



North Sound Behavioral Health Advisory Board

Agenda

February 4, 2025
1:00 p.m. – 3:00 p.m.

Call to Order and Introductions

Revisions to the Agenda

Approval of January Minutes

Becky George, North Sound BH-ASO Newly Hired Staff – Margaret Rojas

Brief Announcements or Questions from the Public

Youth Navigator Program – Angela Fraser-Powell, Youth Navigator Program Manager

Executive Committee Report

Executive Director's Report

Executive Committee Action Items Recommendations

Old Business

- **2025 Pre-Meeting Training Topics**

New Business

- **Legislative Sub Committee/Legislative Update**

Report from Advisory Board Members



North Sound Behavioral Health Advisory Board Minutes

January 7, 2025
1:00 p.m. – 3:00 p.m.

Advisory Board (AB) Members Present in-Person

- Pat O'Maley Lanphear, Snohomish County
- Candy Trautman, Island County
- Marie Jubie, Snohomish County

AB Members Present via Zoom

- Kara Allen, Advisory Board Chair, Whatcom
- Rose Dennis, Island
- Mark McDonald, Whatcom
- Chris Garden, Island
- Cathie Murphey, Whatcom
- Gay Lynn Beighton, Snohomish
- Jana Robison, Snohomish
- Mary Uri, San Juan County
- Julie Melville, Island County

AB Members Excused

- Jeannette Anderson, Skagit County
- Alan Friedlob, Whatcom

Guests Present via Zoom

- Lisa Day, Office of Behavioral Health Advocacy

MCO Partners Present via Zoom

- Marci Bloomquist, CHPW

North Sound BH-ASO Staff Present in-Person

- Margaret Rojas, NS BH-ASO
- Maria Arreola, NS BH-ASO
- JanRose Ottaway Martin, NS BH-ASO

Call to Order and Introductions

- Kara Allen, AB Chair, called the meeting to order and initiated introductions.

Revisions to the Agenda

- There were no revisions to the agenda.

Approval of December Minutes

- Motion moved to approve the December minutes as written. All in favor. Motion carried.

Announcements

Alma Solano, North Sound BH-ASO Newly Hired Staff – Margaret Rojas

- Margret introduced Alma to the Board. Alma is the newly hired Accountant.

Brief Comments or Questions from the Public

- There were no public comments.

Executive Committee Report

- The chair indicated that there were no expenditures from last month.

A motion was made to move the budget forward to the Board of Directors, All in favor. Motion carried.

Director's Report

- JanRose provided the report.

The report included the following topics:

- BHASO Reserve Funds
- Whatcom Listening Sessions
- Lynnwood Crisis Care Facility
- Stimulant Use/Interventions Training
- Legislative Update

Margaret also gave an update on House Bill 1541 which was sent out to the Advisory Board Members via email.

Director's Action Items

- Fred moved that the Board of Directors' motions (Action Items) be forwarded to the Board of Directors for approval, Marie seconded, all in favor, motion carried.

Old Business

Nothing to report.

New Business

2025 Site Visits and Pre-Meeting Trainings

- Members provided a list of interests of pre-meeting training topics and site visits.

Legislative Sub Committee/Legislative Discussion

- Chair Allen created a Legislative Sub Committee. Members that will serve are Rose, Pat, Gaylynn and Marie. The goal of the committee will be to create legislative priorities for the legislative session in February. Maria has three dates available to meet prior to February. Maria will begin scheduling appointments with legislatures for February.
- Members that are interested in attending the legislative session this year are Fred, Rose, Chris, Marie and GayLynn.

Community Contest Sub Committee

- Chair Allen created a subcommittee to create a community contest for the 2025 year. Members that are interested in serving are Pat, Marie, Kara and Mary.
- Maria will schedule appointments to meet.







Report from Advisory Board Members

No reports given.

Reminder of Next Meeting

The next meeting Tuesday, February 4th, 2025

North Sound Behavioral Health Administrative Services Organization
Advisory Board Budget
January 2025

		All Conferences	Board Development	Advisory Board Expenses	Stakeholder Transportation	Legislative Session	Community Projects
	Total	Project # 1	Project # 2	Project # 3	Project # 4	Project # 5	Project # 6
Budget Expense Under / (Over) Budget	\$ 20,000.00 (207.20)	\$ 5,000.00	\$ 4,500.00	\$ 4,000.00 \$ (207.20)	\$ 800.00	\$ 5,000.00	\$ 700.00
	\$ 19,792.80	\$ 5,000.00	\$ 4,500.00	\$ 3,792.80	\$ 800.00	\$ 5,000.00	\$ 700.00
							
	All expenses to attend Conferences	Advisory Board Retreat/Summit	Costs for Board Members (meals mileage, misc.)	Non- Advisory Board Members, to attend meetings and special events	Shuttle, meals, hotel, travel		

