

NORTH SOUND MENTAL HEALTH ADMINISTRATION

ADVISORY BOARD MEETING AGENDA

April 7, 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 March Meeting Minutes **TAB 1**
5. Discuss upcoming Pre-Meeting (Rainbow and Bailey Centers)
6. Executive/Finance Committee Report **TAB 2**
 - a. Approval of March Expenditures
7. Standing Board of Directors Committee Reports **TAB 3**
 - a. Planning Committee (No meeting in March)
 - b. Quality Management Oversight Committee
8. Old Business **TAB 4**
 - a. AB Advocacy Priorities
 - b. Conferences; AB Member Attendees
 - c. Scholarships
 - d. Scholarship Application Deadlines
9. Executive Director Report **TAB 5**
10. Action Items Being Brought To The Board of Directors **TAB 6**
 - a. Action Items/ Memorandum (Available at Meeting)
 - b. Mental Health Block Grant Plan
11. New Business **TAB 7**
 - a. Scholarship Committee formation
 - b. Scholarship Committee meeting date
12. Report from Advisory Board Members
 - a. NAMI QMOC Applicant/NAMI National -Greg
 - b. SBIRT Report-Mark
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 **Monday, May 4th** in the NSMHA Conference Room.

	<ul style="list-style-type: none"> • A motion was made to approve the January and February Minutes, motion was seconded and approved. • NAMI National Conference interest and funding will be discussed, in addition to attendance and scholarships for the other conferences. 	<p>Informational</p>
<p>STANDING BOARD OF DIRECTORS COMMITTEE REPORTS</p>		
	<p>Planning Committee</p>	
	<p>The Planning Committee Brief was included in each member binder. Joe invited members from the Planning to comment.</p>	<p>Informational</p>
	<p>Quality Management Oversight Committee (QMOC) Report</p>	
	<p>The QMOC Brief was included in each member binder. Joe invited members from QMOC to comment.</p>	<p>Informational</p>
<p>OLD BUSINESS</p>		
<p>Chair</p>	<p>Advocacy Plan Discussion: Joe initiated discussion regarding the four top selections on the Advisory Board (AB) Advocacy Plan Matrix. One advocacy goal is to be discussed during each meeting, he noted. Conversation followed to include having an action plan prior to attending the Legislative Sessions. Marie talked about the significance of having a predetermined plan, in addition to writing letters, sending emails, talking to the Legislators and attending sessions in person. Joe spoke about reimbursement approval of AB member expenses if advocacy is directed toward issues, verses support or opposition to a particular bill. Joe led the discussion on the diverse House Bills which he included in his Executive Director Report handout.</p> <p>He spoke about the changes taken place at Western State Hospital. Group discussion continued.</p> <p>Carolann referenced Snohomish County having post cards which address specific House and Senate Bills. She said the card has room for a comment regarding the bill(s) in support or non-support of the bill, in addition to a line for a signature. She also talked about having a form identifying the resident’s designated State Legislators, in addition to the current bills being available. Group discussion followed. Joe commented that all emails and correspondence to law makers is tallied. Greg made a motion that NSMHA make up the cards which Carolann spoke about, and time be allotted during the next meeting for Advisory Board Members to discuss the bills and fill out the cards. He also asked that postage be added to the cards.</p> <p>Motion was seconded and approved.</p> <p>Jeannette and Carolann requested the group be educated regarding the Legislative Session and how the bills move through the House, in addition to a current bill update from Joe at the next meeting. Discussion continued regarding attending the legislative sessions in person. Larry pointed out that phone calls can be made, as well.</p> <p>Joe noted legislative bill discussions should start taking place in November and December if the Advisory Board wants to keep ahead of the issues, moving forward. Joanie noted the calendar.</p>	<p>Motion approved for NSMHA to have post cards made so Members can comment on legislative bills during the next meeting</p>
<p>EXECUTIVE DIRECTOR’S REPORT</p>		

