



# **Advisory Board**

**Pre-meeting**

**May 5, 2009**

**12:15 - 1:00**

## **Federal Block Grant (FBG) Allocations**

**Presented by**

**Margaret Rojas**

**Contracts Coordinator/Legislative Liaison**

## MEMORANDUM

DATE: April 24, 2009  
TO: NSMHA Advisory Board  
FROM: Chuck Benjamin, Executive Director  
RE: May 14, 2009, Board of Director's Agenda

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Please find for your review the following that will go before the NSMHA Board of Directors at the May 14, 2009, meeting:

To approve for recommendation to the Board of Directors the Federal Block Grant allocations for the 2009-2010 grant cycle.

There may be additional items after the Planning Committee on May 1<sup>st</sup>. If so, there will be a **revised** memorandum in your manila folder at the meeting.

cc: Charles R. Benjamin  
County Coordinators  
NSRSN Management Team

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

## **Agenda**

**May 5, 2009**

**1:00 PM**

1. Call to Order - Introductions, Chair – 5 minutes
2. Revisions to the Agenda, Chair – 5 minutes
3. Approval of the April 2009 Meeting Minutes, Chair – 5 minutes
4. County Coordinator Report
5. Ombuds Snapshot
6. Comments from the Public –5 minutes
7. Correspondence and Comments from the Chair – 5 minutes
8. New Business:
9. Monthly Committee Reports
  - a. Executive Director's Report – Chuck Benjamin – 5 minutes
  - b. Finance Committee – Mary Good – 5 minutes
  - c. Executive Committee/Agenda Committee – Charles Albertson – 5 minutes
  - d. QMOC Report – rotates between representatives – 5 minutes
10. Items To Be Brought Forward To The Board of Directors – Chuck Benjamin, Executive Director
  - a. Consent Agenda
  - b. Action Items
  - c. Introduction Items
11. Comments from County Advisory Board Representatives – 15 minutes
  - a. Island
  - b. San Juan
  - c. Skagit
  - d. Snohomish
  - e. Whatcom
12. Comments from Public – 5 minutes
13. Other Business
14. Adjournment

**NOTE:** The next Advisory Board meeting will be June 2, 2009, in the NSMHA Conference Room.

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

**April 7, 2009**

**1:00 – 3:00**

|                         |   |
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| <b>Present:</b>         | <b>Snohomish County:</b> <i>Arthur Jackson, Marie Jubie and Otis Gulley</i><br><b>Skagit County:</b> <i>Mary Good</i><br><b>San Juan County:</b> <i>Mary Ann Slabaugh</i><br><b>Whatcom County:</b> <i>Darcy Hocker</i> |
| <b>Excused Absence:</b> | <b>Whatcom:</b> <i>Andrew Davis, Charles Albertson and Russ Sapientza</i><br><b>Island:</b> <i>Terry Ann Gallagher</i>  |
| <b>Absent:</b>          | <b>Island:</b> <i>Candace Trautman</i><br><b>Skagit:</b> <i>Joan Lubbe</i><br><b>San Juan:</b> <i>Catherine Ellis</i>   |
| <b>Staff:</b>           | <i>Chuck Benjamin, Greg Long and Rebecca Pate, recording</i>  |
| <b>Guests:</b>          | <i>Chuck Davis, Susan Lange, Nancy Clark, Jaye Korop, Sarah Gulley, Susan Schoeld and Mark McDonald</i>   |

**MINUTES**

| <b>TOPIC</b> | <b>DISCUSSION</b> | <b>ACTION</b> |
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**CALL TO ORDER AND INTRODUCTIONS**

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| Vice Chair Jackson | Vice Chair Jackson called the meeting to order at 1:00 and introductions were made. There was a moment of silence observed in honor of Fred Fragner and Della Hill. There was a pre-meeting presentation by Compass Health staff, Nancy Clark and Jaye Korop regarding Supported Employment. | Informational |
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**REVISIONS TO THE AGENDA**

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| Vice Chair Jackson | Arthur asked if a quorum was present and it was recognized a quorum was present. Arthur asked for any revisions to the agenda.<br><br>Otis requested Peer Counselor trainers be asked to provide a pre-meeting in July. | Informational |
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**APPROVAL OF MINUTES**

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| Vice Chair Jackson | Arthur asked if there were any revisions to the minutes. Otis made a motion to approve the minutes as written, Mary seconded and motion carried. | Informational<br><br>Motion carried |
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**COUNTY COORDINATOR REPORT**

