

Public comment from B. James

From: Beverly James <beverlykjames01@gmail.com>

Sent: Thursday, January 22, 2026 10:52 AM

To: BHSOAC <bhsoac@bhsoac.ca.gov>; Melissa.Martin-Mollard@bhsoac.ca.gov <Melissa.Martin-Mollard@bhsoac.ca.gov>; Kendra Zoller <Kendra.Zoller@bhsoac.ca.gov>; Lauren Quintero <Lauren.Quintero@bhsoac.ca.gov>; BHSOAC Public Comment <publiccomment@bhsoac.ca.gov>

Cc: Beverly James <beverlykjames01@gmail.com>

Subject: Urgent Request for Research on Person Centered Mental Health Treatment

Dear Members of the Sacramento County Behavioral Health Committee:

I humbly and urgently request that the Committee's Research Department please immediately reevaluate and distinguish alternatives on human-centered, non-pharmacological approaches—such as physical activity, counseling, nutrition, social engagement, and environmental factors—prior to heavy medication prescription(s) and formal diagnosis of conditions such as anxiety, schizophrenia, or bipolar disorder.

I further urge examination of the risks of relying solely on AI tools, surveys, or limited symptom checklists without comprehensive, person-centered communication with direct person to person dialogue. Treating individuals as whole human beings—prioritizing a safe, ethical, and therapeutic care environment for patients to speak openly about their trauma, diet, work and home environment, physical activity, caregiving responsibilities, support systems (family and real friends), and emotional patterns—may help prevent temporary or situational distress from being misinterpreted as lifelong diagnoses, particularly given the serious long-term effects of psychiatric medications.

Thank you for the opportunity to attend today's Commission Meeting. I humbly appreciate your time and dedication to designing a more holistic whole person treatment options for mental health rather than solely relying on medications alone.

With utmost respect,

Beverly K. James

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