

NORTH SOUND MENTAL HEALTH ADMINISTRATION

ADVISORY BOARD MEETING AGENDA

October 6, 2015

1:00pm-3:00pm

1. Call to Order - Introductions, Chair
2. Revisions to the Agenda, Chair
3. Comments from the Public
4. Approval of the September Meeting Minutes
5. Upcoming November Pre-Meeting (*Budget Overview, Joe and Bill*)
6. Executive/Finance Committee Report TAB 1
 - a. Approval of the September Expenditures
 - b. Introduction of 2016 Budget/Proposed AB Budget
 - c. Legislative Session Visits/Budget Allocation & Drop Down Box
 - d. AB BHO Recruitment Process (New Roster)
 - e. Attendance Report
7. Standing Board of Directors Committee Reports TAB 2
 - a. Planning Committee
 - b. Quality Management Oversight Committee
8. Old Business TAB 3
 - a. Advisory Board Advocacy Priorities
 - b. Meal Reimbursement Policy
 - c. Nominating Committee
9. Executive Director Report TAB 4
10. Action Items Being Brought To The Board of Directors TAB 5
 - a. Action Items/ Memorandum (Available at Meeting)
 - b. BHO Plan (Available at Meeting)
11. New Business
12. Report from Advisory Board Members
 - a. Carolyn Hetherwick Goza-PATH Success
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 3rd**, in the NSMHA Conference Room.

**North Sound Mental Health Administration (NSMHA)
 MENTAL HEALTH ADVISORY BOARD (AB)
 September 1, 2015
 1:00 – 3:00pm**

Present:	Island: Candy Trautman San Juan: Peg LeBlanc Skagit: Joan Lubbe Snohomish: Marie Jubie, Carolyn Hetherwick-Goza, Fred Plappert, Jennifer Yuen, Joan Bethel, Greg Wennerberg Whatcom: Michael Massanari, Mark McDonald
Excused Absence:	Island: San Juan: Skagit: Snohomish: Whatcom: Rachel Herman, David Kincheloe
Absent:	Island: San Juan: Skagit: Jeannette Anderson Snohomish: Carolann Sullivan, Jeff Ross Whatcom: Larry Richardson
Staff:	Joe Valentine, Margaret Rojas, Joanie Williams, Bill Whitlock
Guests:	Lisa U'ren, Skagit County

MINUTES

TOPIC	DISCUSSION	ACTION
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CALL TO ORDER AND INTRODUCTIONS		
Chair		Informational
REVISIONS TO THE AGENDA		
Mark asked if there were revisions to the agenda; Joe said he would like to add a follow up item to the Meal Reimbursement Policy.		
COMMENTS FROM THE PUBLIC		
Chair	none	
APPROVAL OF MINUTES		
Mark asked if there were any revisions to the Minutes, there were none. A motion was made to approve the minutes as written, motion was seconded and approved.		
REVIEW UPCOMING PRE-MEETING AND IDENTIFY QUESTIONS		
Chair	<p>Discussion took place regarding future Pre-Meetings. The decision was made have the Geriatric Mobile Outreach Team come and give a presentation in October. Joanie will contact Ruth Fielding. Joe noted the timing is good because Fairfax is opening the geriatric psychiatric ward in December.</p> <p>The Lummi and Tulalip Tribes will be invited present to the Advisory Board and speak to their Behavioral Health Programs. Joanie will add this to the Pre-meeting page for 2016.</p> <p>The Dignity and Respect Conference will take place in 2016. Joanie will update the AB Conference Spreadsheet.</p> <p>The site visit to Lake Whatcom Psychiatric Center was canceled this</p>	