NORTH SOUND BH-ASO
AdBrd Transaction Detail by Account

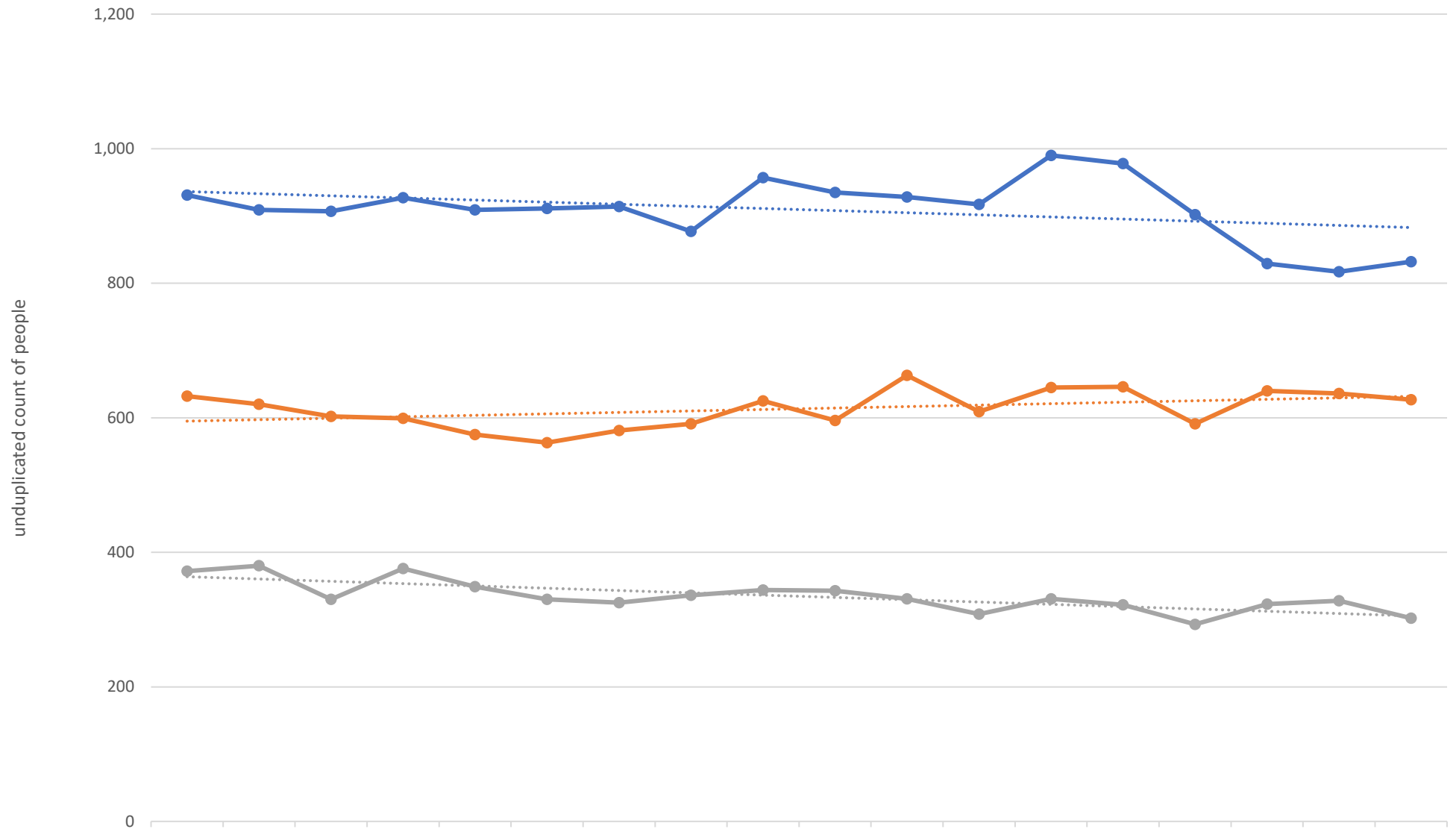
January 2025					
Type	Date	Num	Name	Memo	Amount
5643300 - Advisory Board					
5643343 - Travel					
Bill	01/28/2025	498	AA Dispatch-Yellow Cab	Batch #153445	207.20
Total 5643343 - Travel					207.20
Total 5643300 - Advisory Board					207.20
TOTAL					207.20



North Sound Crisis System Dashboard

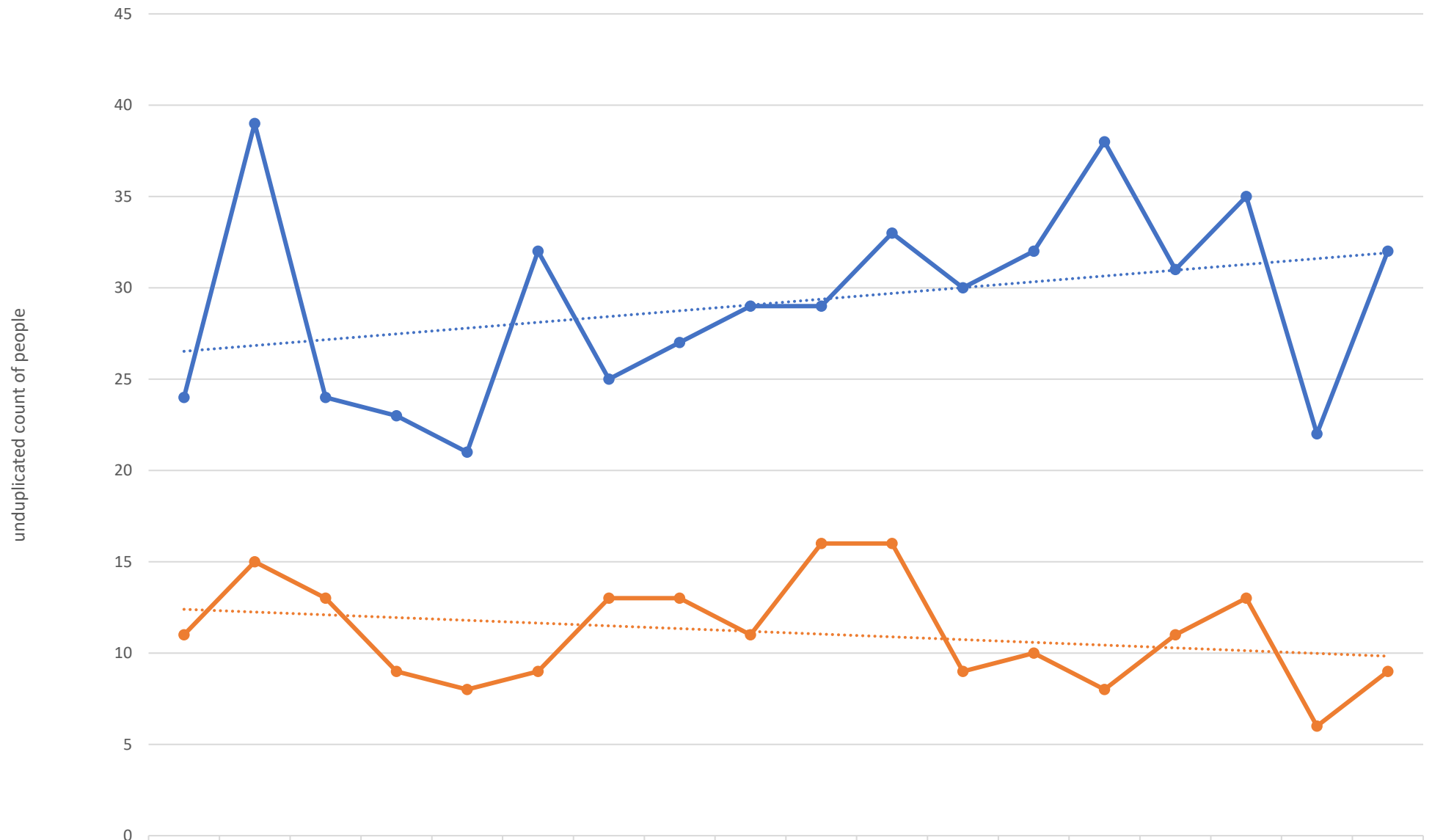
Page 2	Unduplicated People receiving a crisis system service
Page 3	Island - Unduplicated People receiving a crisis system service
Page 4	San Juan - Unduplicated People receiving a crisis system service
Page 5	Skagit - Unduplicated People receiving a crisis system service
Page 6	Snohomish - Unduplicated People receiving a crisis system service
Page 7	Whatcom - Unduplicated People receiving a crisis system service
Page 8	Region Designated Crisis Responder (DCR) Investigations
Page 9	Region DCR Investigation Referral Sources
Page 10	Region DCR Investigation Outcomes

