otherwise you know most of the things that you're considering are maybe calendar items or um uh just administrative kinds of things and you can have consensus on that you know you don't you don't have to have a formal vote so

Unknown - Jan 24, 2026 11:11:31

The procedure would be uh the chair would say, Do I hear a motion? And um somebody hopefully one of the members would say, Yes, I make a motion to do this, maybe it's to accept the minutes as presented.

Unknown - Jan 24, 2026 11:11:51

And then um if somebody seconds it automatically, then that you know, the the member says, I second that motion. But if if if if that doesn't happen, the chair would say, Do I hear a second? And then hopefully you'd have a member that say, Yes, I second that.

Unknown - Jan 24, 2026 11:12:11

Um open it up for discussion again. I would say you've probably discussed it already, but um within parliamentary procedure you should have one more opportunity in case there needs to be more discussion. Um so any discussion and members could could talk about that item again if needed.

Unknown - Jan 24, 2026 11:12:30

chance to weigh in you could open it up to the public as well.

Unknown - Jan 24, 2026 11:12:36

And then

Unknown - Jan 24, 2026 11:12:51

all about and usually one of the staff will uh provide assistance with this and um we'll just go through roll call and ask or if it's like the minutes they could they could say just raise your hand if it's a yes and um if it's not on teleconference um and they could

Unknown - Jan 24, 2026 11:13:10

Just note anybody that's no or abstains or um if the vote doesn't pass, I mean I could just note everybody's vote on that in the minutes.

Unknown - Jan 24, 2026 11:13:33

In terms of handling disruptions, we talked about this a little bit earlier. Stay on the agenda.

Unknown - Jan 24, 2026 11:13:50

Just try to be polite to anybody, even if they're not and um don't react to it. Um but action is in the reaction um is a term that I learned in community organizing. And we were trying to get a reaction from government generally, and then we could do more if they reacted than we had an opening. Um we don't want you to have an opening. You're trying to just you know, somebody's trying to disrupt you. We want you to shut it down. So you just quietly move on.

Unknown - Jan 24, 2026 11:14:10

Move on to the next person um or the next agenda item.

Unknown - Jan 24, 2026 11:14:16

Um even if uh you agree with somebody, I would say don't respond to it in especially in public comment.

Unknown - Jan 24, 2026 11:14:28

Um

Unknown - Jan 24, 2026 11:14:30

And then staff support, you know, ask the staff to respond as needed.

Unknown - Jan 24, 2026 11:14:36

Yeah, Stacey.

Unknown - Jan 24, 2026 11:14:51

What I found has worked well for us at least is if we make it clear at the beginning before public comment starts that um we will not be reacting or commenting. So they're prepared for that.

Unknown - Jan 24, 2026 11:15:10

Well, I it's not actually on this part of it, but I wondered if you were going to discuss um consent items where you have a large block of items that um the board or the the commission can um vote on to approve.

Unknown - Jan 24, 2026 11:15:12

Well, we've had some challenges. Um and then the other thing, um

Unknown - Jan 24, 2026 11:15:53

Yeah, we we just

Unknown - Jan 24, 2026 11:16:09

I would say my response is oh, you don't need to vote on all those items. Those are just discussion items that don't need votes.

Unknown - Jan 24, 2026 11:16:30

So but that's your practice. I'm not sure why you came up with the consent agenda and and wanting to vote on things like that. The move quickly and not no, but I mean you didn't

Unknown - Jan 24, 2026 11:16:50

Yeah, and um actually you're right, we don't vote on them, but we just move the agenda forward um after any discussion of whatever someone wants to poll for discussion, and then we just approve um moving on. Okay, all right. Yeah, for like Board of Supervisors will have a consent agenda and that's related to votes. But it sounds like yours is just related to discussion.

Unknown - Jan 24, 2026 11:17:10

You're talking about disruptions from the room. What if it is a board member? Right. Yeah, it's the same thing. I have a board member who is

Unknown - Jan 24, 2026 11:17:17

Oh depends. Okay. Well that that's questionable then.