	summer due to extreme hot weather. Members requested this be a potential site visit for 2016. Joanie will add this to the 2016 Site Visit Spreadsheet.	
EXECUTIVE/FINANCE COMMITTEE REPORT:		
Approval of the August Expenditures: The expenditures were reviewed; a motion was made to forward the expenses to the Board of Directors for approval. All were in favor, none opposed.		
By-Laws: Candy led the group in discussion regarding the by-law revisions.		
A motion was made to approve the by-law revisions. All in favor, none opposed.		
STANDING BOARD OF DIRECTORS COMMITTEE REPORTS		
	Planning Committee	
	Quality Management Oversight Committee (QMOC) Report	
	The Reports were made available in AB Member binders for review.	Informational
OLD BUSINESS		
Chair	<p>Advocacy Priorities: Joe talked about the Advisory Board’s Advocacy Goals and the steps taken to achieve them. He gave a synopsis of the Board’s progress. Potential trips in 2016 to the Capital Building during the Legislative Session are in the planning stages, as well as the formation of the Legislative Agenda Sub-Committee.</p> <p>Regarding Child Advocacy, two Pre-Meetings have been given, one by Julie de Losada and Anji Jordstad regarding Children’s Mental Health Programs, as well as Peg LeBlanc’s presentation today on Prevention in Schools.</p> <p>Joe said NSMHA funds school based mental health programs. He spoke about the system and the issues. He asked the group, “What should the school based mental health look like”?</p> <p>Carolyn said there are no psychiatric beds available in Snohomish County. She went on to say there needs to be a triage or crisis center available for the kids. There needs to be parity in adult and child services.</p> <p>Joe said, currently there are not enough kids to warrant a 24 hour facility.</p> <p>Discussion took place regarding Denney Juvenile Justice Center potentially becoming a residential and outpatient program for children.</p> <p>The items below were identified as key items to work on for the 2016 Legislative trip.</p> <ol style="list-style-type: none"> 1) Lack of regional residential treatment in the region for children and youth with Mental Health issues, as well as Substance Use Disorder. 2) Fragmented system between Medicaid and non-Medicaid individuals. <p>Fred made a motion for a Legislative Agenda Sub-Committee to be formed. The committee will meet and work on the legislative agenda items in October and November. They will present to the board in December. Joanie will mark the calendar. Joe said the advocacy items that the Advisory Board identified during the past meetings can be part of the agenda.</p>	Informational

	<p>Mark, Marie, Fred, Carolyn HG, Joan Bethel and Greg all agreed to be part of the committee. Joanie will set up the Sub-Committee meetings. The two items listed above will be added to the agenda items.</p> <p>AB Recruitment Process: Joe talked about the recruiting process of the upcoming integrated board; adding individuals with Substance Use Disorder. He spoke about the criteria determined during the AB Retreat in July. The criteria will be part of the BHO Plan which will be presented in October. One change will be made in the plan; increase in members. The original plan was to have no more than 25 members. By adding one member per county, the total will be 26, verses 25.</p> <p>October meeting, Joanie will bring the new roster/matrix to the Board; this will be added to the agenda as well.</p> <p>Joe said the BHO AB Recruitment Plan Proposals will be incorporated into the main BHO plan and will be presented to the Advisory Board in October to be voted on.</p> <p>Evaluation and Treatment Center (E&T): The visit to the Sedro Woolley E&T was discussed. Fred, Greg, Mark, Marie, Jennifer, Joan B., Candy and Joan L. will be attending the Open House which is from 10-11am on 9/9/2015. Joanie will arrange the taxi for those who need a ride.</p> <p>Shuttle Quote:</p> <p>Joe talked about the 2016 AB Budget Planning, stating a place holder will be added for funding the shuttle and potential overnight stay. This will be added to the October agenda.</p> <p>Other: Meal reimbursement Policy:</p> <p>Joe discussed appropriate use of public funds concerning the AB Meal reimbursement practices. He reminded the members that last October the Advisory Board agreed to allow outside purchases of food, even if food is being served at an event, meeting or conference. Joe said he is going to ask the Advisory Board to change the current practice and align policy 4512 with the NSMHA Staff policy 3031. He said NSMHA will not reimburse purchased meals if the meal is already provided by NSMHA or a conference. Members are free to purchase meals on their own if they do not like what is being served. He also noted if there are dietary restrictions, such as vegetarian, gluten free, etc. members could let Joanie know.</p> <p>He went on to say this will go into effect immediately. Next month people will be provided opportunity to voice objections.</p> <p>Fred asked when the 2016 Budget will be released. Joe let him know it would be introduced next month and approval will take place in December.</p> <p>Agenda Item: November Pre-meeting Budget Overview of 2016.</p>	
<p>EXECUTIVE DIRECTOR REPORT: Joe gave the Executive Director Report. He covered the North Sound Behavioral Health Organization (BHO) Draft Detailed Plan-Executive Summary. The following topics were discussed:</p>		