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| Susan Schoeld | <b>San Juan</b> – developing requests for proposals for school based mental health services utilizing their 1/10 of 1% funds.<br><br><b>Island</b> – nothing new to report they are just trying to hold on to what they have started and get their 1/10 of 1% programs up and running.<br><br><b>Skagit</b> – Sea Mar and Sunrise will provide mental health outpatient services in Anacortes. Sea Mar began March 26 <sup>th</sup> and Sunrise will begin soon. Sea | Informational |
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|  | <p>Mar will be using an office at Island Hospital and Sunrise will be using an office at the Salvation Army and they are looking for a location to provide services in Concrete. Chris Tobey has left the position of supervisor of ARIS and moved to the position of Clinical Director of Youth and Family Services and Human Services.</p> <p><b>Whatcom</b> – Held their stakeholder forum on April 1<sup>st</sup> with over 100 attendees and the goal was to complete the community needs assessment for finalizing the comprehensive behavioral health plan, which will be used to establish programs and services funded by the 1/10 of 1% funds. They started collecting these funds January 1<sup>st</sup>. A meeting was held in March with Rainbow Center, Clubhouse members attending and NSMHA invited to discuss upcoming budget challenges. She said concern was discussed about the possibility of losing the clubhouse due to budget cuts and safety for members at Rainbow Center.</p> <p><b>Snohomish</b> – Snohomish held a community forum yesterday to discuss planning for crisis system improvements. Specific topics emerging were a Triage Facility, increased training for crisis responders (this would be across the board, including law enforcement, voluntary/involuntary treatment services and Volunteers of America) to increase communication across these systems to address barriers and improve services. A 1/10 tax board has identified three subcommittees that will develop a plan for services and expenditures of 1/10 of 1% funds with a goal of having a plan to the County Council by July 1, 2009. The three subcommittees are: Crisis System, Outreach and Housing Workgroup and Prevention and Early Intervention Workgroup. They have large tasks they will be working diligently on for the next two months. Sunrise is having their open house for their new facility April 16<sup>th</sup> from 3:30 to 5:30</p> |                      |
| <b>OMBUDS REPORT</b>                                   |   |                      |
| <p>Chuck Davis<br/>Susan Lange</p>                     | <p>Chuck and Susan reviewed the semi-annual report with the Advisory Board. Chuck mentioned they have attended some emergency crisis meetings in Skagit County to deal with emergency response situations. Discussion occurred throughout the presentation. The Ombuds information was included in members manila folders.</p>  | <p>Informational</p> |
| <b>COMMENTS FROM THE PUBLIC</b>                        |   |                      |
| <p>Arthur Jackson<br/>Sarah Gulley<br/>Otis Gulley</p> | <p>Arthur asked for any comments from the public.</p> <p>Sarah Gulley admitted to experiencing Co-Occurring Disorders for drug problem and mental health needs.</p>   | <p>Informational</p> |

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|  | <p>She said calls have been made on her behalf for treatment and she has been unable to find outpatient help for treatment of both mental health and chemical dependency. She said this should be addressed within the system. She acknowledged she has tried to get help for three years without becoming discouraged. Arthur acknowledged that some of the counties are working on a solution for this problem with their 1/10 of 1% funds.</p> <p>Otis mentioned the NAMI walk May 16<sup>th</sup> in Magnuson Park at Sand Point at 10 am. He added there are no family to family meetings until September.</p> <p>Nancy said she and her co-worker recently met with their contact at Work Source in Everett on developing ways to collaborate and help individuals with both employment and mental health services. She stated with trying times Work Source expressed concern about depression becoming a real issue now.</p>  |               |
| <b>COMMENTS AND CORRESPONDENCE FROM THE VICE CHAIR</b> |   |               |
| Vice Chair Jackson                                     | Arthur had nothing to report.   | Informational |
| <b>NEW BUSINESS</b>                                    |   |               |
|  | No new business   | Informational |
| <b>MONTHLY COMMITTEE REPORTS</b>                       |   |               |
|  | <b>Executive Director's Report</b>  |               |
| Chuck Benjamin   | <p>Chuck said from the Board of Directors (BOD) summit a charge was made for North Sound Mental Health Administration (NSMHA) to come up with a mission and vision values statement. He distributed information and discussed it with the Advisory Board. Greg asked for everyone to reply comments/input to him via email at greg_long@nsmha.org. The BOD wants a brief mission statement that can be incorporated on NSMHA's letterhead.</p> <p>Chuck stated the Federal Block Grant (FBG) Requests for Proposals (RFP) were sent out and 27-31 proposals were received with \$780,000 to award and total proposals submitted were \$1.6 million. An evaluation committee met to review and score the proposals. A lot of hard work went into the review and if proposals were from someone that had received funding previously they looked hard at how well they were doing with the grant previously received. The final decision has not yet been reached.</p> <p>Chuck said House and Senate budget proposals are out with \$124-126 million cut from mental health services in Washington with \$3.4 million cut to our region. Chuck added with the initial cut this totals about \$3.9-4 million to our system.</p> | Informational |

