

**NORTH SOUND MENTAL HEALTH ADMINISTRATION  
ADVISORY BOARD MEETING**

**Agenda  
October 1<sup>st</sup>, 2014  
1:00pm-3:00pm**

1. Call to Order - Introductions, Chair
2. Revisions to the Agenda, Chair
3. Comments from the Public
4. Ombuds Report (Available at Meeting) TAB 1
5. Approval of the September Meeting Minutes TAB 2
6. Executive/Finance Committee Report (Available at Meeting) TAB 3
  - Approval of Expenditures: September
7. Standing Board of Directors Committee Reports TAB 4
  - a. Planning Committee (No September meeting)
  - b. Quality Management Oversight Committee
8. Old Business
9. Executive Director Report TAB 5
  - a. Behavioral Health Organization (BHO) Planning Update
  - b. Single Bed Certification (SBC) Update
10. Action Items Being Brought To The Board of Directors TAB 6
  - a. Action Items/ Memorandum (Available at Meeting)
11. New Business
12. Report from Advisory Board Members
13. Comments from County Advisory Board Representatives
  - a. Island
  - b. San Juan
  - c. Skagit
  - d. Snohomish
  - e. Whatcom
14. Other Business
15. Adjournment

NOTE: The next Advisory Board meeting will be **November 4<sup>th</sup>** in the NSMHA Conference Room.

**North Sound Mental Health Administration (NSMHA)**

**MENTAL HEALTH ADVISORY BOARD**

**September 2, 2014**

**1:00 – 3:00pm**

<b>Present:</b>	<b>Island:</b> Candy Trautman <b>San Juan:</b> Peg LeBlanc (via phone) <b>Skagit:</b> Joan Lubbe, Jeannette Anderson <b>Snohomish:</b> Carolyn Hetherwick-Goza, Greg Wennerberg, Fred Plappert, Jennifer Yuen, Marie Jubie, Carolann Sullivan, Joan Bethel <b>Whatcom:</b> Michael Massanari, Mark McDonald, David Kincheloe, Larry Richardson
<b>Excused Absence:</b>	<b>Island:</b> <b>San Juan:</b> <b>Skagit:</b> <b>Snohomish:</b> <b>Whatcom:</b>
<b>Absent:</b>	<b>Island:</b> <b>San Juan:</b> <b>Skagit:</b> <b>Snohomish:</b> Jeff Ross <b>Whatcom:</b>
<b>Staff:</b>	Joe Valentine, Joanie Williams recording
<b>Guests:</b>	

**MINUTES**

<b>TOPIC</b>	<b>DISCUSSION</b>	<b>ACTION</b>
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<b>CALL TO ORDER AND INTRODUCTIONS</b>		
Chair	Mark opened the meeting and initiated introductions	Informational
<b>REVISIONS TO THE AGENDA</b>		
Chair	He asked the group if there were any revisions to the agenda, there were none.	Informational
<b>COMMENTS FROM THE PUBLIC</b>		
Chair	None present	Informational
<b>APPROVAL OF MINUTES</b>		
Chair	Mark asked the Advisory Board to review the minutes. A motion was made to approve the August minutes as written. Motion was seconded and approved.	Motion approved to accept the August minutes as written.
<b>EXECUTIVE/FINANCE COMMITTEE</b>		
	<p>The August expenditures were reviewed. A motion was made to forward the expenditures to the Board of Directors (BOD) for approval, motion was seconded and approved.</p> <p>Mark addressed the group regarding the conflict in dates of the Co-Occurring Disorders Conference and the next Advisory Board meeting. The Executive Finance Committee asked the Advisory Board if Wednesday, October 1<sup>st</sup>, was option for them, verses the original date of October 7th. All were in favor. Joe asked Joanie to send out a reminder of the date change for the October meeting.</p>	<p>Motion approved to forward expenditures to the BOD</p> <p>Next meeting date moved up one week</p>