Unduplicated People receiving a crisis system service



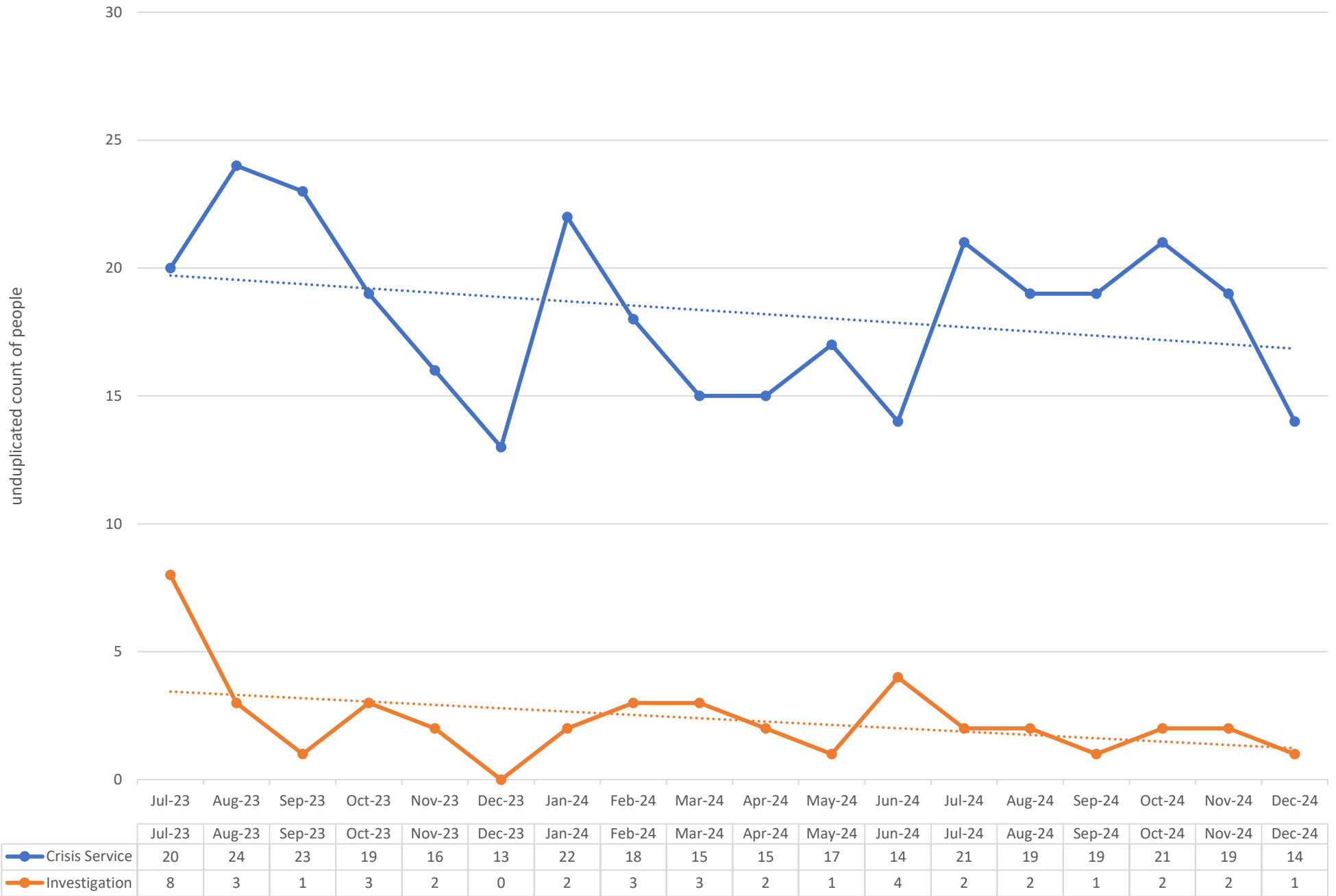
	Jul-23	Aug-23	Sep-23	Oct-23	Nov-23	Dec-23	Jan-24	Feb-24	Mar-24	Apr-24	May-24	Jun-24	Jul-24	Aug-24	Sep-24	Oct-24	Nov-24	Dec-24
● Crisis Call	931	909	907	927	909	911	914	877	957	935	928	917	990	978	902	829	817	832
● Crisis Service	632	620	602	599	575	563	581	591	625	596	663	609	645	646	591	640	636	627
● Investigation	372	380	330	376	349	330	325	336	344	343	331	308	331	322	293	323	328	302