Unknown - Jan 24, 2026 11:17:24

Okay, go ahead, Joe.

Unknown - Jan 24, 2026 11:17:30

go completely off topic and I I've had to um really bite my tongue sometimes.

Unknown - Jan 24, 2026 11:17:49

Yeah. No, it's not so much I I have one one board member started laughing at this person. So it's deal with that. Right. It's not good. Um if you have a board member that's very difficult and making it hard for you to get through the meetings, um, there are different ways to handle it. Um one

Unknown - Jan 24, 2026 11:18:10

between meetings as chair to just talk on the phone with them. Sometimes people may take like an hour of your time to let you know what they think, but at least they felt more heard. So hopefully that might stop them from doing it during a public meeting.

Unknown - Jan 24, 2026 11:18:29

is a member, um it's good to notify the Board of Supervisors. Generally they won't they won't um

Unknown - Jan 24, 2026 11:18:49

make they won't take people off of your board once they've appointed them, but at least you can get them to not reappoint. Um and it takes a lot to get uh I in my experience it takes a lot to get the attention of the Board of Supervisors or their staff. Um so, you know

Unknown - Jan 24, 2026 11:19:29

calls um make sure that you get the message through that there's something wrong here. You know, make sure that they know. There there was a county recently that actually they have in their by bylaws that they um they can have votes of their executive committee and their board to remove members.

Unknown - Jan 24, 2026 11:19:50

I well we've attempted we've attempted a couple of those things, so you may have to escalate. I don't know. Okay. Thank you.

Unknown - Jan 24, 2026 11:19:53

And it did happen recently. And they also have stipulations to remove members for attendance reasons.

Unknown - Jan 24, 2026 11:20:01

Carol? Can I can can I say something really quick, Teresa? Yeah, go ahead. I think the the you know

Unknown - Jan 24, 2026 11:20:09

as chair you would I mean if it was really disruptive you know you could you could yes you could speak to them individually between meetings but you got to reach out to them and remind them what the rules are in meetings and

Unknown - Jan 24, 2026 11:20:29

You gotta let 'em know. Um you can't blurt out what you're thinking.

Unknown - Jan 24, 2026 11:20:49

And to the other board member laughing at another board member is completely inappropriate. Right. You know, you d you don't and and then you give 'em, you know, that you you s you've spoke y the chair has spoken to both of those people once. And then maybe it'll happen again. You note that. And then you can vote them right off the board.

Unknown - Jan 24, 2026 11:21:09

Right. And keep in mind that it is very difficult even to get your board to vote people off of your board. People don't want to do that to other people generally, even if it's noticeably, you know, a problem. So um Stacy, you had a a comment?

Unknown - Jan 24, 2026 11:21:28

Yes, I just wanted to say that um uh in one instance for our board, uh what happened was that their supervisor's office sent someone to be with them and just helped them learn how to be uh on the board. And I found that to be very helpful. I mean I learned from what they taught um this particular member. So

Unknown - Jan 24, 2026 11:21:49

We had a board member who his behavior out in the public, some actions, they were not a good representation of what we wanted to see from one of our members. So I called up the supervisor and said, he's gotta go. And uh I don't hope everybody has that.

Unknown - Jan 24, 2026 11:22:08

Just just so you guys know since this became a discussion, um both both people have been talked to. Um and the the woman who was kind of snickering said that if she hadn't been snickering she would have unloaded on this person. So I guess I would rather have the snickering, but we also she also knew that w it wasn't appropriate. The um the board member who got out of line um I have talked to privately a number of times. So it's the supervisor is getting involved now. So anyway, I I guess that's a touchy one for all of us. But thank you. Sorry.

Unknown - Jan 24, 2026 11:23:02

Okay, um in terms of oh yeah. Oh sorry, Kimberly, Kimberly, YOLO County. Also s I guess something that I was gonna touch on that kind of um I guess encompasses all of these topics about running a good meeting. Is there any standardized onboarding procedures for new board members?