	<p>The group discussed the Pre-Meeting/Conference chart and determined they would like their next site tour to be at Western State Hospital, followed by Lake Whatcom Treatment Center. Joanie will talk with Mark Kipling and identify some available dates.</p>	
<b>STANDING BOARD OF DIRECTORS COMMITTEE REPORTS</b>		
	<b>Planning Committee (no August meeting)</b>	
	<b>Quality Management Oversight Committee (QMOC) Report</b>	
	The QMOC Brief was included in member binders	Informational
<b>OLD BUSINESS</b>		
Chair	<p>Mark asked the Advisory Board to talk about the priorities identified during the annual retreat:</p> <ul style="list-style-type: none"> <li>a. Peer Initiatives</li> <li>b. Behavioral Health Organization</li> <li>c. Advocacy</li> <li>d. Diversity</li> </ul> <p>The following questions were asked:</p> <ul style="list-style-type: none"> <li>A) How does the Board want to prioritize the topics?</li> <li>B) What discussions need to occur under each priority?</li> <li>C) What should the frequency of the discussions be?</li> </ul> <p>David noted that there were two perspectives of importance related to the role of the Advisory Board, in the context of NSMHA's transformation from a Regional Support Network (RSN) to a Behavioral Health Organization (BHO): That the Advisory Board should focus on the importance of consumers and family members, first, in light of behavioral health integration — the combining of mental healthcare and substance use treatment; and, second, in light of full healthcare integration across all areas of healthcare. He also mentioned that the Advisory Board should focus on cultural relevance or cultural competence, as it's sometimes called, because the North Sound community members are highly diverse (ages, gender identities, levels of recovery, levels of engagement and health-related knowledge, diagnoses, sexual orientation, ethnicities, languages, etc.). He suggested that the Advisory Board should attempt to identify some key initiatives on which they might focus. He suggested using the large graphic from the Retreat to help in the identification of those key initiatives, again with a central focus on healthcare integration.</p> <p>Candy said the Advisory Board's role in advocacy could be a leading force for discussions as the BHO develops. Marie stated the importance of advocating at all levels, including the legislative level and noted consumer voices must be heard.</p> <p>The Advisory Board decided to approach (1) the identification of key priorities as an ongoing discussion at each of the next meetings, in parallel with (2) an educational component presented by Joe Valentine on the structure and functional differences of the new Behavioral Health Organization (BHO) at each of those same meetings.</p> <p>Mark asked each Board member to write about his/her individual advocacy role and representation of consumer perspectives within each of their counties. Joanie will gather and compile the responses</p>	Informational

	for the October 1st meeting.	
<b>EXECUTIVE DIRECTOR'S REPORT</b>		
	<p>Joe talked about the Supreme Court's decision regarding single bed certifications. The court issued a stay on implementing the decision until September 4<sup>th</sup>. The court will review the State's request for a 120 day stay. He also talked about the grant for Housing and Recovery through Peer Services (HARPS) and gave an update on Crisis Redesign.</p> <p>Joe noted he will be giving an overview on the latest developments regarding the BHO during the October Advisory Board meeting.</p>	Informational
<b>ACTION ITEMS BEING BROUGHT TO THE BOARD OF DIRECTORS</b>		
	<p>Joe spoke about each of the action items. A motion was made to forward the Action items to the Board of Directors for approval.</p> <p>Motion was seconded and approved.</p>	Motion approved to forward action items to the Board of Directors
<b>NEW BUSINESS</b>		
<p><b>NAMI Conference Reports:</b> The members who attended the conference gave a brief overview of the sessions they attended at the NAMI Conference. Jeannette spoke about the ratio of inmates who are mentally ill at the Department of Corrections and the procedures of the Intensive Management Units (IMUs). Jennifer talked about information given regarding the use of pharmacology and herbal medicine. Greg W. spoke about the Comedy group, as well as dinner at the prison. Mark noted the conference was too focused on the prison system. David spoke on some of the seminars he attended and the members engaged in conversation with him.</p>		
<b>REPORT FROM ADVISORY BOARD MEMBERS</b>		
<p>Mark asked the group if anyone had a county report. Marie asked Carolyn Hetherwick Goza if she would talk about her recent interview with the Everett Herald. Carolyn responded by giving details about her interview and articles in the paper regarding her personal story of tragedy to advocacy.</p>		
<b>COMMENTS FROM COUNTY ADVISORY BOARD REPRESENTATIVES</b>		
Island		
San Juan	<p>Peg talked about San Juan County utilizing some of the NSMHA funding to provide education to teachers and others who deliver child and youth services.</p> <p>She noted a presentation and training is being conducted on Adverse Childhood Experiences which affect child development. There are also measures adults can use to promote resiliency.</p>	
Skagit		
Snohomish	<p>Marie said she went to Optum Health in Pierce County. She spoke positively about the discretionary advantages of the building regarding mental health being its primary focus. She also mentioned the bus shelter/Compass situation. Conversation ensued around the topic. Fred talked about Baily Center and Compass Health in Everett.</p>	
Whatcom		
<b>OTHER BUSINESS</b>		
None		
<b>ADJOURNMENT</b>		
Chair	Meeting adjourned at 2:39 pm	Informational