Island - Unduplicated People receiving a crisis system service

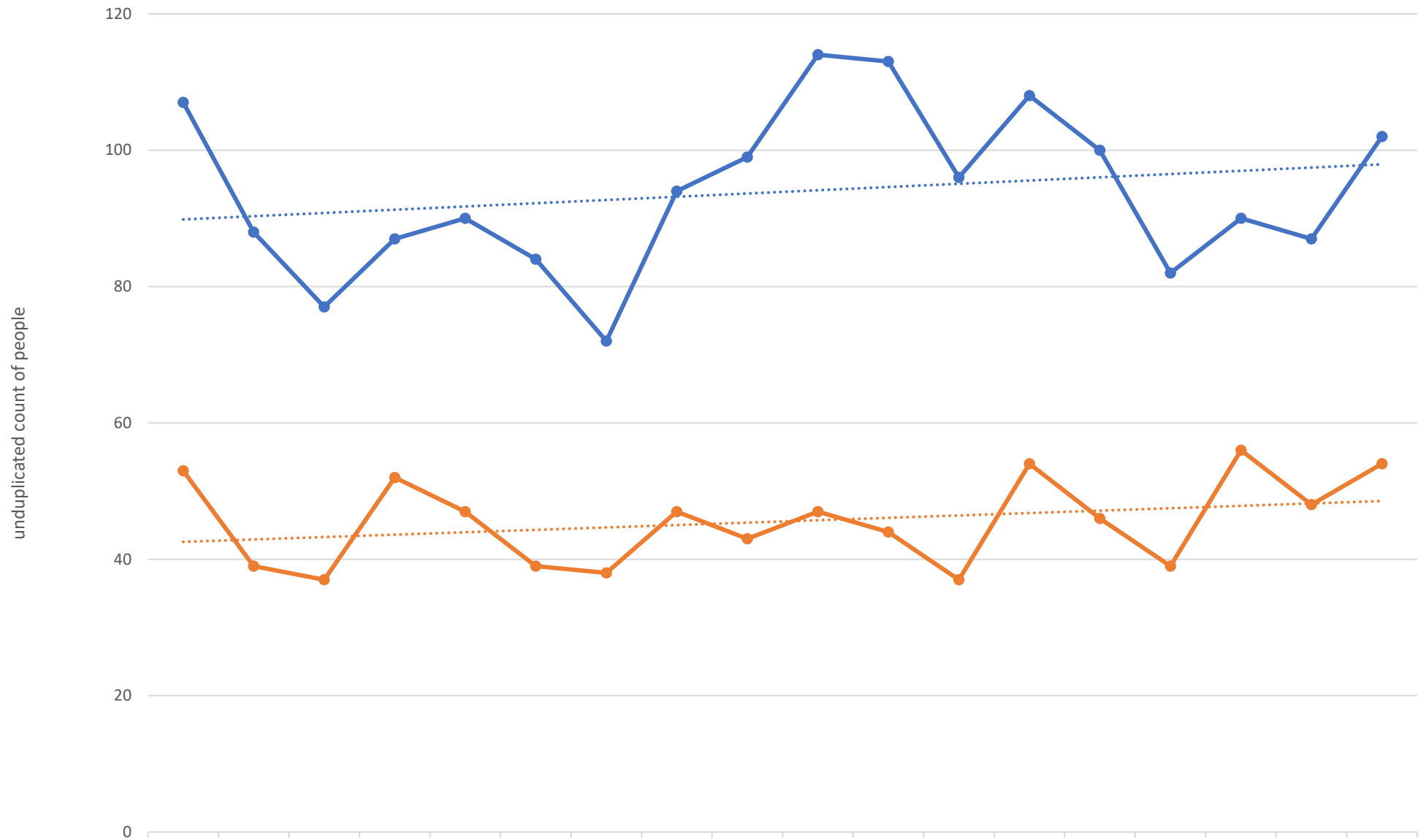


	Jul-23	Aug-23	Sep-23	Oct-23	Nov-23	Dec-23	Jan-24	Feb-24	Mar-24	Apr-24	May-24	Jun-24	Jul-24	Aug-24	Sep-24	Oct-24	Nov-24	Dec-24
Crisis Service	24	39	24	23	21	32	25	27	29	29	33	30	32	38	31	35	22	32
Investigation	11	15	13	9	8	9	13	13	11	16	16	9	10	8	11	13	6	9