Unknown - Jan 24, 2026 11:24:08

Good question. Yes, there is. Okay. We have a new member orientation guide. It's a sample guide to use. And there are boards that have standard procedures.

Unknown - Jan 24, 2026 11:24:28

And others. But that's so important to, you know, to get them on board knowing what are some of the open public meeting rules, what are the duties. Those are just basics. And that they need to stay on agenda, then that you know, what you need to be able to move through an agenda. Okay. Yeah, just because anecdotally sometimes um kind of but the sometimes the onboarding doesn't always happen for only board members. And then sometimes it's difficult to keep track of who's received the onboarding and who who hasn't. So yeah, I was just kind of inquiring, is there like a standard kind of way that that's done? Because our board in the last couple months kind of created an onboarding procedure on our own to kind of get people up to speed, like overview of Brown Act, kind of yellow county 101. Right. Um but yeah, I I think really getting that to kind of more people and ensuring like each new board member is getting up to speed about, hey, these are these are the expectations, this is what the Brown Act is. This is Rosenberg's rules of order for a meeting. Um these are things you should be aware of in this county specifically. I think that'd be probably pretty helpful because when I came on to the board, I kind of um I I kind of recall sitting in on the meetings and um kind of because I'm a consumer, I'm able to understand all the topics because it had a background, a lot of background knowledge about the mental health system, but things like um the procedures of the meeting, like saying a INA, like or kind of like what really are the exact duties and expectations of the board. I didn't have that much of an awareness of so just kind of bringing that right. Thank you. Um yeah. So we're gonna be going over some onboarding procedures. So if I could get any license, yeah, would be helpful. Is there some online? We we do an onboarding and um

Unknown - Jan 24, 2026 11:26:16

And that in a we didn't do that, but we shared that orientation some other things. We review we touch on it and then we give it to them and then they come back like So now I'm doing it online. We were doing it in person and we can still do it in person, but it's usually not convenient, especially since you know somebody might be in on the other uh side of the uh county very often on the other side of the county.

Unknown - Jan 24, 2026 11:26:27

onboard.

Unknown - Jan 24, 2026 11:26:52

There and the individual and I've made it, I mean, for me it was like yes, this is absolutely necessary before they come to their first meeting. Sometimes they'll come to the first meeting before, but I don't feel like they're they're ready to understand the procedure until they've been through the orientation. Brenda Scott Riverside, we require them to come to three meetings before we appoint them. Oh and we're gonna start recommending because we have a few uh committees uh that they consider also going to a committee because then otherwise they are on and we have some new members now who are wondering like a lot about the committees, and then we did not onboard these two people the way we should have, so that's um there was a change in um administration like the chairs at the time and one the guy was really sick, so we just didn't do it. Yeah. Um just wanted to know in the best practices guide. We have a section on recruitment and um there's a link to the membership guide um there. And then if you go to our website, it's on the um it's on the website. You can just go to resources.

Unknown - Jan 24, 2026 11:28:08

Okay. Um I just wanted to also add this Harriet uh Stevens from San Francisco that we also faced um having to um remove or address uh commissioners who were having difficulties um participating. Um it took over a year and a half and it a lot had to do with also getting Teresa's support as to the kinds of things that we could do. So I encourage people to p pursue this, but it does take time. And the other part that we've also recognized is that training and even after we do the training, initial training, it's important to also do follow-up and to constantly remind the members of the conduct that's necessary for being a a member of the commission. So just uh also just making sure that we make these connections with what Cal V HBC is doing in terms of providing trainings like today, it's also good for the members to participate. Right, right.

Unknown - Jan 24, 2026 11:29:17

Stacey, yes.