# North Sound Mental Health Administration

Regional Support Network for Island, San Juan, Skagit, Snohomish, and Whatcom Counties  
*Improving the mental health and well being of individuals and families in our communities*

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## **QMOC Brief September 24, 2014**

### **Policy 1701, 1719 and 1724**

These policies were updated to incorporate changes from the State. Policy 1701 is for Crisis Stabilization Standards for Adults, Policy 1719 is regarding Utilization of Crisis Stabilization/Triage Beds allowing individuals being discharged from the hospital to have a safe step down before re-entry into the community and Policy 1724 was revised to encompass the progress made around collaboration with law enforcement. All three were approved and will go into effect 60 days after they are sent out to provider agencies.

### **External Quality Review Organization (EQRO)**

Greg outlined some of the highlights of the EQRO review and thanked everyone for their efforts in making the review easy.

### **Implementation of Relias Training**

Margaret Rojas and Jessica Ellis gave a brief update on the processes for uploading and implementation of the Relias Training System. They requested feedback from providers regarding Relias and the development of a new Training Plan. They mentioned NSMHA and providers are working on establishing a new Training Plan and requested feedback for the plan.

### **Exhibit N**

Diana gave a brief summarization regarding the Exhibit N Grievance Report submitted to the Division of Behavioral Health and Recovery (DBHR).

**NSMHA Plan of Action and Milestones – Phase 1 Calendar Year 2014**  
**2014-20 Overview of North Sound Behavioral Health Organization Proposal Timeline**  
 Thursday, September 18, 2014

ID	Task Name	Start	Finish	Duration	Q2 14			Q3 14			Q4 14			Q1 15			Q2 15			Q3 15		
					Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep
1	<b>Adult Behavior Health Taskforce Convenes See Note*1</b>	4/1/2014	4/1/2016	524d	[Blue bar spanning from Apr 2014 to Oct 2015]																	
2	Present Decision Paper To Each County Councils	4/1/2014	7/1/2014	66d	[Blue bar from Apr to Jun 2014]																	
3	Create a List/Survey of Existing CD Services in Region and Map Referral & Access Processes	9/2/2014	10/30/2014	43d	[Blue bar from Sep to Oct 2014]																	
4	<b>Task Force Makes Recommendations On Regional Service Areas</b>	7/18/2014	7/18/2014	1d	[Vertical bar in Jul 2014]																	
5	Create A BHO Work Group and Charter	9/1/2014	10/30/2014	44d	[Blue bar from Sep to Oct 2014]																	
6	Develop A Draft BHO Plan with BHO Work Group	9/1/2014	4/1/2015	153d	[Blue bar from Sep 2014 to Apr 2015]																	
7	<b>Preliminary BHO Rates</b>	11/10/2014	11/10/2014	1d	[Vertical bar in Nov 2014]																	
8	Review Preliminary BHO Rates	11/10/2014	11/12/2014	3d	[Vertical bar in Nov 2014]																	
9	Submit Letter of Intent to Become a BHO to State	12/12/2014	12/12/2014	1d	[Vertical bar in Dec 2014]																	

\*1 - State legislation uses the terminology "Adult"; however, this has since been interpreted to be "Adult, Youth and Child"

**NSMHA Plan of Action and Milestones – Phase 2 Calendar Year 2015**  
**2014-20 OVERVIEW North Sound Behavioral Health Organization Proposal Timeline**  
 Thursday, September 18, 2014