Background

General and Overall Transition Plan

- Transition Planning Process
- Behavioral Health Integration Model
- BHO Organizational Structure

Transition and Coordination of Services Plan

- Coordination with Health Care Providers
- Coordination with Managed Care Organizations
- Agreements with Jails
- Agreements with Drug Courts
- Coordination with Department of Corrections (DOC)
- Community Justice Treatment Act (CJTA)

Communications with Stakeholder Plan

- Communication Plan
- Advisory Board
- Tribal Authorities

Network Analysis and Development Plan

- Network Analysis
- Network Development
- SUD and Co-Occurring Network Components

Staffing and Workforce Analysis and Development Plan

- Training
- Workforce Development

Financial and Administrative Plan

Utilization Management Plan

- Authorization of Services
- SUD Residential Services
- Utilization Management

Quality Assurance and Performance Improvement Plan

Program Integrity Plan

Grievance System Plan

Tribal Communication Coordination and Communication Plan

Behavioral Health Data Consolidation Project Plan

Major Decisions to be Made

Joe said he would like the BHO AB to assist with Recovery Support Services. NSMHA is hoping to expand Peer Services to both Mental Health and Substance Use Disorder (SUD), by exploring new models such as Recovery Cafes or Recovery Coaches, similar to Certified Peer Counselors (CPCs). Next year there will be more conversation on the topic.

ACTION ITEMS BEING BROUGHT TO THE BOARD OF DIRECTORS

	Joe discussed the Action Items with the Advisory Board. A motion was made to forward the Action Items to the Board of Directors for approval. Motion was made to forward the Action Items to the Board of Directors. Motion was seconded and approved.	Action: Motion approved to forward the Action Items to BOD for approval.
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NEW BUSINESS

AB Poll for 2016 Board Meetings:

A vote was taken to determine if Members preferred a different day and time to hold the monthly AB meetings in 2016. Most members voted to keep the meeting on the first Tuesday of the Month. Based on the majority vote, the meetings will remain on the first Tuesday of the month at 1:00pm with lunch at 12:00 and

Executive Finance Committee remaining at 11:00am.		
REPORT FROM ADVISORY BOARD MEMBERS:		
<p>Mark spoke about NAMI Conference he attended last month, noting they did a better job this year than last. Lisa U'ren spoke about the conference as well. <i>(She is the guest who attended the meeting today)</i>; she talked about a session that was taught regarding personality disorders caused by trauma.</p> <p>Greg said the conference, speakers and food were good. He especially enjoyed the availability of the information at the booths. Eleanor Owen, 94 years old, received a prestigious award from NAMI he said.</p>		
COMMENTS FROM COUNTY ADVISORY BOARD REPRESENTATIVES		
Island	Candy said her County did not meet last month. She belongs to the American Foundation for Suicide Prevention. Next week is national Suicide Prevention week, she noted.	Informational
San Juan	Peg said she had to miss last month's meeting due to her workload and crises.	Informational
Skagit	none	Informational
Snohomish	<p>Marie spoke about a luncheon being presented by Building Communities of Hope. They are having a free luncheon, in the Edward Hansen Conference Center on September 17th. Joe noted members who are interested can attend on their own; expenses are not reimbursable since this event is a fund raiser with one of NSMHA's clients. Additional discussion followed.</p> <p>Joan B. talked about her interactions with seniors and suicide ideations.</p> <p>Greg said this is Recovery Month. September 12th there is a Recovery Picnic and Ken Stark is speaking.</p> <p>He spoke about the formation of FYSPRT and the Regional Support Network's (RSN) oversight, as well as Dad's Move last meeting being held in San Juan County.</p>	Informational
Whatcom	Mark said the next Whatcom County meeting will be in November.	Informational
OTHER BUSINESS:		
none		
ADJOURNMENT: The meeting adjourned at 3:00pm		