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|           | <p>Another stakeholder meeting is scheduled for April 14<sup>th</sup> from 1-5 at the Pipefitters Union Hall in Burlington and an email was sent out about this meeting with a request to RSVP. Chuck said this will result in another reduction for NSMHA of \$184,000, which will be in addition to the initial \$30,000. He added the BOD has set NSMHA's administrative rate at 5.42% of the Prepaid Inpatient Health Plan payments. He added the Advisory Board will also have a 5.42% reduction in their budget. He affirmed the stakeholder meeting is so individuals can assist NSMHA in prioritizing services with the cuts being faced. He admitted some programs will be affected by these cuts.</p> <p>Susan asked how much was Medicaid and non-Medicaid. Chuck stated \$23 million statewide for non-Medicaid with \$1.9 for our region and Medicaid \$9.9 million Statewide and \$1.3 million for our region. Chuck added these cuts will increase the workload for emergency services and Designated Crisis Responders (DCR). He affirmed there is a lot to be concerned about with these budget cuts for our region. Greg mentioned these are major cuts but people need to keep in mind resources are still available. Greg stated low income people will be the most affected.</p> <p>Mary asked how the North Sound is responding to the news articles by the Skagit Prosecuting Attorney in today's paper and Chuck said a declaratory judgment has been filed and this is all he can say.</p> |  |
|           | <b>Finance Committee</b>  |  |
| Mary Good | <p>Mary said expenditures are straight forward. A motion was made to move expenditures forward to the Board of Directors for approval, seconded and motion carried.</p> <p>The 2009 budget is reduced by 5.42% for a total of \$27,040. The budget proposal is:</p> <ul style="list-style-type: none"> <li>• Project #1 for \$11,040</li> <li>• Project #2 for \$0</li> <li>• Project #3 for \$13,000</li> <li>• Project #4 for \$3,000</li> </ul> <p>Otis made a motion to accept budget proposal, seconded and motion carried.</p> <p>It was recommended to carpool to the Behavioral Health Conference to save money and recommended to sponsor 10 scholarships with mileage reimbursement for carpool drivers. Marie made a motion to approve the 10 slots and carpool</p>  | <p>Informational</p> <p>Motion carried</p> <p>Motion carried</p> |

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|           | <p>recommendation, seconded and motion carried. Registrations must be received by Rebecca on or before May 1<sup>st</sup>. The Advisory Board will decide on the scholarships at their May 5<sup>th</sup> meeting.</p>  | <p>Motion carried</p> <p>Registrations to Rebecca by May 1<sup>st</sup></p> |
|           | <b>Executive/Agenda Committee</b>   |   |
| Mary Good | <p>Chuck discussed the House and Senate budgets and how it will affect the North Sound Region. Re-organization of the Finance and Executive Committees were discussed and it was decided to combine them to a one hour meeting beginning at 11:00. The agendas for both committees will be combined into one.</p> <p>The committee opted to rotate the Quality Management Oversight Committee report to all Advisory Board representatives so Mary is not the person always giving the report.</p> <p>It was discussed to conduct a site visit to the Tulalip Tribes medical clinic and attend the Lake Whatcom picnic. Otis requested a site visit/pre-meeting presentation regarding children's services.</p>   | Informational   |
|           | <b>Quality Management Oversight Committee (QMOC) Report</b>   |   |
| Mary Good | <p>The <b>February</b> minutes from the meeting are in your manila folder.</p> <ol style="list-style-type: none"> <li>1. The meeting was held February 25, 2009.</li> <li>2. The <b>February</b> minutes were approved as written.</li> <li>3. Announcements <ol style="list-style-type: none"> <li>a. Mike mentioned the new Sunrise Offices in Everett</li> <li>b. Greg mentioned the Request for Proposals (RFP) for Federal Block Grant (FBG) has gone out.</li> <li>c. Greg mentioned software for encrypted email.</li> <li>d. Cindy mentioned the Mental Health Division (MHD) audit of NSMHA in April</li> <li>e. Greg mentioned contract amendments</li> </ol> </li> <li>4. Reports given at the meeting <ol style="list-style-type: none"> <li>a. Comments from Chair – June LaMarr</li> <li>b. QMOC Policy Subcommittee – Cindy Ainsley</li> <li>c. Integrated Crisis Response Services (ICRS) Policy Subcommittee – Greg</li> </ol> </li> </ol> | Informational   |



