



**Advisory Board Pre-meeting**

**June 5, 2012**

**Novartis Pharmaceutical**

**Psychiatric Advance Directives (PADs)**

**&**

**Tools that help mental health providers  
have discussions with their clients on PADs**

**By**

**Denise Poole**

**12:15**

# NORTH SOUND MENTAL HEALTH ADMINISTRATION ADVISORY BOARD MEETING

## Agenda

June 5, 2012  
1:00 PM

1. Call to Order - Introductions, Chair – 5 minutes
2. Revisions to the Agenda, Chair – 5 minutes
3. Approval of the May Meeting Minutes, Chair – 5 minutes
4. Ombuds Report
5. Correspondence and Comments from the Chair – 5 minutes
6. New Business:
  - a. August meeting date
  - b. Lunch Orders for Retreat
7. Old Business
  - a. MHBG Fund Excess Allocations
8. Monthly Committee Reports
  - a. Executive Director's Report – 5 minutes
  - b. Finance Committee – 5 minutes
  - c. Executive Committee/Agenda Committee – 5 minutes
  - d. Quality Management Oversight Committee (QMOC) Report – 5 minutes
9. Items To Be Brought Forward To The Board of Directors
  - a. Consent Agenda
  - b. Action Items
  - c. Introduction Items
10. Comments from County Advisory Board Representatives – 15 minutes
  - a. Island
  - b. San Juan
  - c. Skagit
  - d. Snohomish
  - e. Whatcom
11. Comments from Public – 5 minutes
12. Other Business
13. Adjournment

**NOTE:** The next Advisory Board meeting will be July 10, 2012. This will be the **annual retreat at the Northwest Educational School District in Anacortes.**

**North Sound Mental Health Administration (NSMHA)  
MENTAL HEALTH ADVISORY BOARD**

**May 1, 2012**

**1:00 – 3:00**

<b>Present:</b>	<b>Island:</b> <i>Candy Trautman</i> <b>Skagit:</b> <i>Susan Ramaglia and Joan Lubbe</i> <b>Snohomish:</b> <i>Fred Plappert</i> <b>Whatcom:</b> <i>Mark McDonald, Russ Sapienza, Larry Richardson and David Kincheloe</i>
<b>Excused Absence:</b>	
<b>Absent:</b>	<i>Hill Cummings and Carol Ann Sullivan</i>
<b>Staff:</b>	<i>Joe Valentine, Margaret Rojas and Rebecca Pate, recording</i>
<b>Guests:</b>	<i>Marilyn Plappert, Laurie Ann Sigler, Dennis Sigler, Kim Eldred, Megan Anderson and Lisa Hanks</i>

**MINUTES**

<b>TOPIC</b>	<b>DISCUSSION</b>	<b>ACTION</b>
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<b>CALL TO ORDER AND INTRODUCTIONS</b>		
Chair Trautman	The Chair convened the meeting at 1:04 and introductions were made. There was not a pre-meeting as parties involved canceled at this morning.	Informational
<b>REVISIONS TO THE AGENDA</b>		
Chair Trautman	The Chair asked for any revisions to the agenda and Candy added Retreat, Advisory Board vacancies, site visits, Behavioral Healthcare Conference (BHC) and National Alliance for Mentally Ill (NAMI) National Conference. She asked if anyone else had any revisions and nothing was mentioned.	Informational
<b>APPROVAL OF MINUTES</b>		
Chair Trautman	The Chair asked if anyone had any revisions/corrections to the April minutes. Candy asked for a motion to approve the minutes. Larry made a motion to approve as written, Joan seconded and motion carried.	Informational Motion carried
<b>OMBUDS REPORT</b>		
Chuck Davis	Chuck Davis emailed Rebecca this morning and stated they had nothing new to report since their semi-annual report was recently presented.	Informational
<b>COMMENTS AND CORRESPONDENCE FROM THE CHAIR</b>		
Chair Trautman	Candy welcomed Joe Valentine, the new Executive Director, to the meeting. She welcomed guests and visitors.  Candy mentioned she visited the new Skagit Valley Hospital Care Center and stated the area was modern with more privacy and 15 beds with one room for two people and other rooms are single bed rooms. She stated there is much more privacy in this new area. They have a couple of seclusion rooms to be used only when necessary. They are still looking for staff to fill positions. The Center is not open yet. She added there are private areas for consultation and visitors. They have a small outside area that is enclosed so people can go out for fresh air if desired. Staff offices are located in one central area. They have a	Informational