ID	Task Name	Start	Finish	Duration	Q1 15			Q2 15			Q3 15			Q4 15			Q1 16			Q2 16			Q3 16		
					Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep
1	<b>Task Force Submits Preliminary Report to Legislature</b>	1/1/2015	1/1/2015	1d																					
2	Revise Inter-Local Agreement/Consider Advisory Board Composition	1/1/2015	9/10/2015	181d	█																				
3	<b>Final Rates Determined</b>	6/1/2015	6/1/2015	1d																					
4	Introduce and Review the Draft BOH Plan to the Board of Directors	6/11/2015	6/11/2015	1d																					
5	<b>State Issues Requirements for BHO Detailed Plans</b>	7/1/2015	7/1/2015	1d																					
6	Develop Detailed BHO Plan-Finalize-Inter-Local Agreement	7/1/2015	8/5/2015	26d						█															
7	Review for Approval the Revised Inter-Local Agreement with the Board of Directors	9/10/2015	9/10/2015	1d																					
8	Forward Revised Inter-Local Agreement to County Councils for Approval	9/10/2015	10/29/2015	36d									█												
9	Draft Scope of Work for RFQ for Integrated Services	9/11/2015	11/19/2015	50d									█												
10	Review for Approval the BHO Plan With Board Of Directors	10/8/2015	10/8/2015	1d																					
11	<b>BHO Detailed Plans Submitted to DSHS</b>	10/29/2015	10/29/2015	1d																					
12	Introduce RFQ for Integrated Services to Board of Directors	12/10/2015	12/10/2015	1d																					
13	<b>Taskforce Makes Final Report to Governor</b>	12/15/2015	12/15/2015	1d																					

# NSMHA Plan of Action and Milestones – Phase 3 Calendar Years 2016-20

## 2014-20 OVERVIEW North Sound Behavioral Health Organization Proposal Timeline

Thursday, September 18, 2014

ID	Task Name	Start	Finish	Duration	2015				2016				2017				2018			
					Q1	Q2	Q3	Q4	Q1	Q2	Q3	Q4	Q1	Q2	Q3	Q4	Q1	Q2	Q3	Q4
1	Review and Approval of RFQ for Integrated Services to Board of Directors	1/14/2016	1/14/2016	1d																
2	Release RFQ for Service Integration	1/15/2016	1/15/2016	1d																
3	RFQ Application Period	1/15/2016	2/12/2016	21d																
4	<b>DSHS Completes Review of BHO Detailed Plan</b>	2/1/2016	2/1/2016	1d																
5	RFQ Evaluation Team and Scoring	2/19/2016	2/29/2016	7d																
6	<b>Contracts Released for Signature</b>	3/1/2016	3/1/2016	1d																
7	Scoring Selections to Board of Directors	3/10/2016	3/10/2016	1d																
8	RFQ Contract Negotiations	3/11/2016	3/31/2016	15d																
9	Contract for Integrated Services Begins	4/1/2016	4/1/2016	1d																
10	<b>Contracts For Behavioral Health Organizations Begin</b>	4/1/2016	4/1/2016	1d																
11	Implementation Of The North Sound BHO	4/1/2016	4/1/2016	1d																
12	<b>DSHS And HCA Report To Legislature/Governor On Each Regions' Preparedness For Full Integration by January 2020</b>	12/3/2018	12/3/2018	1d																



# The Development of the North Sound Behavioral Health Organization

Overview for the:  
North Sound ACH Organizing Committee  
October 3, 2014  
Joe Valentine

# Background

- \* ESSB 6312 [2014] directed HCA and DSHS to integrate procurement of Mental Health and Chemical Dependency Treatment Services
- \* State would contract with either “Behavioral Health Organizations” [BHOs] for integrated behavioral health services OR
- \* “Managed Care Organizations” for fully integrated Medicaid funded Health and Behavioral Health care

# Background

- \* A Legislative Task Force will recommend guidelines for requirements and the boundaries of Regional Service Areas
- \* The Task Force accepted the recommendations from the Counties for the Regional Service Areas
- \* North Sound would remain as its own RSA