Unknown - Jan 24, 2026 11:29:19

Um

Unknown - Jan 24, 2026 11:30:06

When I became a board member or a commission member, I knew nothing. And there's a woman who um sat next to me and she said, Here's a piece of paper, write down all your questions and I will talk to you after the meeting about all of it. Um and I thought that was really a very efficient way of handling it. And now we give um people a notebook that has a glossary at the back of all the acronyms that we can think of. Um and our new chair um did something that I had never thought of, but he took the new um members who had been appointed with him to his next meeting with the um department's director. Right. And it I thought it was really a lovely um gesture. That really brings them right into the heart of it. So thank you. Well, our last round of new members, you know, like if you come to the end of it the year, a lot of people drop off, some don't want to be reassigned. Anyway, we had several new members. What the executive committee did was to assign an executive committee member as a mentor to each of the new members so that they each had someone that you know who who could help them understand what what their role is.

Unknown - Jan 24, 2026 11:31:34

Uh that just real quick to piggyback on what Harriet said, we had that in the past that members didn't show up. We're going through the process as everyone was talking about. But what hindered us is that person was still on the part where our quorum was affected. So when they weren't showing up, it does affect the numbers for the quorums. So it's um lessened our margins of other people who normally attend and couldn't attend where we couldn't have a quorum. Um or I mean it really close. Yeah. All right. Right. So it's definitely um that's why it's so important that uh your board of supervisors vacate that position as soon as possible. And there's usually rules about it. Getting it accomplished um is of course always um more difficult, but um Okay. Gregory.

Unknown - Jan 24, 2026 11:32:07

Yeah, I I can't say enough about how valuable this meeting and the meetings I've been to that uh Teresa's put on in the last couple of years. And I just want to re-emphasize that this meeting is usually attended by chairs or by vice chairs or by people who are in the leadership and we get to know you know from each other the best practices and and it's a terrific training. But we don't often let our own other members um learn the same things we're learning. And so I want to encourage, you know, I I noticed that this is being transcribed, but it's I don't think it's being taped. I was intending on taking this tape and making it available to everybody on our board because and we are having a retreat where Theresa's agreed to come, you know, do a sort of mini version of this for Brown Act and other things. So I guess what I'm saying is it's important to me to be able to broaden the knowledge by having a lot more people on our board either find the time or get supported to attend meetings like this, or to be able to see the tape and video of these kinds of meetings because the it's so valuable and it's so important for us to go beyond just letting ourselves know, but to let everybody else on the board know. Um what's what's the standard procedure of of running a board and being on a board and and that's uh all I wanted to say. All right, thank you. Alright, hello team. Uh I wanted to know does the board of supervisor member of the behavioral health advisory board have like any special responsibilities.

Unknown - Jan 24, 2026 11:33:42

They don't. They're just they're member just as if uh they were you know a member of the public. Any any duty that you you have is the same for them. They do have only with the teleconferencing. The Brown Act has different requirements for elected officials.

Unknown - Jan 24, 2026 11:34:06

We had our representative.

Unknown - Jan 24, 2026 11:34:06

Okay. Um I did want to mention at this point. Um we do have another training um schedule February 2nd and it's gonna be really geared for new members. Um Shasta County had reached out for a training of their new members. They have a number of new members coming on board. Um so um instead of requiring them to do a ground act meeting, we decided that Cal B H B C would host this and make it a Zoom teleconference. So it's February second from five to six thirty. I think that's right. I will send out the information uh by Monday.

Unknown - Jan 24, 2026 11:34:09

The representative that we have has given some advice or at least giving us kind of what we were talking about, the annual report, and she was saying what they do at the Board of Supervisors' Office with the annual report. So sometimes they'll they can help you and they'll answer some questions for you. That's good.

Unknown - Jan 24, 2026 11:34:50

Um let's see. This uh slide that we're currently on talks about facilitation uh in terms of you know just what's in the room, you know, make sure it's accessible, um, that you can get to it, it's comfortable set up. Um it's good to be able to um see the public if the room can allow you to not have your backs to the public. That's best. Um circuit to be friendly and about time.

Unknown - Jan 24, 2026 11:35:29

The minutes should be an accurate record and include attendees and motions.

Unknown - Jan 24, 2026 11:35:36

Public comments should be welcome before and during each agenda item and then civility rates, you know, just conduct is important.