San Juan - Unduplicated People receiving a crisis system service

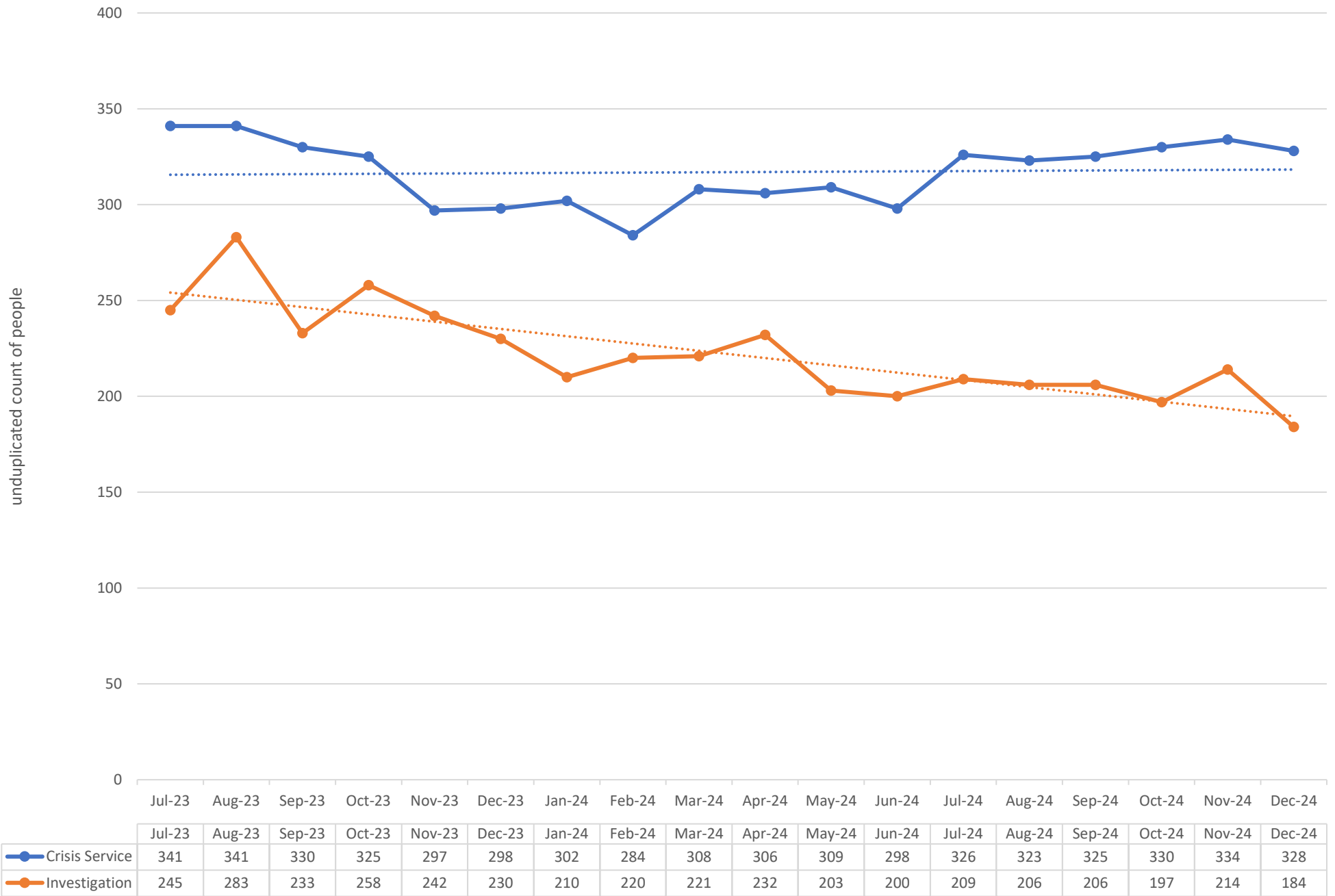


Skagit - Unduplicated People receiving a crisis system service

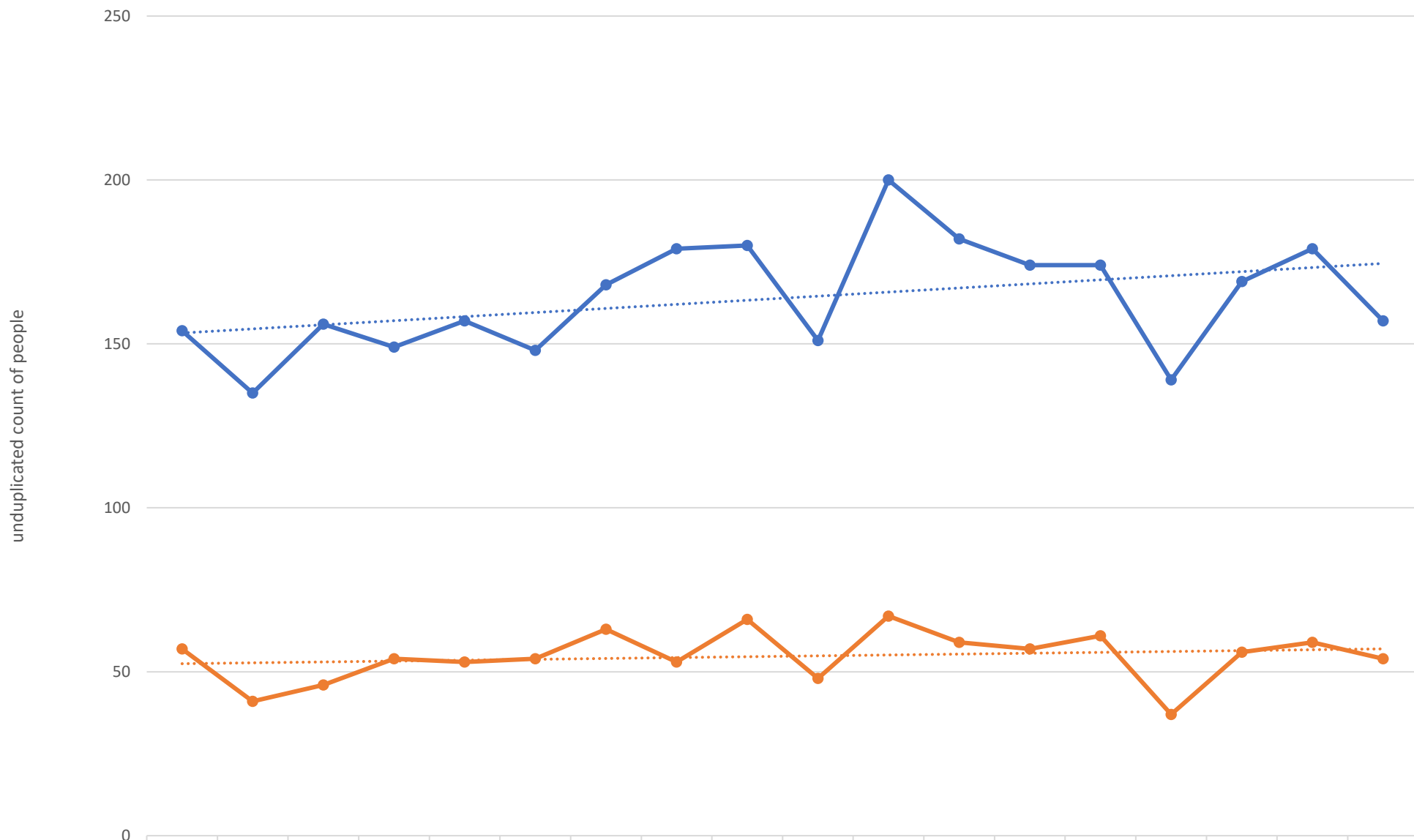


	Jul-23	Aug-23	Sep-23	Oct-23	Nov-23	Dec-23	Jan-24	Feb-24	Mar-24	Apr-24	May-24	Jun-24	Jul-24	Aug-24	Sep-24	Oct-24	Nov-24	Dec-24
Crisis Service	107	88	77	87	90	84	72	94	99	114	113	96	108	100	82	90	87	102
Investigation	53	39	37	52	47	39	38	47	43	47	44	37	54	46	39	56	48	54

