



## **North Sound Behavioral Health Advisory Board**

### **Agenda**

March 4, 2025

1:00 p.m. – 3:00 p.m.

**Call to Order and Introductions**

**Revisions to the Agenda**

**Approval of February Minutes**

**Brief Announcements or Questions from the Public**

**Recovery Navigator Program – James Dixon**

**Executive Committee Report**

**Executive Director's Report**

**Executive Committee Action Items Recommendations**

**Old Business**

- Legislative Update

**New Business**

- Retreat Discussion

**Report from Advisory Board Members**



## North Sound Behavioral Health Advisory Board Minutes

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

### Advisory Board (AB) Members Present in-Person

#### AB Members Present via Zoom

- o Kara Allen, Advisory Board Chair, Whatcom
- o Rose Dennis, Island County
- o Mark McDonald, Whatcom County
- o Chris Garden, Island County
- o Gay Lynn Beighton, Snohomish
- o Mary Uri, San Juan County
- o Julie Melville, Island County
- o Fred Plappert, Snohomish County
- o Pat O'Maley Lanphear, Snohomish County
- o Candy Trautman, Island County
- o Marie Jubie, Snohomish County
- o Mark McDonald, Whatcom County

#### AB Members Excused

- o Jeannette Anderson, Skagit County
- o Alan Friedlob, Whatcom County
- o Cathie Murphey, Whatcom County
- o Jana Robison, Snohomish County

#### Guests Present via Zoom

- o Lisa Day, Office of Behavioral Health Advocacy
- o Suzanne Chivers, Snohomish County

#### MCO Partners Present via Zoom

- o Marci Bloomquist, CHPW
- o Nikki Jones, UHC
- o Drew Holiday, Molina Healthcare

#### North Sound BH-ASO Staff Present in-Person

- o Margaret Rojas, NS BH-ASO
- o Maria Arreola, NS BH-ASO
- o JanRose Ottaway Martin, NS BH-ASO
- o Angela Fraser-Powell, 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 January Minutes

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

## Announcements

### Becky George, North Sound BH-ASO Newly Hired Staff – Angela Fraser-Powell

- Angela introduced Becky to the Board. Becky is the Youth Navigator Program Coordinator.

## Brief Comments or Questions from the Public

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

- Angela provided an update on the program.
- Angela answered questions from Members.

## 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.

## Executive Committee Action Items

- No action items were brought forth by the Executive Committee.

## Old Business

### 2025 Pre-Meeting Training Topics

- Members provided more topics for the 2025 year.

## New Business

### Legislative Sub Committee/Legislative Discussion

- Appointments have been scheduled with legislators. The Committee is finalizing the legislative priorities. The committee will be going to Olympia February 18 and 19<sup>th</sup>.

### Community Contest Sub Committee

- Maria will schedule meetings after the legislative session.

### Report from Advisory Board Members

No reports given.

## Reminder of Next Meeting

The next meeting is Tuesday, March 4, 2025

# Recovery Navigator Program

Island County

# Funding

HCA provides a separate funding allocation for RNP that is not associated with other ASO funding stream e.g., SABG, MHBG, and GFS.

These funds offer a lot of flexibility to support the program with intensive to light case management.

# Expenditures include but not limited to:

- Transportation to court dates, appointments, treatment services etc.
- Clothing
- Family support service
- Hygiene Products
- Medical Expenses
- Coordination of services
- Naloxone
- Shelter assistance (temp housing vouchers, motel, sleeping bags)
- Purchase or lease vehicles for the program
- Staff training cost

# Additional services

- Take referrals from law enforcement and the community
- Assist individuals enrolled in RNP with navigating the criminal justice system and other government entities
- Meet individuals where they are at to lessen the burden of coming to an office or making an appointment

# Data Collection

Data reports are sent to HCA on a quarterly basis where it is compiled with others for the state to review.