	<p>couple of rooms for Developmentally Disabled individuals.</p> <p>Candy reminded the Board the REACH Center in Skagit County has an open house Tuesday, May 8, from 3:30 to 6:30.</p>	
<b>NEW BUSINESS</b>		
Chair Trautman	<p>David stated Whatcom County is reassessing its entire health care at the community across private, public, federal, state and County agencies, including Peace Health Medical Center, to integrate under the new healthcare plan and with the new accountable care organization structures stipulated by that plan and adopted more and more by the state to create an integrated system of healthcare that will primarily take care of dual eligible people. He said dual eligible people are those that qualify for both Medicaid and Medicare. After that they will serve people with either Medicaid or Medicare. Then individuals that are intensive users of the healthcare system but may not Medicaid or Medicare eligible. Then other individuals within the community to include public health considerations, as well as care. Because of the ACO structure this system is moving towards outcomes that are measurable and can be awarded through an incentive program. This effort is about integrating across somatic health concerns so if you need to see different medical individuals for different reasons (i.e. behavioral healthcare, medical care, psychiatric care, etc.) you could do so in a somatic setting. Efforts will be made by agencies to bring staff on board to meet other needs besides just mental health (i.e., MD (Primary Care Physician), ARNP, Psychiatrist, Nurse Practitioner, etc.). The ideal of this effort is to integrated behavioral healthcare and somatic healthcare in one location. Also bring together somatic and behavioral sub-specialties. One issue is payment because if you go to the facility for treatment for one issue and are also seen by another person for something else and another for an additional need. The later two might not be paid for services provided. The idea of this effort would be to ensure all are paid for services provided. He said there is an ACO, healthcare reform, financial and two other taskforces meeting to work through all the processes. These efforts are to develop a program where the consumer is the center and everyone comes together to provide services needed through and evidence-based effort. This program will involved commercial, private and group insurers, Medicare, Medicaid, and DSHS funding. There are a lot of issues that need to be addressed to be able to form this type of program. He stated Whatcom Alliance for Healthcare Access (WAHA) is an overarching organization helping all public healthcare providers to intergrated their services. WAHA just received a grant for a one-year pilot study for dual eligible people to get fully integrated care. These are the 5% of individuals that use about 80 – 90% of all services. Candy asked if David could provide an update as things progress. Discussion followed.</p> <p>Margaret presented the Mental Health Block Grant (MHBG) expenditures. She added there will be no Request for Proposals (RFP) this year because the State has continued funding for another year. She said projects currently funded will continue to be funded</p>	Informational