Advisory Board Budget January through September 2015

	All Conferences	Board Development	Advisory Board Expenses	Stakeholder Transportation
Total	Project # 1	Project # 2	Project # 3	Project # 4
Budget	\$ 34,000.00	\$ 14,896.00	\$ 1,700.00	\$ 17,204.00
Expense	(20,198.96)	(6,096.53)	(501.72)	(13,600.71)
Under / (Over) Budget	\$ 13,801.04	\$ 8,799.47	\$ 1,198.28	\$ 3,603.29
				\$ 200.00

BHC, NAMU, COD, OTHER	BOARDS SUMMIT (RETREAT)	Costs for Board Members (food, mileage, misc.)	Non- Advisory Board Members, to attend meetings and special events

North Sound Mental Health Administration
Warrants Paid
September 2015

	Type	Date	Num	Name	Memo	Amount
Advisory Board						
Supplies						
	Bill	09/16/2015	58910	Haggen Inc	Batch # 111385	358.05
	Bill	09/16/2015	090115-99733	Haggen Inc	Batch # 111385	276.64
Total Supplies						<u>634.69</u>
Travel						
	Bill	09/01/2015	August2015	Yuen, Jennifer	Batch # 111222	64.45
	Bill	09/08/2015	August2015	AA Dispatch	Batch # 111286	942.67
	Bill	09/08/2015	July/August2015	McDonald, Mark	Batch # 111286	192.63
	Bill	09/08/2015	August2015	McDonald, Mark	Batch # 111286	448.02
	Bill	09/08/2015	June2015-2	McDonald, Mark	Batch # 111286	26.65
	Bill	09/22/2015	August2015	Shilo Inn	Batch # 111482	278.07
	Bill	09/22/2015	August2015	Shilo Inn	Batch # 111482	278.07
	Bill	09/29/2015	September2015	Trautman, Candy	Batch # 111560	102.93
	Bill	09/29/2015	September2015	Yuen, Jennifer	Batch # 111560	174.00
Total Travel						<u>2,507.49</u>
Total Advisory Board						<u>3,142.18</u>
						<u>3,142.18</u>
						<u>3,142.18</u>

Advisory Board Budget 2016

	All Conferences	Board Development	Advisory Board Expenses	Stakeholder Transportation	Legislative Session
	Project # 1	Project # 2	Project # 3	Project # 4	Project # 5
Total					
Budget					
Expense					
Under / (Over) Budget	\$ 42,000.00	\$ -	\$ -	\$ -	\$ -

BHC, NAML, COD, OTHER	BOARDS SUMMIT (RETREAT)	Costs for Board Members (meals mileage, misc.)	Non-Advisory Board Members, to attend meetings and special events	Shuttle, meals, hotel, travel

Advisory Board Budget 2015

	All Conferences	Board Development	Advisory Board Expenses	Stakeholder Transportation
	Project # 1	Project # 2	Project # 3	Project # 4
Total				
Budget	\$ 34,000.00	\$ 14,896.00	\$ 17,204.00	\$ 200.00
Expense	0.00			
Under / (Over) Budget	\$ 34,000.00	\$ 14,896.00	\$ 17,204.00	\$ 200.00

BHC, NAMI, COD, OTHER	BOARDS SUMMIT (RETREAT)	Costs for Board Members (food, mileage, misc.)	Non-Advisory Board Members, to attend meetings and special events