# Success stories

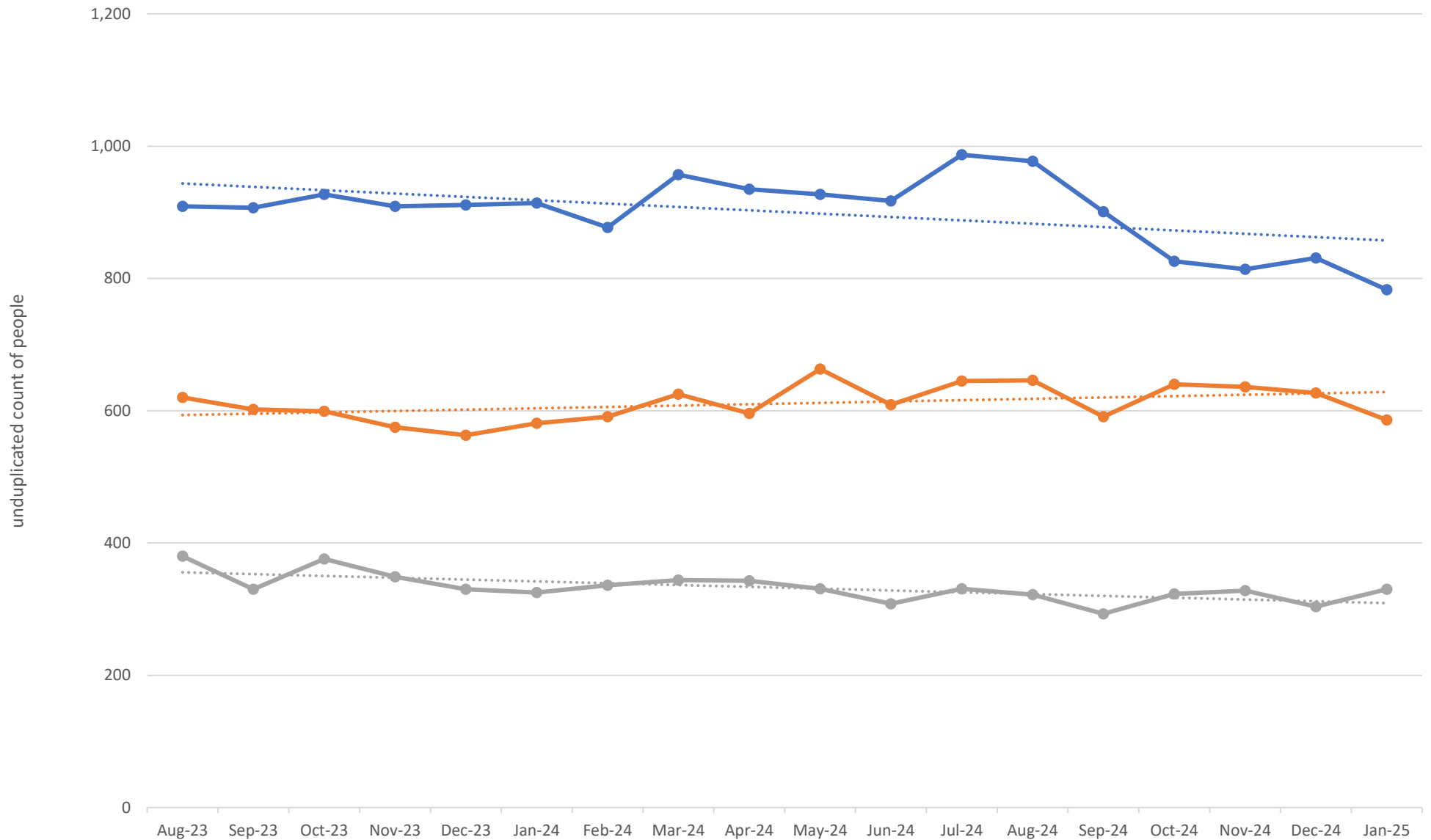
A client's name was called at court and when he failed to appear, warrants were issued. Our peer navigator, who was in court at the time, came across the individual at the Spin Café later that day and informed the client of the newly issued warrants. Assistance was offered and client entered the program. Peer Navigator assisted clients with quashing warrants, and then assisted with obtaining M/H appointments, a primary care physician and a COPES assessment. The result of the COPES assessment was the client was approved for an assisted living facility. Currently, housing services are looking for openings. In the meantime, the client is making all of his medical appointments and has appeared for all of his legal hearings, with no further law enforcement involvement.