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|  | <p>Long</p> <ul style="list-style-type: none"> <li>d. Western State Hospital Discharge Practices Changing – Greg Long</li> <li>e. Practice Guideline Workgroup Recommendations – Cindy/workgroup</li> <li>f. Beta Testing Results for Clinical Guideline/Core Elements – Kurt Aemmer</li> <li>g. Critical Incident Changes and Training – deferred to next meeting</li> <li>h. QMOC Charter Review – deferred to next meeting</li> </ul> <p>5. The next meeting will be March 25, 2009, in the NSMHA Conference Room South from 12:30 to 2:30 pm.</p> <p>The March <b>draft</b> minutes from the meeting are in your manila folder.</p> <ul style="list-style-type: none"> <li>1. The meeting was held March 25, 2009.</li> <li>2. The <b>March</b> minutes are still in draft form awaiting approval in April.</li> <li>3. Announcements <ul style="list-style-type: none"> <li>a. Mike mentioned the open house for the new Sunrise Offices, April 16<sup>th</sup> from 3:30 to 6:30</li> <li>b. Anne mentioned a stakeholder meeting to discuss 1/10 monies in Whatcom County April 1<sup>st</sup> from 9-12.</li> <li>c. Cindy acknowledged updates to Admin policy 1007.00</li> <li>d. Cindy acknowledged corrections to Core Elements stats</li> <li>e. Cindy mentioned providers missing timelines regarding complaints &amp; grievances</li> <li>f. Greg distributed a flyer regarding cross-system training around collaboration</li> </ul> </li> <li>4. Reports given at the meeting <ul style="list-style-type: none"> <li>b. Follow up on Old Business – Cindy</li> <li>c. Comments from Chair – June LaMarr</li> <li>d. Discussion about Minutes including names of Speaker – Cindy</li> <li>e. QMOC Policy Subcommittee – Cindy Ainsley</li> <li>f. Integrated Crisis Response Services</li> </ul> </li> </ul> |  |
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|  | <p>(ICRS) Policy Subcommittee – Greg Long</p> <p>g. Critical Incident Changes and Training – Kurt Aemmer/Cindy Ainsley</p> <p>h. QMOC Charter Review – Cindy/Greg</p> <p><b>NOTE:</b> The <b>time change</b> for the April and subsequent meetings. The next meeting will be April 22, 2009, in the NSMHA Conference Room South from 1:00 to 3:00 pm.</p>   |  |
| <b>ITEMS BROUGHT TO THE BOARD OF DIRECTORS</b>     |   |  |
|  | <b>Introduction and Action Items</b>  |  |
| Chuck Benjamin                                     | <p>Chuck mentioned the Mental Health Division contract amendments going before the Board of Directors (BOD):</p> <p>To approve DSHS-MHD-NSMHA-PIHP-07-09 AMENDMENT 4 for the provision of Medicaid services in the North Sound. This Amendment reinstates the state plan rates to the January 2009 rates and provides a one time payment of \$119,882.10 for the difference between the Initial Payment and the payment based on reinstatement of the January 2009 Rates. Language deletes Performance Improvement Measure target percentages. This Amendment period is April 1, 2009 through September 30, 2009.</p> <p>To approve DSHS-MHD-NSMHA-SMHC-07-09 Amendment 4 for the provision of State funded mental health services in the North Sound. This Amendment reinstates the Integrated Crisis Response Pilot funding of case management services and deletes Performance Improvement Measure target percentages. The maximum consideration is increased by \$626,842 for a maximum consideration of \$41,571,708. This Amendment period is April 1, 2009 through September 30, 2009.</p> <p>Otis made to recommend approval of the above amendments by the BOD, seconded and motion carried.</p> | <p>Informational</p> <p>Motion carried</p> |
| <b>COMMENTS FROM COUNTY ADVISORY BOARD MEMBERS</b> |   |  |
| Island   | No representative present.  | Informational                              |
| San Juan   | Mary Ann said there was nothing to report.  | Informational                              |
| Skagit   | Mary said they met yesterday and now meets at Skagit County Planning and Development offices on College Way. Discussed upcoming retreat and By-Laws. Chris Tobey resigned as Chair due to conflict of interest with new job at Skagit County Human Services. Discussions occurred around budget cuts.   | Informational                              |

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| Snohomish                       | Arthur said no meeting due to weather conditions.<br><br>Marie commented she has been doing some extensive legislative advocacy.<br><br>Otis mentioned a news article in Herald Net. He said flyers will be distributed recruiting new Advisory Board members for Snohomish.. | Informational |
| Whatcom                         | Darcy said the meeting will be combined this month. Andrew is working on the healthcare bill for united health coverage.  | Informational |
| <b>COMMENTS FROM THE PUBLIC</b> |   |               |
| Vice Chair Jackson              | Arthur asked for any comments and nothing was mentioned.  | Informational |
| <b>OTHER BUSINESS</b>           |   |               |
| Vice Chair Jackson              | Nothing was mentioned.  | Informational |
| <b>ADJOURNMENT</b>              |   |               |
| Vice Chair Jackson              | A motion was made to adjourn, seconded and motion carried. The meeting was adjourned at 2:30 and the next meeting will be May 5 <sup>th</sup> .   | Informational |