NSMHA Advisory Board 2015

May 2015

COUNTY	MEMBER		APPTS	EMAIL
ISLAND				
Census: 78,801; No. Appointees: 4				
Appointed 5/24/2010 Term ends 6/30/2016	Candace Trautman		Executive Comm Advisory Board QMOC	philandcandy@wavecable.com
	VACANCY			
	VACANCY			
SAN JUAN				
Census: 15,875; No. Appointees: 3				
Appointed: 2/1/2013 Term ends: 2/1/2016	Peg Leblanc, LMFT		Advisory Board	pegleblancmft@gmail.com
Appointed: Term ends:	VACANCY			
SKAGIT				
Census: 118,837; No. Appointees: 4				
Appointed 1/8/07 Term ends: 5/20/2015	Joan Lubbe		Advisory Board Planning	No email address
Appointed: Term ends:				
Appointed Term ends	VACANCY			
SNOHOMISH				
Census: 745,913; No. Appointees: 9				
Appointed 3 yr. term Term expires 10/15/15	Fred Plappert		Advisory Board QMOC	ftaxpro@frontier.com
Appointed 3 yr term Term expires 1/31/2017	Carolann Sullivan		Advisory Board Executive Comm	lowe_004@yahoo.com
Appointed 3 yr term Term expires 6/22/2017	Greg Wennerberg		Advisory Board QMOC Planning	gregoryalanwennerberg@gmail.com
Appointed 3 yr term Term expires 5/31/2016	Jeff Ross		Advisory Board	jeff.ross@snoco.org

COUNTY	MEMBER		APPTS	EMAIL
Appointed 3 yr term Term expires 6/30/2016	Jennifer Yuen		Advisory Board QMOC	Jennifer.Schan@live.com
Appointed 3 yr term Term expires 6/30/16	Marie Jubie		Advisory Board Executive Comm QMOC Planning	marie_jubie@comcast.net
Appointed 3 yr term Term expires 6/30/16	Joan Bethel		Advisory Board	No email address
Appointed 3 yr term Term expires 1/7/2017	Carolyn Hetherwick Goza		Advisory Board	chetherwickg@gmail.com
WHATCOM				
Census: 206,353; No. Appointees: 6				
Appointed, first partial year then two year staggered: Term expires: 1/31/18	Mark McDonald		Ad Board Chair Executive Chair BOD QMOC Planning	arrozo222@yahoo.com
Appointed, first partial year then one year staggered Term expires: 1/31/17	Larry Richardson		Advisory Board	richardl1@yahoo.com
Appointed, first partial year then three year staggered Term expires: 1/31/19	David Kincheloe		Ad Board vice Chair Executive Comm BOD QMOC	dkincheloe@gmail.com
Appointed, first partial year then one year staggered Term expires: 1/31/17	Michael Massanari, MD		Advisory Board	Michael.massanari@wwu.edu mmassanari@comcast.net
Appointed 3 yr term Term expires: 1/31/16	Rachel Herman		Advisory Board	rach3130@yahoo.com



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

117 North First Street, Suite 8 • Mount Vernon, WA 98273

360.416.7013 • 800.684.3555 • Fax 360.416.7017 • Email nsmha@nsmha.org • Web Site <http://nsmha.org>

Planning Committee Brief September 18, 2015

Behavioral Health Organization (BHO) Update

The plan summary was presented with the recommendations from the September Board of Directors meeting incorporated. Feedback from Planning noted concerns around the different level of confidentiality that exists between the services for substance use disorders and mental health. There were questions about training for providers as the new Access to Care Standards are coming out; NSMHA will have trainings upcoming on this. The Detailed Summary Plan for the BHO is due to the State by October 31st for services to start on April 1, 2016.

WISe Expansion Plan Update

The State requested that NSMHA double WISe slots by April 2016 which is a large increase in capacity given the difficulty in recruiting staff. NSMHA has sent a counter proposal to the State noting that providers increased capacity in July and that in addition to the issues around recruiting staff is the dollars needed to train. NSMHA will continue to dialog with the State on the issues and this topic will go on the agenda for the next meeting.

QMOC Meeting Brief September 23, 2015

Denial Review Request Form

With the revision of the Access to Care Standards that become effective October 1, 2015, the form for denial review requests needed updating to match the changes. Terry noted that the agreement rate with providers is over 99%; meaning NSMHA agrees with the decision by the provider in the process.

Care Coordination

NSMHA is in the process of updating the policy around care coordination and has developed a mechanism to identify individuals that may need a higher level of care. NSMHA will be contacting providers when someone is identified to see if NSMHA can provide additional assistance to these individuals.