## North Sound Crisis System Dashboard

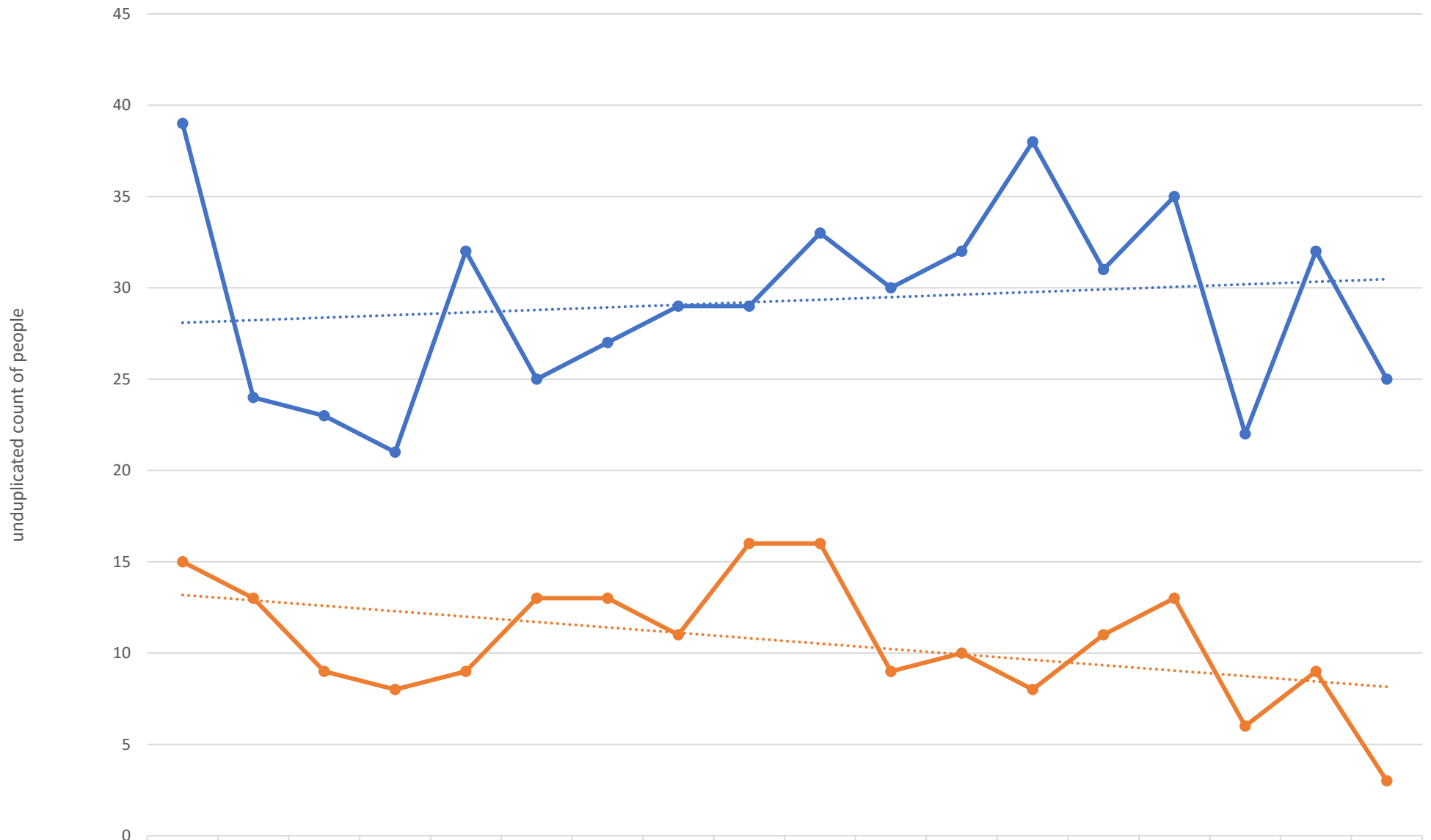
Page 2	Unduplicated People receiving a crisis system service
Page 3	Island - Unduplicated People receiving a crisis system service
Page 4	San Juan - Unduplicated People receiving a crisis system service
Page 5	Skagit - Unduplicated People receiving a crisis system service
Page 6	Snohomish - Unduplicated 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