Snohomish - Unduplicated People receiving a crisis system service

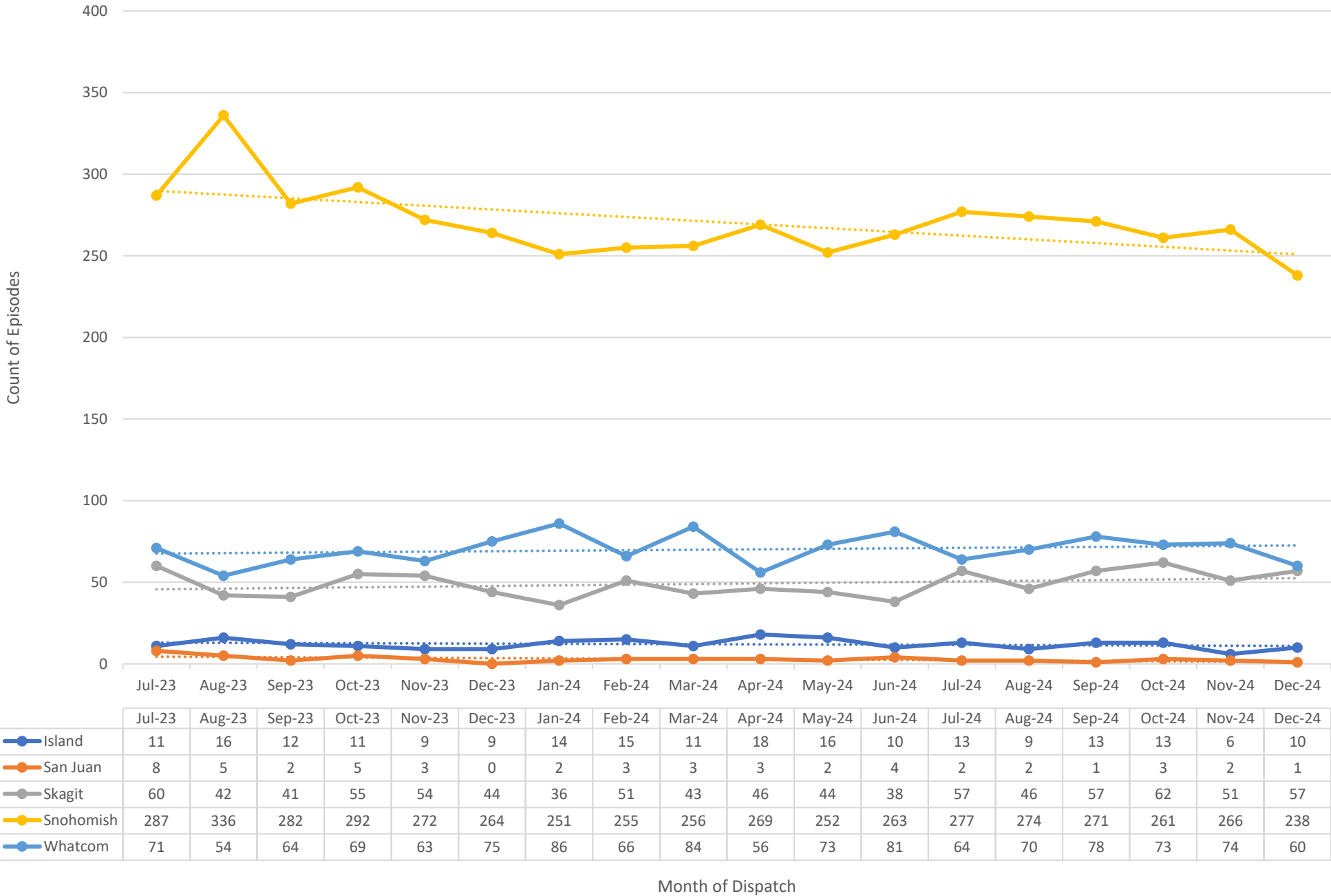


Whatcom - Unduplicated People receiving a crisis system service

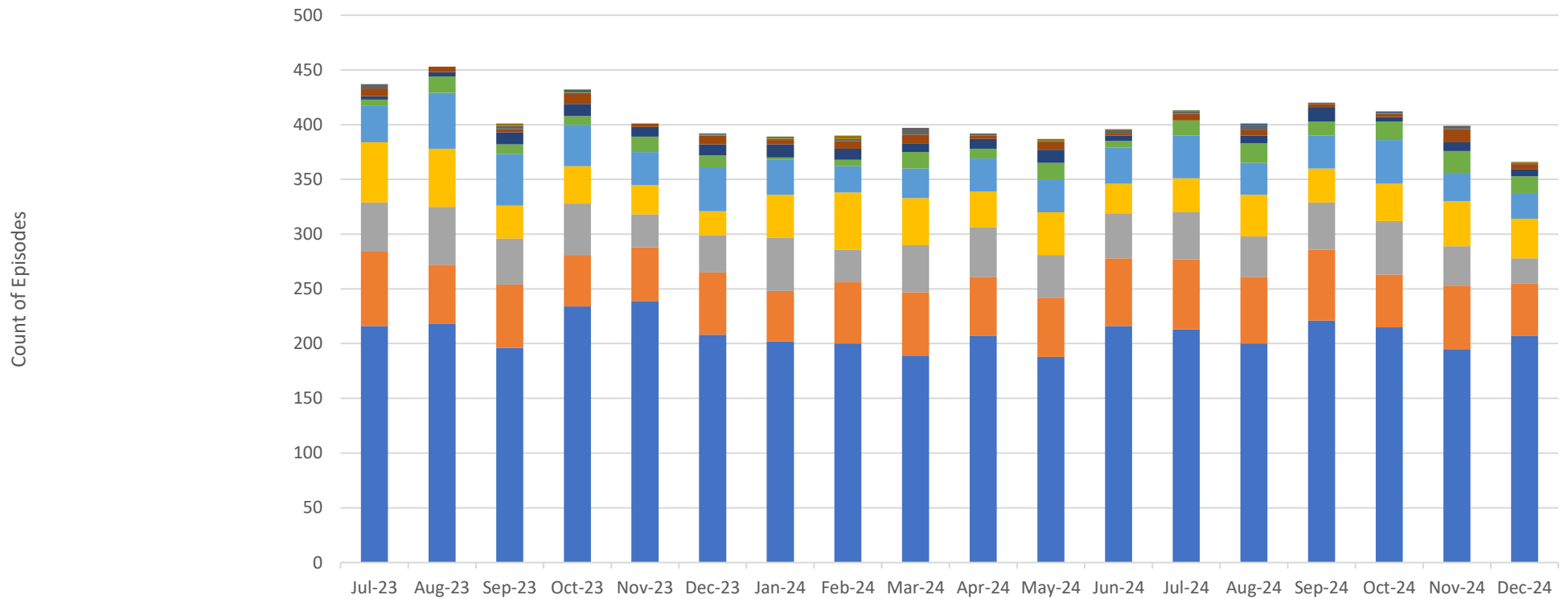


	Jul-23	Aug-23	Sep-23	Oct-23	Nov-23	Dec-23	Jan-24	Feb-24	Mar-24	Apr-24	May-24	Jun-24	Jul-24	Aug-24	Sep-24	Oct-24	Nov-24	Dec-24
Crisis Service	154	135	156	149	157	148	168	179	180	151	200	182	174	174	139	169	179	157
Investigation	57	41	46	54	53	54	63	53	66	48	67	59	57	61	37	56	59	54

