

Sacramento Community Advisory Committee Meeting Minutes

Date: August 28, 2025
Time: 11:30 a.m. – 1:30 p.m.
Location: Molina Healthcare
 In-person & Virtual Meeting

Members:

Member ALP Member LGD
 Member AAN Member MP
 Member CR Member ML
 Member CNR Member RM
 Member IH Member RT
 Member JR Member SD

Governing Board:

Lisa Mathews, Sacramento WIC
 Erika Fatula, River City Food Bank (not in attendance)
 Candice Williams, Downtown Streets Team (not in attendance)
 Dr. Hakeem Adeniyi, Jr., M.D., Sacramento Native American Health Center, Inc. (not in attendance)

Guest Presenter:

Jen Stillion

Molina Presenters:

Elizabeth (Liz) Martin
 Amritha Roser
 Tina LaCost
 Omar Esquivel


Molina Staff:

Alexandra Bravo
 Alejandro Reyes
 Janet Segura
 Vanessa King

Topic	Presentation/Discussion	Actions/Follow-Up
Call to Order	Alexandra Bravo (Alex) called the meeting to order at 11:45 a.m.	
Welcome & Committee Introductions	Alex introduced herself, explained the purpose of the meeting and welcomed attendees to the third meeting of 2025. Alex welcomed the new committee's attendees.	
Jen Stillion Mental Wellness "Mindfulness"	Presentation: Jen welcomed attendees and shared the importance of staying grounded in one's wellness journey. She guided the group through self-regulation techniques to help participants stay consistent with their wellness habits and focused on breathing. Jen also encouraged participants to connect emotionally with their wellness goals, identifying the feelings associated with their wellness activities to reinforce positive habits. To	

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<p>Meeting Minutes</p> <p>Action Items</p> <p>Sacramento Sponsorships</p> <p>Elizabeth (Liz) Martin, Health Plan Quality Improvement, Molina Healthcare</p>	<p>promote joy and relaxation, Jen led a short dance exercise by encouraging participants to move their bodies and experience an instant of joy.</p>	
	<p>Reviewed minutes from May 22, 2025, meeting with a motion to approve the meeting minutes brought forth by Member ALP and seconded by Member IH.</p>	
	<p>The action items from the previous meeting were reviewed, and the following updates were provided:</p> <ul style="list-style-type: none"> Members requested dental assistance, dental referrals have been generated. All members were assisted by Molina Healthcare’s Dental Coordinator. Member requested a referral for a case manager. Member was assigned to a new case manager. 	
	<p>Alex reviewed sponsorships for quarter two for Sacramento Co. and explained Molina is committed to community partners and ensuring sponsorships will support community reinvestments consisting of the following categories: cultivating neighborhoods and built environments, cultivating a health care workforce, cultivating well-being for priority populations, cultivating local communities, and cultivating improved health. Asked the committee if they had any questions or comments, there were none and the community reinvestment program funds were approved.</p>	
	<p>Elizabeth (Liz) Martin from the Quality Improvement team with Molina Healthcare introduced herself and provided an overview of the Quality Program.</p> <p>Presentation Highlight:</p> <ul style="list-style-type: none"> Molina Healthcare's Quality Improvement Program ensures access to qualified health care teams, reviews care quality, promotes safety education, and provides age-specific health guidelines. It evaluates care through Health Effectiveness Data & Information Set (HEDIS) scores and surveys member satisfaction using Consumer Assessment of Healthcare Provider & Systems (CAHPS) to improve care experiences, focusing on timely appointments and provider availability. 	

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<p>Tina LaCost and Amritha Roser, Molina Member Portal, Molina Healthcare</p>	<ul style="list-style-type: none"> • Grow and Stay Healthy Guidelines for Children and Teens: Molina provides detailed Grow and Stay Healthy Guidelines for ages birth to 10 and 11 to 20, outlining recommended vaccines, screenings, and health services at specific ages to support child and adolescent health development. • Annual Wellness Visits and Screenings: Annual wellness visits are essential for health monitoring, early problem detection, and preventive care, including immunizations, physical exams, screenings, and health education. Recommended screenings cover blood pressure, dental health, diabetes management, and women's health services like mammograms. • Scheduling and Transportation Support: Members are encouraged to schedule important screenings and can find new doctors or eye doctors via Molina's online resources. Medi-Cal members have access to transportation services for covered appointments, with phone and online scheduling options and assistance available through the California Quality Outreach Team. • Molina Rapid Health Events and One Stop Help Centers: Molina Rapid Health Events offer comprehensive community health services including screenings and immunizations. One Stop Help Centers connect communities to free resources such as enrollment support, utility and housing assistance, legal aid, workshops, and tax preparation, enhancing access to health and social services. <p>Tina LaCost presented an overview of the Medi-Cal Member Portal with Amritha Roser.</p> <p>Presentation Highlights:</p> <ul style="list-style-type: none"> • Tina described the main features of the member portal, explaining how to access it and outlining its functions, such as viewing coverage details, digital ID cards, and doctor information. • Amritha shared the Wellness benefits and Programs information available to members in the portal. Members can access wellness programs and healthy 	

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<p>Omar Esquivel, Behavioral Health- Healthcare Services, Molina Healthcare</p> <p>Community Resources</p>	<p>rewards, with options to submit reward attestations and check their status online.</p> <ul style="list-style-type: none"> • Tina continued with the presentation by sharing that the portal also provides access to health records, including claims history, service authorizations, and enhancements like displaying authorization letters. • The portal allows members to manage their profiles, update mailing addresses, and set communication preferences without contacting member services. <p>Omar provided an overview of Non-Specialty Mental Health Services, noting that prior authorizations are not required. He clarified that county mental health departments manage higher-acuity cases, whereas managed care organizations such as Molina are responsible for addressing mild to moderate mental health needs. Omar highlighted the "no wrong door" policy, ensuring that individuals are referred to the appropriate services regardless of where they initiate contact.</p> <p>Omar shared the following resources and updates with the attendees:</p> <ul style="list-style-type: none"> • Hope for Wellness Flyer: The Suicide and Crisis line is easier to access now by just dialing 988. This line is to provide help when having intense feelings or thoughts. • Opioid Flyer: The flyer is for members struggling with opioid addiction. The flyer provides a QR code with support and resources.  <p>Question or Concerns:</p> <ul style="list-style-type: none"> • Member IH: May this information be shared with neighbors? Omar: Yes. • Spanish Comment: Thank you for providing these behavioral health services and resources. The services are very important, and I will be accessing these 	

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	<p>services.</p> <ul style="list-style-type: none"> Member IH: Member requested help finding a new dentist, expressed the need for extensive dental care. A dental referral form will be completed after the meeting to assist the member. 	
Closing Remarks & Adjournment	<p>Alex closed the meeting and thanked everyone for their attendance and for being part of the committee.</p> <p>The meeting adjourned at 12:44 p.m.</p>	