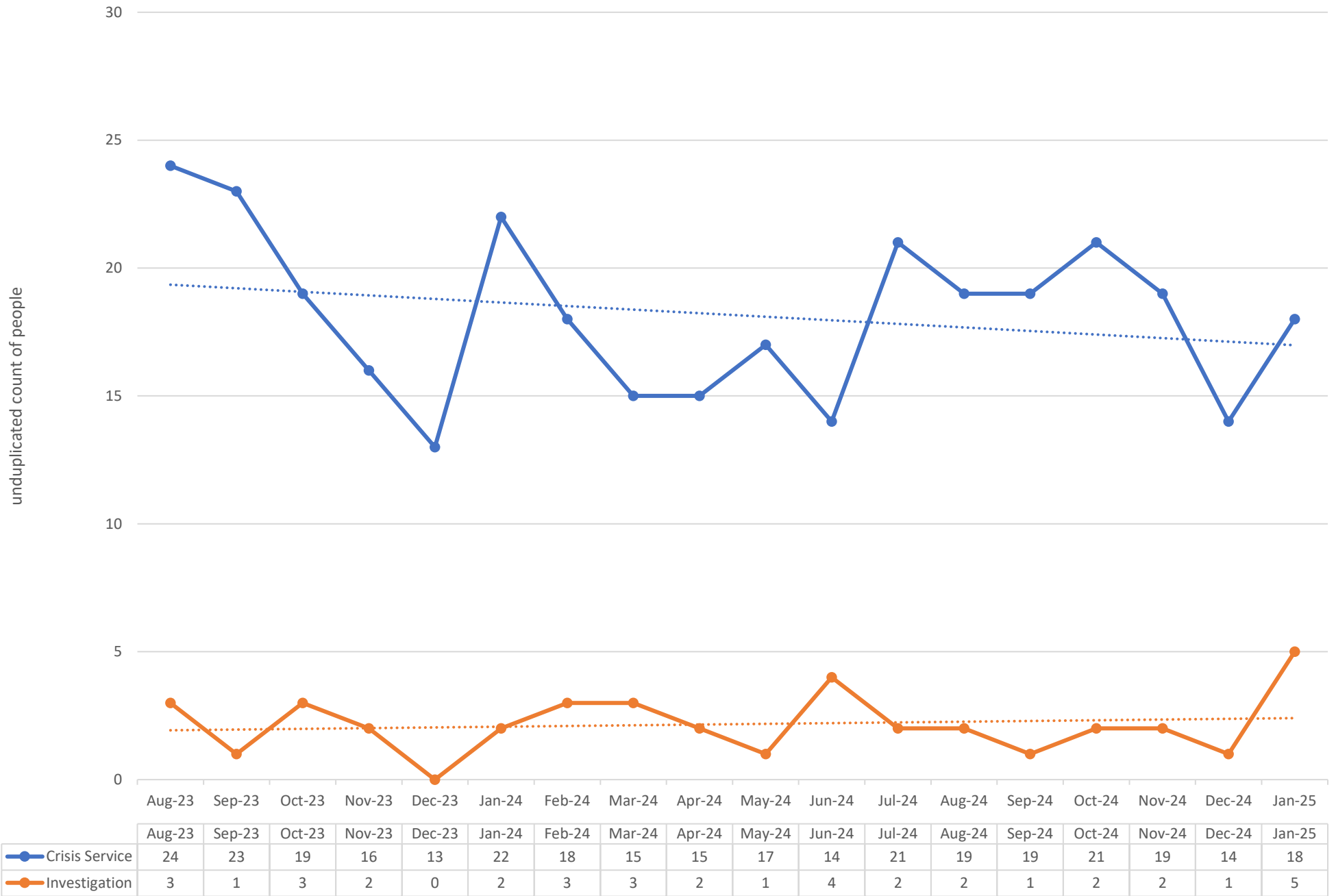
	Aug-23	Sep-23	Oct-23	Nov-23	Dec-23	Jan-24	Feb-24	Mar-24	Apr-24	May-24	Jun-24	Jul-24	Aug-24	Sep-24	Oct-24	Nov-24	Dec-24	Jan-25
● Crisis Call	909	907	927	909	911	914	877	957	935	927	917	987	977	901	826	814	831	783
● Crisis Service	620	602	599	575	563	581	591	625	596	663	609	645	646	591	640	636	627	586
● Investigation	380	330	376	349	330	325	336	344	343	331	308	331	322	293	323	328	304	330