	<p>Joe gave the Executive Director’s Report with updates on the following items: Sedro Woolley Evaluation and Treatment Center (E&T); Expansion of Mobile Outreach Teams (MOT) s; Federal Mental Health Block Grant (MHBG) and the Behavioral Health Organization (BHO) Plan. Conversation followed.</p>	<p>Informational</p>
<p>ACTION ITEMS BEING BROUGHT TO THE BOARD OF DIRECTORS</p>		
	<p>Joe talked about each of the Action Items included in the binders; there was discussion on some of the items. A motion was made to forward the Action Items to the Board of Directors. Motion was seconded and approved.</p>	<p>Motion approved to forward the Action Items to the BOD</p>
<p>NEW BUSINESS</p>		
<p>System of Care Conference: Julie spoke on the upcoming System of Care of Conference May 5th and 6th and referenced the Keynote Speakers, as well as the Session Speakers. She noted the benefit of the Advisory Board’s attendance at the conference, offering connection with the philosophy of work in children and youth services being performed on a daily basis.</p> <p>Julie said she budgeted for 20 scholarships and noted the scholarship criteria: county percentages first; must be a resident in one of the NSMHA counties; must be a youth of 16 years or older who has received, or is currently receiving mental health or chemical dependency services; caregiver of a child or youth receiving services and willingness to provide feedback to the Planning Committee and/or a presentation to the Children’s Policy Executive Team, as well as the Advisory Board. She also said there is a need for volunteers. If an individual is interested in applying for a scholarship but doesn’t meet the criteria, a scholarship can be awarded in lieu of volunteering at the conference.</p> <p>Joe asked Joanie to get an email out to the group with the scholarship application link.</p> <p>Julie told Jeannette she will get information to Skagit College Human Services Representative, Jere LaFollette about the conference.</p> <p>Julie talked about the Family, Youth, System, Partner, Round Table (FYSPRT) s and mentioned having a meeting flyer distributed at the next Advisory Board meeting.</p> <p>Conference Cost Sheets and Scholarships: Candy spoke about the upcoming conferences and referenced the cost sheets on each one. She said today’s emphasis will be on the May conferences, System of Care and the Tribal Conference. Candy noted the motion brought forth from the Executive Committee <i>not</i> to open up the Tribal Conference or System of Care for scholarship registration or reimbursement of expenses to individuals outside the Advisory Board. Scholarships for the other conferences will be decided during the April meeting, (Behavioral Health, NAMI & Co-Occurring and Dignity and Respect) following the determination of how many Advisory Board Members want to attend. It was noted the Advisory Board meeting date for May will need to be moved if AB members are interested in attending the System of Care Conference. Greg, Jeannette, Mark, Carolann, Candy and Peg said they are interested in attending the System of Care Conference.</p> <p>Joanie will contact people who aren’t at the meeting today, (David, Michael and Joan Bethel to see if they are interested in attending SOC or the Tribal Conference, as well). Peg would like to spend the night, in addition to Mark and Jeannette. Members interested in attending the Tribal Conference are: Jeannette, Greg, Fred, Jennifer, Mark, Marie, Carolann and Joan Bethel. Overnight stay needed for the Tribal Conference; Greg, Fred, Jennifer, Mark, Marie and Joan Bethel.</p> <p>The date of the May Advisory Board was changed to Monday May 4th, due to the System of Care of Conference. Candy will chair the meeting if David is unavailable. Joanie will reschedule the meeting on the calendar and send the Outlook update. Mark asked the members to think about the other conferences they would like to attend and talk about it at the next meeting.</p> <p>There was discussion regarding the NAMI National San Francisco Conference taking place in July and the possibility of Advisory Board Members attending the conference. Mark noted the conversation will be forwarded to the BOD requesting funds and approval of out of state conferences for Advisory Board Members. Greg made a motion for the approximate cost for the conference and all expenses be identified prior to the</p>		

DRAFT not yet approved by Advisory Board

request being made. Motion was seconded and approved, one opposed. Discussion followed to include NAMI scholarships and reduced airfare. Joanie will print out the available programs for the NAMI National Conference as well as NAMI State Conference and have it ready for the next meeting.

REPORT FROM ADVISORY BOARD MEMBERS

- Carolyn gave a report on the current happenings with Professional NAMI Basics.
- Fred noted March 20th the Everett Recovery Café will be opening, 2212 Broadway in Everett. It is similar to the clubhouse environment for chemical dependency and mental health.
- Greg spoke about the tour to the REACH Center last month. He said that Snohomish County could benefit from a similar center.

COMMENTS FROM COUNTY ADVISORY BOARD REPRESENTATIVES

In lieu of time, this section was skipped.

Island		
San Juan		
Skagit		
Snohomish		
Whatcom		

OTHER BUSINESS

Letter to Compass Health: The letter to Compass Health's Tom Sebastian was discussed regarding the request for a bus shelter.

A motion was made for the Advisory Board Chair to sign the letter acknowledging the request for Compass to attend an Advisory Board Meeting and talk about the request for a bus shelter. The motion was seconded and approved, all in favor, one opposed. Mark signed the letter, which Margaret will mail. Joanie will follow up with Tom when he calls and arrange a time for him to address the request.