	<p>through September 30, 2012, as long as they are performing and expending their funds. She said exceptions to these are San Juan Community Services and Island County. She added San Juan's program is new and was established to provide mental health services to people coming out of Department of Corrections (DOC) to do some mental health coordination with them and monitoring them. This program is not up and running yet so San Juan will be returning \$12,000 to NSMHA. She stated she sent a reminder to all agencies three weeks ago that are receiving MHBG funds requesting whether or not they would be expending all their funds and has only heard from Island and San Juan. Island County has changed their mind and is re-working their program to turn into a housing specialist program. They were unable to hire a specific person for this program so are working with a housing resource specialist to probigate some housing relationships with landlords and work with landlords regarding housing for individuals with mental illness. She mentioned current funds appear to be being expended by the other agencies and they will be spent by October 30, 2012, deadline. Some discussion followed.</p> <p>Candy stated decisions regarding the Board retreat need to be made today. Candy said Rebecca was to research venues for the retreat. She said the Executive Committee discussed having the retreat on July 10<sup>th</sup> because the August date would conflict with Systems of Care (SOC). Russ made a motion to hold the retreat on July 10<sup>th</sup>, Fred seconded and motion carried. She said the best location to hold the retreat appears to be the Northwest Educational Service District in Anacortes because the Burlington Library had other things occurring in their rooms during part of the timeframe of the retreat. Candy asked for a motion to proceed reserving the NWESD for the retreat. A motion was made to have Rebecca reserve the venue, seconded and motion carried. Fred made a suggestion for the Finance and Executive to discuss the agenda for the retreat and Candy agreed this would be a good thing to do at next month's meeting. It was stated to send any suggestions to Rebecca for developing a single document with all ideas to be discussed.</p> <p>Candy mentioned Advisory Board vacancies. Megan Anderson spoke to the Board stating she is interested in serving on the Board and is working with Jill Dace to be appointed. She briefly gave some background about herself. Joe stated he would like to help make people aware of what the Advisory Board is about to encourage participation. He said marketing is a very good way to let the community know about the Advisory Board and become more involved. David suggested having staff dedicated to approach the venue of marketing. He suggested twitter, facebook, etc. David stated Boston University's Facebook page is excellent and they would share their knowledge. He said he sees us borrowing and/or stealing ideas and establishing it correctly from the beginning. Dennis mentioned Providence Hospital will be hosting a mental health day. Larry said we might be able to get some journalism help from colleges/universities through internships for media marketing.</p>	<p>Motion carried</p> <p>Rebecca reserve NWESD</p> <p>Motion carried Fin/Exe discuss agenda send ideas to Rebecca for compliation</p>
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	Candy mentioned that Jeannette Anderson resigned from the Board effective April 24, 2012. She said the resignation needs to be accepted and this opens a vacancy on QMOC. The Board accepted Jeannette's resignation.	Board accepted resignation
<b>OLD BUSINESS</b>		
Chair Trautman	<p>Candy mentioned site visits and Rebecca gave information to the group. Margaret will check with Brad about visit to REACH. David made some suggestions and these will be researched further. Rebecca will continue to coordinate a site visit for Whatcom Triage Facility and Whatcom Counseling and Psychiatric Center.</p> <p>Candy mentioned registrations for the WA Behavioral Healthcare Conference <b>must be turned in to Rebecca today.</b></p> <p>Candy mentioned June 29<sup>th</sup> would be the day for one-day attendees to go to the NAMI Conference and only Margaret, Candy, Mark and Fred are going. Susan declined reimbursement for registration for this conference. Margaret, Candy and Mark will carpool and Fred will ride the train.</p>	<p>Informational</p> <p>Margaret check with Brad about site visit</p> <p>Rebecca continue to coordinate site visit to Whatcom Triage and WCPC</p>
<b>MONTHLY COMMITTEE REPORTS</b>		
	<b>Executive Director's Report</b>	
Joe Valentine	Joe gave a quick snapshot about himself. He said he is excited and delighted to join NSMHA. He previously served as Snohomish County Human Services Director. He mentioned he was in charge of several programs during his tenure in California. He has worked in this field for many years and is still deeply devoted to areas of concern. He mentioned he was in charge of the Head Start Program in California and it is structured where the parents are equal partners in governing the system. He said this is how he would like to see the Region function. He mentioned attending meetings in Olympia regarding integration of services and the fear some have that the consumer will become lost in the process. He said in his years of service he has learned you cannot just develop the programs in silos but must connect them to function as a collaborative unit. He stated he welcomes suggestions from anyone who would like to share with him. He emphasized he hopes to work with NSMHA staff regarding marketing ideas that would result in greater community awareness.	Informational
	<b>Finance Committee</b>	
Fred Plappert	The Committee met and brought forward a recommendation that expenditures move forward to the Board of Directors for approval. The full Board accepted the recommendation.	Informational Recommendation accepted
	<b>Executive/Agenda Committee</b>	
Chair Trautman	Candy said she previously discussed issues from the committee under "new business" and has nothing further to add.	Informational
	<b>Quality Management Oversight Committee (QMOC) Report</b>	
	<p>Candy asked if the Board would like the report read or just review it on their own. The group stated they would like to review on their own. She stated it was important they read the report to become aware of things that are happening.</p> <p>The meeting was held April 25, 2012.</p>	Informational

**Allen-Marr Settlement Review**

The “Allen-Marr reviews” grew out of a settlement reached in a class-action lawsuit. The suit was brought on behalf of people held in state psychiatric hospitals who have developmental disabilities and who have not been able to return to their communities for lack of necessary services. In NSMHA’s region there are 40 people who are members of this “class”. The reviews are to ensure that there is real coordination of care between DDD, mental health and other services. One of the cases is reviewed each quarter to look at this. Tom Yost gave this annual report; and from this report will come recommendations for providers to address.