Region Designated Crisis Responder (DCR) Investigations



Region DCR Investigation Referral Sources

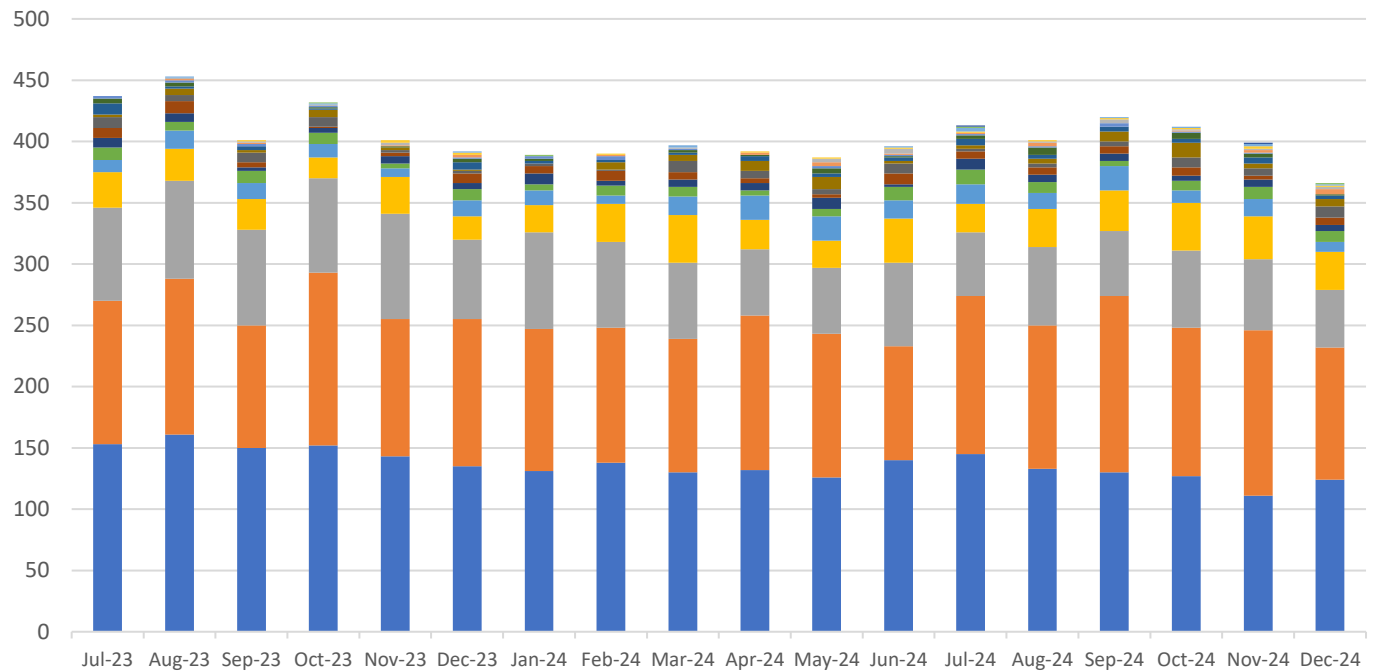


	Jul-23	Aug-23	Sep-23	Oct-23	Nov-23	Dec-23	Jan-24	Feb-24	Mar-24	Apr-24	May-24	Jun-24	Jul-24	Aug-24	Sep-24	Oct-24	Nov-24	Dec-24
Referral from MCR to DCR	0	0	0	1	0	0	1	0	0	0	0	0	1	0	0	0	0	0
Impact Team Law Enforcement Referral	0	0	0	1	0	1	0	0	0	0	0	0	0	1	0	1	0	0
School	0	0	2	0	0	1	1	3	0	0	2	1	0	0	0	0	0	1
Community	4	0	3	1	0	0	1	2	6	2	1	3	2	5	1	1	3	1
Care Facility	7	5	3	10	3	8	4	7	8	3	7	2	6	5	3	3	12	5
Social Service Provider	3	4	11	11	9	10	12	10	8	9	12	5	0	7	13	4	8	6
Legal Representative	6	15	9	8	14	11	2	6	15	9	15	6	14	18	13	17	20	16
Professional	33	51	47	38	30	40	32	24	27	30	30	33	39	29	30	40	26	23
Other	55	53	30	34	27	22	39	52	43	33	39	27	31	38	31	34	41	36
Law Enforcement	45	53	42	47	30	34	49	30	43	45	39	41	43	37	43	49	36	23
Family	68	54	58	47	49	57	46	56	58	54	54	62	64	61	65	48	58	48
Hospital	216	218	196	234	239	208	202	200	189	207	188	216	213	200	221	215	195	207

Month of Dispatch

Region DCR Investigation Outcomes

Count of Episodes



	Jul-23	Aug-23	Sep-23	Oct-23	Nov-23	Dec-23	Jan-24	Feb-24	Mar-24	Apr-24	May-24	Jun-24	Jul-24	Aug-24	Sep-24	Oct-24	Nov-24	Dec-24
■ Referred to sobering unit	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	1	0
■ No detention – Secure Detox provisional acceptance did not occur within statutory timeframes	0	0	0	1	0	0	1	0	0	0	0	0	1	0	0	0	0	1
■ Referred to sub acute detox	0	1	0	1	0	1	0	0	2	0	0	1	3	0	1	1	2	1
■ No detention - E&T provisional acceptance did not occur within statutory timeframes	0	0	1	0	2	2	0	1	0	1	1	1	1	1	1	1	2	1
■ Referred to chemical dependency inpatient program	0	1	1	1	2	0	0	0	1	0	3	4	0	1	3	1	1	2
■ Referred to chemical dependency intensive outpatient program	0	1	1	0	1	2	0	1	0	2	3	1	1	3	0	1	2	4
■ Referred to acute detox	2	2	2	1	0	1	2	3	1	0	2	1	1	1	3	1	1	0
■ Referred to crisis triage	4	3	0	1	1	3	2	0	2	1	4	1	3	6	0	5	3	1
■ No detention - Unresolved medical issues	9	2	3	1	0	6	2	2	2	4	3	3	5	3	4	3	5	3
■ Detention to Secure Detox facility (72 hours as identified under 71.05)	2	5	2	6	2	1	0	6	5	8	10	2	3	4	8	12	4	6
■ Referred to non-mental health community resources.	9	5	8	8	2	2	2	1	9	6	4	8	2	3	4	8	6	9
■ Filed petition - recommending LRA extension.	8	10	4	1	3	8	6	8	6	4	3	9	6	6	6	7	3	6
■ Returned to inpatient facility/filed revocation petition.	8	7	3	4	6	5	9	4	6	6	9	2	9	6	6	4	6	5
■ Non-emergent detention petition filed	10	7	10	9	4	9	5	8	8	4	6	11	12	9	4	8	10	9
■ Did not require MH or CD services	10	15	13	11	7	13	12	7	15	20	20	15	16	13	20	10	14	8
■ Referred to voluntary inpatient mental health services.	29	26	25	17	30	19	22	31	39	24	22	36	23	31	33	39	35	31
■ Other	76	80	78	77	86	65	79	70	62	54	54	68	52	64	53	63	58	47
■ Referred to voluntary outpatient mental health services.	117	127	100	141	112	120	116	110	109	126	117	93	129	117	144	121	135	108