NAMI Applicant for QMOC (Greg W.): Discussion took place regarding Greg's candidate (Lisa Utter) for an open QMOC seat. Discussion included reimbursement of travel and the QMOC Charter was referenced. Joe asked Greg to get the application to Joanie prior to the next meeting. The candidate's application will be reviewed during the Executive Finance Committee. Greg was also asked by the Advisory Board Members to find out if she would in need of a taxi or reimbursement of travel expenses.

Joe asked Joanie to work with Margaret to arrange a pre-meeting with the contact person who oversees the NSMHA Geriatric Mobile Outreach Team.

ADJOURNMENT

North Sound Regional North Sound Mental Health Administration
Warrants Paid
March 2015

	Type	Date	Num	Name	Memo	Amount	Balance
Advisory Board							
Supplies							
Total Supplies	Bill	03/09/2015	February2015	Haggen Inc	Batch # 109148	202.90	202.90
						<u>202.90</u>	<u>202.90</u>
Travel							
	Bill	03/03/2015	February2015	AA Dispatch	Batch # 109073	985.00	985.00
	Bill	03/03/2015	February2015	McDonald, Mark	Batch # 109073	43.37	1,028.37
	Bill	03/03/2015	February2015	Yuen, Jennifer	Batch # 109073	48.30	1,076.67
	Bill	03/09/2015	March2015	LeBlanc Peg	Batch # 109148	57.00	1,133.67
	Bill	03/09/2015	Jan-Mar2015	Trautman, Candy	Batch # 109148	69.00	1,202.67
	Bill	03/17/2015	Feb2015	Mileage	Batch # 109274	96.60	1,299.27
	Bill	03/31/2015	March015	Yuen, Jennifer	Batch # 109436	112.01	1,411.28
Total Travel						<u>1,411.28</u>	<u>1,411.28</u>
Total Advisory Board						<u>1,614.18</u>	<u>1,614.18</u>
						<u>1,614.18</u>	<u>1,614.18</u>
						<u>1,614.18</u>	<u>1,614.18</u>

**Advisory Board Budget
January through March 2015**

	All Conferences	Board Development	Advisory Board Expenses	Stakeholder Transportation
	Project # 1	Project # 2	Project # 3	Project # 4
Total				
Budget	\$ 14,896.00	\$ 1,700.00	\$ 17,204.00	\$ 200.00
Expense			(3,042.37)	
Under / (Over) Budget	\$ 14,896.00	\$ 1,700.00	\$ 14,161.63	\$ 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
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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>

QMOC Meeting Brief

March 25, 2015

Evidence-Based Practices (EBP) Reporting

The state requires an increase in EBPs when serving youth up to age 21; it is an unfunded mandate. NSMHA is working with providers to identify the best EBPs for dedicating resources. Cognitive Behavioral Therapy (CBT+) is one with a broad applicability across multiple diagnoses. NSMHA will convene a time-limited workgroup to identify the best EBPs for the region and be compliant with the law.

Evidence-Based Practices Training Priorities

The Regional Training Committee has scheduled some EBP trainings this year for Illness Management Recovery (IMR) and Motivational Interviewing (MI). CBT+ and Common Elements Treatment Approach (CETA) are EBP trainings being scheduled.

Performance Improvement Project (PIP)

This nonclinical PIP focused on workforce development of those that serve transition age youth (16-20). QMOC recommended a focus group to look at retiring this PIP and developing one to look at the care coordination piece as kids drop off once they become adults at times and there are a lot of factors that play into this.

Distance Standards

NSMHA recently implemented the contract amendment from the state and providers had concerns over the description of serving those in rural areas being not more than 30 minutes away. NSMHA clarified that the distance standards are region wide, not by provider and NSMHA will make sure that distance standards are met.

Crisis Plans

The crisis plans were reviewed and revised by a workgroup to be more recovery oriented and to align with the changes coming as a Behavioral Health Organization. Crisis plans can now be submitted to emergency rooms to better serve the individual so updates to assist emergency departments were made. The forms will go forward to the CIS workgroup to make sure the data points can all be transmitted.

Medication Formularies

NSMHA requested an update from provider agencies on any issues they have encountered with the medication formularies of the managed care plans since they started covering medication in January. Providers reported that other than issues at start-up they are not aware of anything.