Unknown - Jan 24, 2026 11:36:07

Rita, Stacey Del Gleish from LA County. I don't know if this is a good practice or not, but I like to get there early and go through the audience and just say hello and thank you for coming. And oftentimes people try to, you know, tell me something personally that they want done and then I can encourage them to tell all of us during public comment. Um but it it allows me to, you know, get to know people face to face and so thank you. That's that's nice to do. Thanks for bringing that up. And there will be times that you might have an agenda item that's controversial on your agenda. Um I think uh one time in Napa County we had um before uh marijuana was state legal, that was something that counties were deciding. And um so we had a meeting just on that, uh and mental health and had a number of people show up. And so in sharing that meeting, I think it was important to reach out to the public. They weren't used to coming to public meetings, maybe, um, just letting them know how it worked in terms of public comment and asking, you know, because it was maybe all you know, when when you have a large crowd, it's a lot easier if you have a spokesperson for that large crowd instead of listening to every single person give public comment. So announcing to them that they're welcome to give public comment speech, but asking do they have a spokesperson that could you know, they could all stand at the same time as that person gives the comments and that that's an im you know it's impactful when that happens as well.

Unknown - Jan 24, 2026 11:38:05

Um, I just wanted to comment on what uh Greg had said about sharing um these kind of trainings uh with the rest of the uh commission and what we do is we actually will we'll get it from you and they should be getting that as well, but we also share it with each and every uh board member. So even if you're only sending the chair here, it doesn't mean that they are unable to attend uh virtually. Um I've attended numerous um presentations virtually before, and so the same information is available and it's easy because you just log on. Um and that I think that is really important. Otherwise they're not um they don't have an understanding of what's going on outside of the their commission meeting. Um on the setup thing that you mentioned, part of what I found challenging is that we're sort of in the other direction. Our um our tables, we have 15 people on our commission, so it's a lot of folks, and um we're in a very big wide room. So what ends up happening is we are facing the public more than we're facing each other, and what I've found to be personally challenging is to have discussions because most of us are addressing most of the time and visually seeing the people in the the public and not each other. And so I've had to a couple times redirect folks or at least just share, you know, this meeting is for us to have conversation and and discuss. It's not only to engage with the public. So I think there has to be a healthy balance of what that looks like. Otherwise it feels like sometimes a little more performance art, which is not what it should be. It's us coming together on important topics, hearing from the public, but also being able to have dialogue with each other. I would love to see a smaller, uh closer so I can see the other people. Yeah, 15 is challenging. Right. Um and a lot of people from the department show up as well, and so I think there's also that can also be yeah, it can it can be it's a good thing, but it can also be that the people on the board often think that they're there for that purpose, which is not so getting that balance.

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Is that among peers or people who are employed by the department, for example, they're very fearful of getting up and speaking. And it's another reason that if you go into the audience, you can say, you know, look, I'm here, just talk to me. Um and you know, give people that uh empowerment because there's a lot of stuff going on right now, especially with

um peer employees where they're afraid, but they have some very real um concerns and um not just cons uh above and beyond concerns that makes it very difficult that they fear retaliation.

Unknown - Jan 24, 2026 11:40:48

Bill Stewart from San Diego. We have the same setup as this. It goes a little bit farther on the side because we have 22 members. Wow, yeah, but it's similar a lot. It's really cozy, but also behind and the opening area is the public. And then our monitors above our chair and um director, behavioral health director. So it's like this, and we have great discussions, and it's just opening to us but also to the public.

Unknown - Jan 24, 2026 11:41:24

Okay, this slide talks about steps for reviewing and evaluating and keep in mind your experts in your own experience. So we want people to be able to bring that to the table. But these are suggestions on areas to look at when you're reviewing and evaluating programs, in addition to that uh experience that you have. Um so accessibility of programs, um, are they culturally relevant? Are they scaled to meet the needs throughout your community?