Intensive Outpatient (IOP) Utilization Results

An overview of the review results were presented with the scores greatly improved over last year. The benchmark is scoring over 90% and last year several programs were in corrective action for the low scores. Remedial Action will begin or continue for scores that miss the benchmark but overall NSMHA saw improvement in treatment plans being recovery oriented and improved crisis plans.

Outreach Assessments

Provider contracts require an intake evaluation be available in an individual's residence in some cases and some providers are reluctant to provide this if the individual is not in a skilled nursing facility. Though outreach can be time consuming it is required; VOA will let provider quality managers know of any instances of a decline to address this issue.

Performance Improvement Projects (PIPs)

NSMHA has been working on two PIPs, one for transition age youth and one to look at how the mid-2014 implementation of Wraparound with Intensive Services (WISe) has impacted outcomes. These two will be retired and NSMHA must now do three as we transition to the BHO. The recommendation is to do one for children and one for substance use disorders (SUD). NSMHA will need to convene a subcommittee of providers, counties and Advisory Board members to look at data and choose.

Evidence-Based Practices (EBPs)

The State has set a benchmark of 17.30% for what percentage of services to kids should be EBPs; we are exceeding the benchmark with 19.44%. Going forward the goal is to increase by 7.5% each year to reach the goal of 45% by 2020. NSMHA is looking for provider agencies to work with the UW on a project around this.

T.R. Settlement

The WISe program was implemented after the settlement and on July 1st, NSMHA increased from 88 slots to 135 and then on July 30th State asked us to go to 556 slots by June 2017. NSMHA sent a counter-proposal to the State to instead increase to 385 slots by April 2018; we await a response.

The Children's Policy Executive Team (CPET) is transitioning to Family Youth System Partner Round Table (FYSPRT) group with the contract received from the State that came with a manual that NSMHA is reviewing for implementation.

State Draft Quality Strategies

DSHS and the Health Care Authority have developed a quality strategy that has been sent out in draft for review by RSNs. It will be the quality plan as we become a Behavioral Health Organization; NSMHA will review and comment and has sought feedback from provider agencies and others during the comment period.

North Sound Mental Health Administration
Advisory Board
Advocacy Goal #1
Children, Youth and Adolescents

Issues identified through September 2015

- Evaluation and Treatment (E&T) Center for children & youth
- Residential Services for children and Youth
- Parity in services with Children & Youth and Adults
- RCW changes in Involuntary Treatment Act (ITA)
- Provide awareness of services to children/youth
- Treatment available in schools
- Fragmented System between Medicaid and non-Medicaid
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Behavioral Health Community Meeting

Friday, October 30, 2015 from 1:00 to 4:00 p.m.
Best Western Plus (Cotton Tree) Convention Center,
2300 Market Street, Mount Vernon, WA

Please RSVP to
rebeccac@co.skagit.wa.us
by October 23, 2015

For more information:
(360) 419-3363

Transitioning Behavioral Health Services from the North Cascades Gateway Center

This meeting will discuss the transition of behavioral health services from the North Cascades Gateway Center and is open to all community members including consumers, family members, advocates, service providers, agencies and other stakeholders.

North Sound Mental Health Administration and Skagit County are committed to a collaborative approach, working with multiple stakeholders to identify therapeutic, recovery-focused models to transition the behavioral health services to accessible locations within the region.

There will be presentations on:

1. Findings and input gathered from key regional stakeholders and consumer focus groups that are now being conducted;
2. Presentation on potential models of service to provide detox and residential substance use disorder treatment in the community to replace the services that are now provided at Pioneer Center North.

The changes that are taking place at the North Cascades Gateway Center provide the North Sound Region (Snohomish, Skagit, Whatcom, Island, and San Juan counties) with the opportunity to move towards innovate, integrated and evidence-based treatment services for individuals in our communities with mental and/or substance use disorders.

There will be time for comment and discussion of the proposed models and how they might be adapted for the five counties in the North Sound Region. Next steps and opportunities for continued collaboration will be discussed.

Please join us!