**Second Opinion Report**

Kurt presented the report on the second opinions that were requested and completed in the third and fourth quarters of 2011. He noted that there were 14 requests and all were scheduled and completed within the 30 day timeframe that is required in the WACs.

**Critical Incident Report**

Kurt presented the report on critical incidents that were received in the third and fourth quarters of 2011; 22 incidents were reported. Critical incidents are reported by provider agencies when a consumer in the region is involved in something such as violent act or is a victim of abuse or neglect. Tracking these incidents allows the state and the region to look at any trends and to be aware of these types of things.

**CA/LOCUS Inter-rater Reliability Development Process**

The Child & Adolescent Level of Care Utilization System (CALOCUS) and Level of Care Utilization System (LOCUS) are the tools we use in the region (adopted in 2007) to make consistent decisions in matching treatment resources to individuals’ needs. Clinicians using these tools are tested annually and NSMHA will now have an online tool where they can test and be scored without supervisors having to oversee the process; saving provider’s time and resources.

**LR (Less Restrictive Order)/CR’s (Conditional Release) - Inpatient/Outpatient provider procedures**

Policy 1562 – Monitoring of Less Restrictive Orders was discussed and reviewed as there were recent questions from providers regarding coordination with inpatient facilities and DMHP (Designated Mental Health Professional) offices for persons placed on less restrictive orders. NSMHA has requested that providers let them know of any cases where they have had issues around the coordination between inpatient facilities and the providers.

**Policy 1723.00 – Outreach and Involuntary Investigations for Residents of Licensed Care Facilities**

This is a new policy for coordinating with licensed care facilities when they have requested an investigation to prevent risk of discharge from the facility or hospitalization of the consumer. It also addresses the resident being able to discharge back to their facility. This policy was approved by QMOC to go forward.

<b>ITEMS BROUGHT TO THE BOARD OF DIRECTORS</b>		
	<b>Introduction and Action Items</b>	
Joe Valentine	<p>To introduce recommendations from Planning Committee to allocate the fund balance to the proposals identified in the matrix to the Board of Directors.</p> <p>Joe stated a plan has to be ready for the Board of Directors; however, in June we have to have a definitive recommendation for approval ready. Joe mentioned this is a one-time \$7 million dollar excess funds to be expended. He reviewed the ideas received and stated they were subdivided into needs. He said providing one-time funding for additional staff would not be a good way to go because then the staff might be laid off after the funding was spent. He acknowledged the Planning Committee supported the recommendations presented; however, there were more recommendations than funds available. He said once the final decision was made on what to fund a Request for Proposals (RFP) would be required from agencies to specify how funds would be used, how outcomes would be captured and/or how resources would benefit requests in the best way and what role evidenced-based practices would play. Discussion followed.</p> <ul style="list-style-type: none"> <li>• Fred suggested NSMHA support the first two options, especially Electronic Medical Records (EMR) development.</li> <li>• Better trained staff in Triage Centers</li> <li>• David said he is concerned about EMR establishment because there is no definitive plan for the development. He said he would rather stay away from this until a method is established that will work for all. He said he is against giving the Counties money to do things they need to do. He would rather see that money go into advocacy.</li> <li>• David said a region-wide development of social media marketing would be a good way to expend funds.</li> <li>• Susan mentioned #5 “Promoting Recovery and Consumer Oriented Services” has a small amount allotted and she feels this should see more funding allowed and David agreed.</li> <li>• Megan asked how money could be used to the greatest long-term impact. She mentioned housing is one way to achieve greater impact. She suggested case management working with this would be a good way to go. David stated he is reluctant to support this because after funding is spent we lose the units, cannot obtain more units, do not have vouchers to hand out, etc. This could create a delimma down the road for the consumers where they could become involved in the vicious cycle regarding housing.</li> <li>• Lisa mentioned whatever outcome would be seen on the other end is important. She mentioned she has seen where supported employment has shown improvement in consumers lives through obtaining employment. Kim added if supported employment does not receive funding individuals will be laid off and the program will suffer.</li> </ul>	Informational