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And are they integrated in places so that people can access them? Um and are they communicated? I mean, are they communicated if somebody goes to the web or if somebody calls? Um, are they gonna get the information they need to get the services? Um are they even on signage by the building? Is that something that's um easy? Is it easy to find the services? Um number two is uh recommended practices.

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Part of um the um Behavioral Health Services Act speaks to the importance of having services be um client and family driven. So care providers should be an essential component. Clients and family members should be treated with dignity and respect and included in decision making.

Unknown - Jan 24, 2026 11:43:11

Um, and that could be like on the nonprofit boards of a contractor or employees within the behavioral health agency. Um then evidence-based uh um practices that are um used by the agency. Um we have a lot of definitions that you can go to on our website for what are evidence based practices, um, what are trauma informed practices and community defined evidence practices, which are practices that a community of uh maybe ethnic cultural or racial um community groups have identified to be beneficial to their behavioral health.

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Uh number three is sustainability, that uh programs are financially viable. That's something that could be uh a barrier or a challenge that maybe a speaker might might share with you, or when you're out on a site visit, you could ask about that. Um they have issues with funding. You want to make sure that they have long a long life for their services. And then workforce um having a sustainable workforce.

Unknown - Jan 24, 2026 11:44:35

And then number four is performance, looking at the performance of the um the outcomes, um, the life outcomes uh for the people that have uh received services.

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And then when you make red recommendations, um I think I talked about this earlier. Um, you know, make sure to identify what the area is you're going to be making recommendations on, have good processes for deciding. Um for a lot of boards and commissions, once a year they'll just as part of their meeting or uh as a special retreat, they'll have uh the opportunity for the board members to talk about what issues concern them the most, and then they can come up with um say their top issues for that year, maybe maybe like three issues that they really will be focusing on when they select their speakers for the year or select different areas to do site visits or even create ad ad hocs to research those topics. Um yeah, number two here is the research, and then number three is advice. I went through this earlier.

Unknown - Jan 24, 2026 11:46:03

And then for recruitment, um, we talked about the importance of member orientation. That's the last bullet on this slide, and have a sample member guide. Um we recommend that each of the counties put together uh a member guide. Um this is a sample because we don't, you know, we we think you should be putting your bylaws in it in your calendar um of meetings, things like that that are more in like a roster of your members.

Unknown - Jan 24, 2026 11:48:02

So the membership requirements I went through earlier, so I'm not gonna go through that again. Um, but I will talk about some strategies. Um for some of some of the folks here, I hear them say, well, the Board of Supervisors needs to fill this these vacancies. But in most counties, the Board of Supervisors has 40 to 80 commissions and boards, and

they don't focus on on filling those vacancies unless you're asking them to. So um and even if you ask them, it's a lot easier to ask them to approve uh somebody that's applied. So getting getting people to that application can be it can be really helpful if you're part of that process. Um if you identify areas where you have vacancies in certain um you know criteria, say you have a vacancy for an individual who's uh 25 years of age or younger. Think about where you find a lot of people that that could qualify and try to be interested. Um and try to find, you know, maybe it's a school that has some type of peer mentoring program or uh peer counseling program. Um, you know, try to meet with the instructors and guide that program, see if there's uh maybe a a student or students that that would be uh recommended by that teacher to um be on your board.

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individual meeting with like the heads of different organizations or community groups and if if not that person that you meet with, you know, invite them to to apply for the board, um, maybe they would have suggestions and could be that warm

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um contact point so that you could um find the right uh people for your border commission, but

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I I enjoyed those meetings. Um and I also made them short. I said, let's meet for a half hour and have coffee, explained what the board was and and why I thought it was an important board, why I thought why why I was on it and asked them um if they had any experience like with themselves or family members. Um and almost everybody does.

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um in terms of behavioral health. So they can they can get engaged, tell their story, and then then they're ready for you to say, Would you apply? And they'll say yes.

Unknown - Jan 24, 2026 11:49:57

Um uh let's see.