Rural King County Residents

NSMHA has received requests for service from some rural King County residents that reside closer to our providers. NSMHA will serve residents from when requested. This involves a small number of individuals on Hwy 2. King County will not reimburse NSMHA for these rare occasions and it is expected to have a minimal fiscal impact.

Behavioral Health

The Senate budget reduces non-Medicaid funding to RSNs by nearly \$14 million. Non-Medicaid funds are used largely to support the crisis mental health system.

While it is true that currently some RSNs have fund balances that are significantly over their target amounts, a large percentage of the reserves are either encumbered for specific purposes or are being held in reserve for costs associated with integrating the mental health and chemical dependency systems. We are currently transforming the way we provide services, this is a major undertaking and is fraught with uncertainty. This is the absolute worst time to restrict or reduce flexible funding within the RSN system.

The Senate budget also drives down the Medicaid rate in order to saving \$16.5 million in General-Fund State (\$33 million total). RSN Medicaid capitation rates are reduced to the bottom of the RSN's federally-allowable rate range. Driving down our rates will make it exceedingly hard to maintain, let alone expand, our provider networks.

The reason why RSNs currently have high Medicaid fund balances is because the state assumed a seamless full startup of Medicaid expansion. It is a process to build and expand service networks, driving down rates will significantly reduce our ability to expand services to Washington's most vulnerable citizens.

The Senate also proposes to cut funding to Regional Support Networks to transition or divert patients from the Program for Adaptive Living Skills, which would be an additional \$10.4 million reduction to non-Medicaid funds.

Like the House, the Senate includes a robust package for Involuntary Treatment:

- Competency Evaluation and Restoration Services (\$29.0 million Near General Fund State). Chapter 5, Laws of 2015 (SSB 5889) establishes mandatory time limits for competency evaluation and restoration services. Funding is provided for 45 competency restoration beds at Western State Hospital and 15 competency restoration beds at Eastern State Hospital. Funding is also provided for staff and contracts for competency evaluation services.
- Involuntary Treatment Services (\$10.6 million Near General Fund-State, \$6 other funds) Funding is provided to enhance community resources pursuant to a variety of bills that create changes to involuntary treatment services and programs including: SB 5269 (mental health/involuntary outpatient), and SB 5269 (detention decision review).
- Psychiatric Evaluation and Treatment Beds (\$42.6 million General Fund-State, \$18.3 million other funds) Funding is provided to increase timely access to psychiatric evaluation and treatment services. This includes funding for operating a 30-bed ward at Western State Hospital and new psychiatric beds in community hospitals or freestanding evaluation and treatment centers.

As anticipated, the Senate does not include funding for opening up secure detox facilities. The fate of HB 1713 is rather uncertain at this time and will likely be unclear until the final budget deal is released.

The Senate also provides funding for the Criminal Justice Training Commission to implement crisis intervention training for all certified law enforcement officers.

[Legislature Home](#) > [Washington State Legislature](#) > [2015 Session Cutoff Calendar](#)

2015 Session Cutoff Calendar

January 12, 2015	First Day of Session
February 20, 2015	Last day to read in committee reports in house of origin, except House fiscal committees and Senate Ways & Means and Transportation committees.
February 27, 2015	Last day to read in committee reports from House fiscal committees and Senate Ways & Means and Transportation committees in house of origin.
March 11, 2015	Last day to consider bills in house of origin (5 p.m.).
April 1, 2015	Last day to read in committee reports from opposite house, except House fiscal committees and Senate Ways & Means and Transportation committees.
April 7, 2015	Last day to read in opposite house committee reports from House fiscal committees and Senate Ways & Means and Transportation committees.
April 15, 2015*	Last day to consider opposite house bills (5 p.m.) (except initiatives and alternatives to initiatives, budgets and matters necessary to implement budgets, differences between the houses, and matters incident to the interim and closing of the session).
April 26, 2015	Last day allowed for regular session under state constitution.
<p>* After the 94th day, only initiatives, alternatives to initiatives, budgets and matters necessary to implement budgets, matters that affect state revenue, messages pertaining to amendments, differences between the houses, and matters incident to the interim and closing of the session may be considered.</p>	

Legislative Districts

Candy Carolann	District 10	Barbara Bailey Norma Smith Dave Hayes
Peg Joan L. Mark Larry David	District 40	Kevin Ranker Kristine Lytton Jeff Morris
Jeannette	District 39	Kirk Pearson Dan Kristiansen Elizabeth Scott
Fred Greg Jeff Marie Joan Carolyn	District 38	John McCoy June Robinson Mike Sells
Michael	District 42	Luanne Van Werven Vincent Buys Doug Ericksen
Jennifer	District 21	Marko Liias Strom Peterson Lillian Ortiz-Self