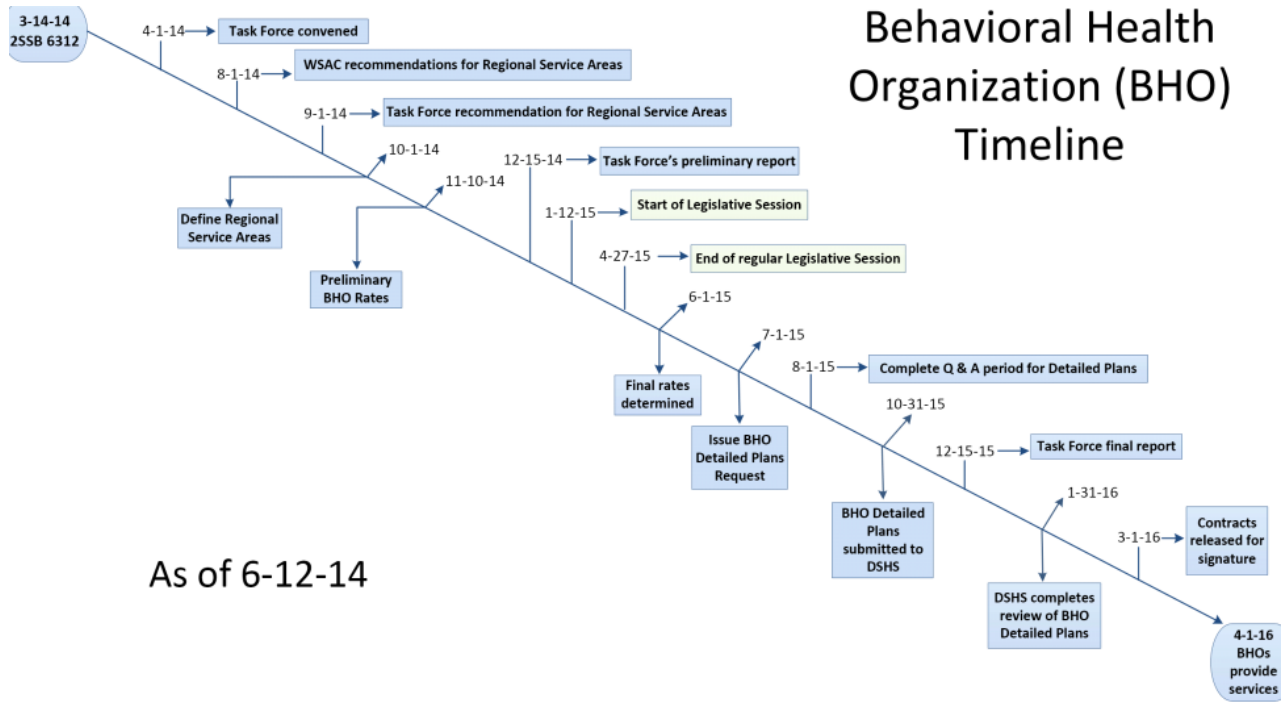


# Counties and BHOs

- \* Counties which currently oversee “Regional Support Networks” were given the option of developing and overseeing the new BHOs
- \* The 5 North Sound Counties voted to submit a plan to operate the North Sound BHO **provided that** the state would be allocating sufficient funding to assume the risk for a managed care contract for behavioral health services

# State Timeline

## Behavioral Health Organization (BHO) Timeline



As of 6-12-14

# North Sound Timeline

\* handout

# North Sound BHO

- \* The North Sound RSN [NSMHA] has been asked to take the lead in developing the plan
- \* A North Sound BHO Plan Workgroup has been created with representative of the 5 counties and all contracted behavioral health providers
- \* Several consultants will be retained including Dale Jarvis for the fiscal model



# Transition to Managed Care

- \* The state will provide “capitated” payments to the BHOs for all medically necessary MH and CD services for Medicaid enrollees
- \* Capitated rates determined by an actuary process factoring in # Medicaid enrollees, projected utilization, and cost of services
- \* Rates may not be sufficient to expand services beyond current treatment modalities

# BHO Plan Elements

- \* Services and Provider Network
- \* Performance Measurement
- \* Health Care Integration
- \* Cross System Collaborations
- \* Financial Management
- \* Advisory Board

# ACH and Health Care Integration

- \* Opportunities to expand “bi-directional” clinical integration
- \* Increasing access to services through tele-health networks
- \* Building the foundation for full integration of Health Care/Behavioral Health in 2020

# ACH and Health Care Integration

*Partnerships to improve services to special populations:*

- \* Children and youth,
- \* Pregnant and parenting women,
- \* Seniors
- \* Limited English Speaking persons,
- \* Native Americans, etc.