Unknown - Jan 24, 2026 11:50:01

All right. So got the membership requirements here. Yes. Uh I I guess uh addressing recruitment I heard of

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Um I've heard a lot about uh different boards of the yeah, yeah.

Unknown - Jan 24, 2026 11:50:08

And as someone who is not that long ago in that age range, I I would say when I have talked to other people, um when I've talked to people that are currently in that age range about like being on a local behavioral health board, there is

Unknown - Jan 24, 2026 11:50:41

People just don't know about it. Yeah. So I I think that's where the outreach really um is important because for example, at pretty much every single college, like community college, four-year college, there is some kind of mental health related club. Like I feel I feel like that's a pr probably accurate generalization of most schools out there. So if we're doing outreach targeted to there, likely there's going to be um we're gonna have a kind of quieter pool of people that would be interested in this type of position. Just because uh I because I know since VHSA has become a thing, that's now a requirement on

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to have on local boards and commissions to have that agent or just wanted to kind of provide that input. That's good.

Unknown - Jan 24, 2026 11:51:09

Then they age out like you did. That's the problem. Right. Um I know that we've had some uh

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issues or w we don't have somebody from the trent from that stage group on our board and um what we found to be some of the problems again is where where we're looking but also a three year commitment because a lot of uh people in that and I'm

Unknown - Jan 24, 2026 11:52:01

understanding in advance of what the time commitment is, that it isn't just showing up for one meeting a month that there's a lot more involved. And a lot of times again, individuals in that age range are working to support their schooling or trying to get through their classes or are family members as well as students. And so that can be part of the challenge.

Unknown - Jan 24, 2026 11:52:21

No, for no. Or that's what we've got to be part of the chapter. Uh Christine Hotlin Hotley and Napa County. Um, when we decided to look for someone in that Tay age, um, our executive committee talked about the commitment and we realized that, you know, there's a lot of members who drop out after a year or two years. So what's the difference if we have a Tay person who that does the same thing? So we we felt that

Unknown - Jan 24, 2026 11:52:41

We were going to relax that criteria. Uh we were gonna tell them that it is a three year commitment, but recognize that so maybe they finish community college and they're gonna go go to Davis or something. So so um we just kinda relaxed that a little bit in our minds. Yeah, that's okay. Yeah, it's not a bedroom servitude.

Unknown - Jan 24, 2026 11:53:01

Um wasn't that? Um

Unknown - Jan 24, 2026 11:53:05

Really?

Unknown - Jan 24, 2026 11:53:21

Something else I was gonna say about the pay age range is that I think especially for consumers, um, that's kind of a very like developmental time. And so a lot of times when people are experiencing their mental health condition, that 18 to 25 age range is the first time they're they are experiencing that. So often it is gonna take a couple of years for them to kind of develop the self-awareness and to kind of stabilize. And I yeah, so often I think we might we might be seeing more people towards the twenty-three, twenty-four, twenty-five end of the age range rather than eighteen, nineteen, twenty.

Unknown - Jan 24, 2026 11:53:40

Um be because the the consumers maybe like, I don't know, don't always have the awareness to be able to kinda

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advocate as of yeah or they don't know advocacy is an option when they're just going through their kind of first episode themselves. Right. Right. Right. Sometimes it's not time for people to reciprocate with with public service when they're like active symptoms. Yeah, and and just saying that I'm what I'm saying is like kind of general trends I was seeing, but I I want to emphasize no this demographics not a monolith. So then of course there could be like eighteen, nineteen, twenty year olds that are like perfectly ready to serve the local barrel for it or community. So

Unknown - Jan 24, 2026 11:54:42

For the younger folks that are you know still in high school that might be interested in joining, it can be very difficult to just join because of the meeting time um and also transportation. So those are things that might need to be adjusted on the boards and commissions that are having difficulty filling that space.