Advisory Board Conference Cost Estimate Sheet 2015

Name of Conference	Date(s) of Conf.	Location	Reg . Fee	Mileage (approx) and cost of driving your own car. Reimbursement Rate: 57.5 cents per mile	Bus or Train Cost or Shuttle	Taxi Cost (approx) from Everett	Conference Hours (in regard to additional meal expenses)	Add'l Meals *B=Breakfast *L=Lunch *D=Dinner	Hotel Cost	Number of Advisory Board attendees interested in attending	Number of Outside Scholarships to be approved	Total approx. Cost per Person Driving Own Car	Total approx. Cost Per Person Taking Bus, Train and/or Taxi costs approximately \$2.50 per mile
System of Care Institute (SOCI)	May 5th and 6th 2015	Everett Holiday Inn, 3105 Pine St. 98201	N/A Scholarships from SOCI	33.5 miles one way; 67 Miles round trip from NSMHA \$38.53 x 2 days = \$77.06	N/A Conference is local	\$2.50 per mile + \$2.50 to ride + wait time	N/A Conference is local	N/A Conference is local	\$214.00 for 2 nights	Greg, Carolann Jeannette-hotel Mark-hotel Peg-hotel	N/A no scholarships for SOCI	Candy: \$77.06 CarolAnn: \$77.06 Jeannette: \$252.53 Mark: \$252.53 Peg: \$252.53 Total: \$834.65	Greg: approx. \$27.50 round trip Total: \$27.50
Tribal Conference	May 12th and 13th	Bow 5984 Darrk Ln, Bow, WA 98232 @ the Skagit Casino	\$125.00	10.5 miles one way; 21 Miles round trip from NSMHA \$12.08 x 2 days = \$24.16	N/A Conference is local	\$2.50 per mile + \$2.50 to ride + wait time 43 miles one way; 86 round trip \$215.00 round trip	N/A Conference is local	N/A Conference is local	\$79.00 for one night	Jeannette, Carolann Greg: hotel Fred: hotel Jennifer: hotel Mark: hotel Marie: Hotel Joan B: hotel	N/A no scholarships for Tribal Conference	Jeannette: \$149.16 Carolann: \$149.16 Jennifer: \$262.20 Mark: \$262.20 Total: \$822.72	Greg: \$419.00 Fred: \$419.00 Marie: \$419.00 Joan: \$419.00 Total: \$1,676.00
Behavioral Health Conference www.wcmhcnet.org	June 17, 18 & 19	Vancouver 301 West 6th Street 98660 @ the Hilton	N/A Scholarships given	254 miles one way; 508 miles round trip \$292.10	AMTRAK \$112.00 round trip (No shuttle available due to Golf Open)	TBD	Thurs: 8:30-5:15pm Friday: 9-3pm	Lunch 6/17 \$15 Dinner 6/17 \$31 Dinner 6/19 \$31 Total Cost: \$77.00	\$226.00 for 2 nights			Approx Cost per person driving: \$595.10	Approx Cost per person taking train: \$415.00
NAMI www.namiwa.org	August 21st-23rd	Tri-Cities Shilo Inn 50 Comstock St., Richland 99352	\$185.00 (approx. cost)	256 miles one way; 512 Miles Round Trip \$294.40	GREYHOUND bus drops 22 miles from conference location \$177.00 round trip	TBD	TBD: Last year's hours were Fri: 11:30-8:30pm; Sat: 8:00am-8:30pm; Sunday: 8am-12:00	Dinner: 8/20 \$31 8/23 Lunch: \$15 8/23 Dinner: \$31 Total: \$77.00	Approx \$300.00 for 3 nights			Approx Cost per person driving: \$856.40	Approx Cost per person taking bus: \$739.00
Co-Occurring Disorders Conference	October 12th & 13th	Yakima; 10 North 8th St. 98901	\$140.00 Early Bird	194 miles one way 388 miles round trip (approx.) \$223.10	GREYHOUND \$142.50 approx.	TBD	Mon: 8:30-5:15 Tues: 8:00-3:45	Dinner: 8/11 \$31.00 Dinner: 8/12 \$31.00 Dinner 8/13 \$31.00 Total: \$93.00	Approx . \$200.00 for two nights			Approx Cost per person driving: \$656.10	Approx Cost per person taking bus: \$575.50