■ Detention (72 hours as identified under the Involuntary Treatment Act, RCW 71.05).	153	161	150	152	143	135	131	138	130	132	126	140	145	133	130	127	111	124

Month of Dispatch

Weekly Crisis Metrics Report:

See attached.

BHASO Reserve Funds

Previously:

HCA met with the Washington State BHASOs on December 13th to notify ASOs that they would be taking back approximately 50% of ASO reserve funds. North Sound ASO has been working with HCA and other ASOs in the state to navigate this request.

Of note, in the total reserves calculated by HCA, they do not take into account funds already in contract and/or committed to programs. In the North Sound region, they also didn't take into account Proviso 13B which went into effect after the date HCA noted our reserves (end of June 2024). We are working on calculating impact to our region and programming, as well as new programs that were in development, and are going to meet with HCA before the end of the month. We will bring this information to the Board and Advisory Board as we get more insight. We will be advocating to maintain as much of the reserves for regional use as possible.

Update:

North Sound ASO met with HCA on January 23rd to detail the impact of this pull back from our region. While HCA indicated a willingness to collaborate, and asked that we prepare a counter proposal, the HCA received a letter from the governor's office the next day indicating they need to cut their budget by approximately \$500 million. From what we understand from partners across the state, the HCA started to indicate that they would have less flexibility than what had been messaged to North Sound on the 23rd.

After OMB Memorandum M 25-13, and a lot of questions about future funding freezes that may occur, the conversation has expanded to a larger body of people given concerns about ASOs needing to unexpectedly cover crisis system costs if, at such time, a freeze occurs to our funding. While that Memo was, at least partially, rescinded, the financial risk has been identified as extremely high. We continue to work with Stakeholders on this important issue and counties have been great partners in advocating for maintaining these funds at a local level.

Whatcom Listening Sessions:

The final listening session was completed with Whatcom County partners, and the notes are being summarized now for review.

Lynnwood Crisis Care Facility

Our first two stakeholder workgroup meetings occurred for the Lynnwood Crisis Care Facility. We have drafted an initial RFP for the facility and have a request out to the group for feedback.

The continued issue is operational funding moving forward. Rep. Davis is hosting a meeting tonight with people throughout the state to identify potential pathways forward for operational funds.

Seattle Times ran a very good article summarizing the issue: [A new mental health crisis center in Lynnwood lacks operator, can't open | The Seattle Times](#)

Legislative Update