Unknown - Jan 24, 2026 11:55:01

Um Lisa Dominguez, Santa Barbara. Um two things. First of all, on the um the age demographic category, there are a lot of high schools that will have like healthcare academies where they're, you know, they have like cohorts of people that are looking towards healthcare careers. And they have um, you know, advisory offices that you that you can approach and and you know say, you know, if if there are students that are interested, this is what we do. And um the

Unknown - Jan 24, 2026 11:55:40

very accommodating to to that because it's supportive of of their whole healthcare academy. The other point I wanted to make is um on your list there, don't overlook your local hospitals. Your hospitals have a stake in this game. You know they're they're very concerned with with the the flow in their EDs and people coming back and they very much would like to um be a liaison with with um with the board and so you know don't hesitate to reach out to them as well because we do have some unique insights. Right, absolutely.

Unknown - Jan 24, 2026 11:56:00

by Amber Gray. She says student student student centers at colleges sh have like behavioral health chapters in 'em. So that'd be an excellent um place to look for recruitment too.

Unknown - Jan 24, 2026 11:56:20

Okay. And I see we're getting close to twelve, so I'm just gonna kind of flip through these slides to let you know that they're there. We have just a lot of resources around recruitment, um a little bit more information around creating annual goals and um in terms of a task list.

Unknown - Jan 24, 2026 11:57:00

liaison if you have one for your board or the chair or executive committee if you calendar items that need to happen every year. I think you know on your if you have Google calendar or something that can remind you to make sure that you, you know, do your nominations for um

Unknown - Jan 24, 2026 11:57:20

for your executive officer positions each year and um do your annual report, things like that that are regular, that you need to make sure you have an um you know calendar when you need to have your agenda items in to the staff to make sure that that uh your agendas are published on time. Occasionally boards and commissions forget they need to post 72 hours in advance and um if I notice I will I will m mention it to them and they'll have to cancel their meeting.

Unknown - Jan 24, 2026 11:57:40

um calendar these items and remind yourselves. Okay.

Unknown - Jan 24, 2026 11:57:46

Any other quick questions before we end?

Unknown - Jan 24, 2026 11:57:52

Can we stop sharing?

Unknown - Jan 24, 2026 11:58:00

Yeah. Um are there any uh guidelines or recommendations uh for again incoming members to um how would I say um limit or be mindful about not um self promoting

Unknown - Jan 24, 2026 11:58:20

you're like in the space of being a behavioral health commissioner, that's your main focus as opposed to I'm also part of. Is there are there some guidelines on promoting your own organization or your own whatever it is in terms of necessarily conflict some of it could be conflict of interest, but absolutely

Unknown - Jan 24, 2026 11:58:40

Right. Yeah. You know what I'm talking about? Yeah, I think um

Unknown - Jan 24, 2026 11:58:59

If you limit the agenda items, you can limit that. Sometimes the boards allow announcements from board members. Um, you know, if it's a behavioral health related announcement, that's good.

Unknown - Jan 24, 2026 11:59:16

An advertisement for their own business, that's not so good. I you know, that that might be one way to limit it. Um bring up the nominee.

Unknown - Jan 24, 2026 11:59:19

That's well yeah. That's sort of thing is relevant.

Unknown - Jan 24, 2026 11:59:24

You don't have the microphone. That's different because you're you're sharing, but you're not it's not so one and only your please come on.

Unknown - Jan 24, 2026 11:59:31

I said that we would bring up the non class or we would bring up like the family to family classes with non. Right.

Unknown - Jan 24, 2026 11:59:39

Things like that are good enough.

Unknown - Jan 24, 2026 11:59:39

All right, well thank you everybody. Don't hesitate to reach out with any questions and I'll get information out about the upcoming training um February 2nd by teleconference.

Unknown - Jan 24, 2026 11:59:41

Right.

Unknown - Jan 24, 2026 11:59:54

And um thank you all for being on your board and commission. Um thank you to staff as well.

Unknown - Jan 24, 2026 11:59:59

Take care. Bye-bye. Thank you, Teresa. Thank you, Teresa. Um.

Unknown - Jan 24, 2026 12:00:07

Thank you.

Unknown - Jan 24, 2026 12:01:46

Testing one, two, three.