<b>COMMENTS FROM COUNTY ADVISORY BOARD MEMBERS</b>		
Island	Candy said they met yesterday and are involved in reviewing their 1/10 programs and a taskforce was established to evaluate effectiveness of the current three programs. This evaluation would determine whether they should continue to fund the current programs, expand funding for current programs, or expand with new programs. The three current programs are doing very well. The school-based program is exceptional and plan to expand into Early Childhood. She said they reviewed their school-based programs and she mentioned one situation, which came from the courts, and how help was provided through the school-based program that demonstrated the benefits of the program.	Informational
San Juan	No representative present and no report was submitted.	Informational
Skagit	Susan said they did not meet in April but Rebecca Clark provided her with some information. She stated Skagit Community Services spent a lot of time training for the new “Linking Youth Needing Community Services (LYNCS) Program, which will be launched in May and more information will be available then. They are in the process of preparing a Request for Proposals (RFP) for school connected behavioral health services. She said are also looking at adding onto and creating more space at the Crisis Center.	Informational
Snohomish	<p>Fred gave the following report:</p> <p>The County’s Chemical Dependency (CD)/Mental Health (MH) Sales Tax Advisory Board received 40 Letters of Interest regarding requests for possible spending of a portion of the Reserve Funds. Three members of the Advisory Board plus staff will be reviewing all of the LOIs this week to report back to the Sales Tax Advisory Board at its May meeting with recommendations regarding amount of Reserve Funds to consider releasing, plus broad areas to issue Release for Proposals (RFP) in the Fall.</p> <p>Catholic Community Services (CCS) has begun providing school-based services in the Stanwood School District with funding provided by the CD/MH Sales Tax.</p> <p>The Joint Meeting of the County’s Mental Health Advisory Board and Alcohol and Other Drugs Advisory Board will be held on Tuesday, May 15<sup>th</sup>. An overview of Mental Health contracts and services will be the focus at this session.</p>	Informational
Whatcom	Russ said in May they will be having their monthly NAMI education event discussing Post Traumatic Stress Disorder among veterans with Dr. Bridgette Cantrell, Thursday, May 10 <sup>th</sup> from 7-9 pm at St. Luke’s. He distributed a couple of handouts regarding events occurring for mental health awareness month: 1) For events occurring at Western Washington University and 2) For a Rainbow Center fundraiser on May 19 <sup>th</sup> from 6 – 10 pm at the Spark Museum with entertainment and silent auction. Tickets are \$20 in advance and \$25 at the door. Contact Rainbow Center for tickets at 360-752-2577.	Informational

<b>COMMENTS FROM THE PUBLIC</b>		
Chair Trautman	LaurieAnn Sigler came to speak and mentioned she has been in the system for 13 years with a wide range of experiences from good to horrendly abusive. She stressed the importantance of continuity of care because that can be vital to the well being of the consumer. She stated there are a lot of mentally ill individuals either unable or not willing to advocate for themselves and that is why people like her must advocate on behalf of all people with mental illness. She mentioned she has advocated in Olympia. She emphasized there are many faces to mental illness and you often times cannot recognize them just walking down the street. She stated unless you have walked in their shoes you have no idea what they are experiencing. She stated she and her husband are considering serving on the Advisory Board and are here to see if it really is something they wish to do.	Informational
<b>OTHER BUSINESS</b>		
Chair Trautman	Candy stated there were no other issues.	Informational
<b>ADJOURNMENT</b>		
Chair Trautman	Fred made a motion to adjourn at 3:00, seconded and motion carried. The next meeting will be June 5, 2012, in NSMHA conference room.	Informational Motion carried