# Island - Unduplicated People receiving a crisis system service

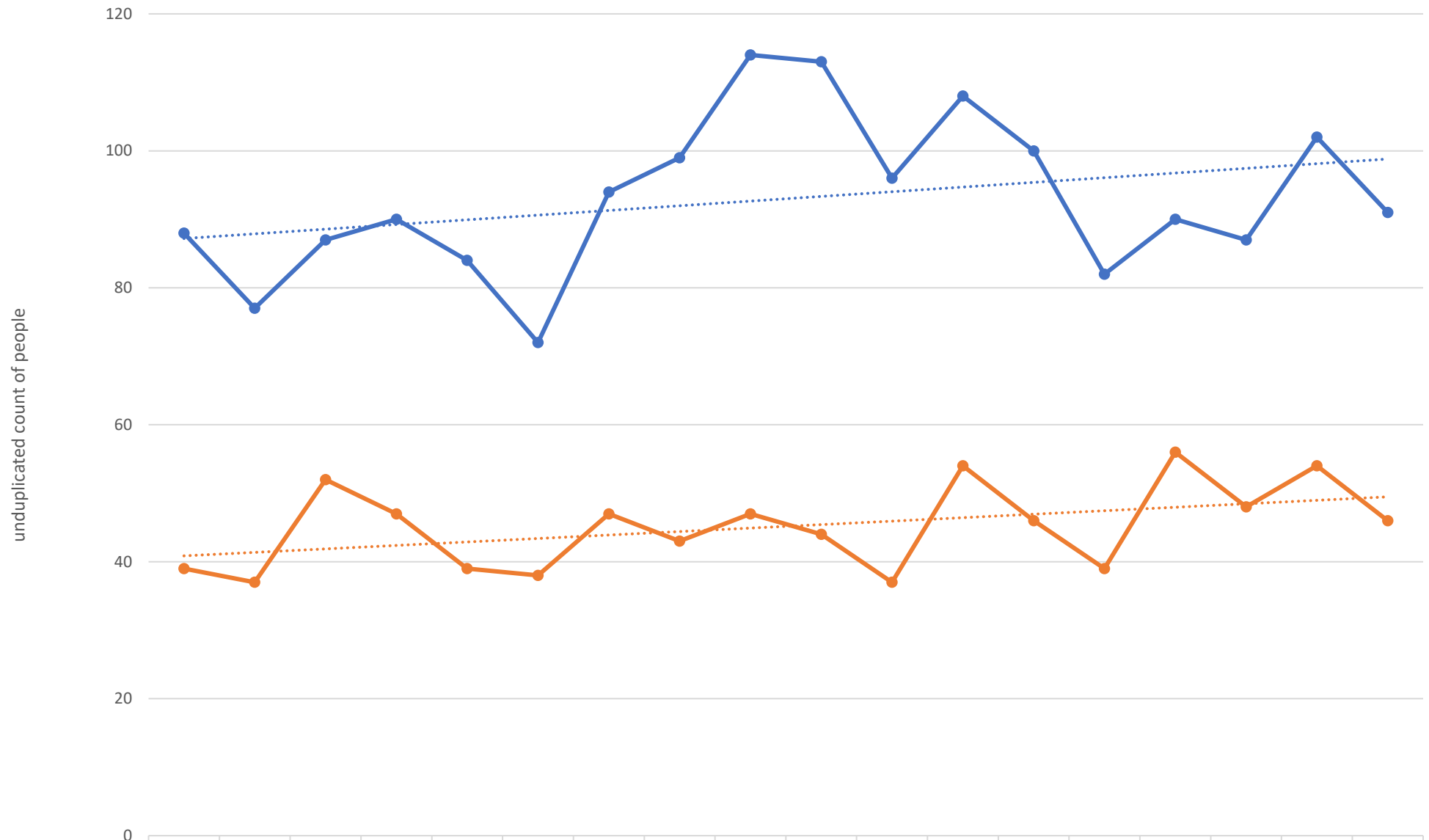


	Aug-23	Sep-23	Oct-23	Nov-23	Dec-23	Jan-24	Feb-24	Mar-24	Apr-24	May-24	Jun-24	Jul-24	Aug-24	Sep-24	Oct-24	Nov-24	Dec-24	Jan-25
Crisis Service	39	24	23	21	32	25	27	29	29	33	30	32	38	31	35	22	32	25
Investigation	15	13	9	8	9	13	13	11	16	16	9	10	8	11	13	6	9	3

# San Juan - Unduplicated People receiving a crisis system service

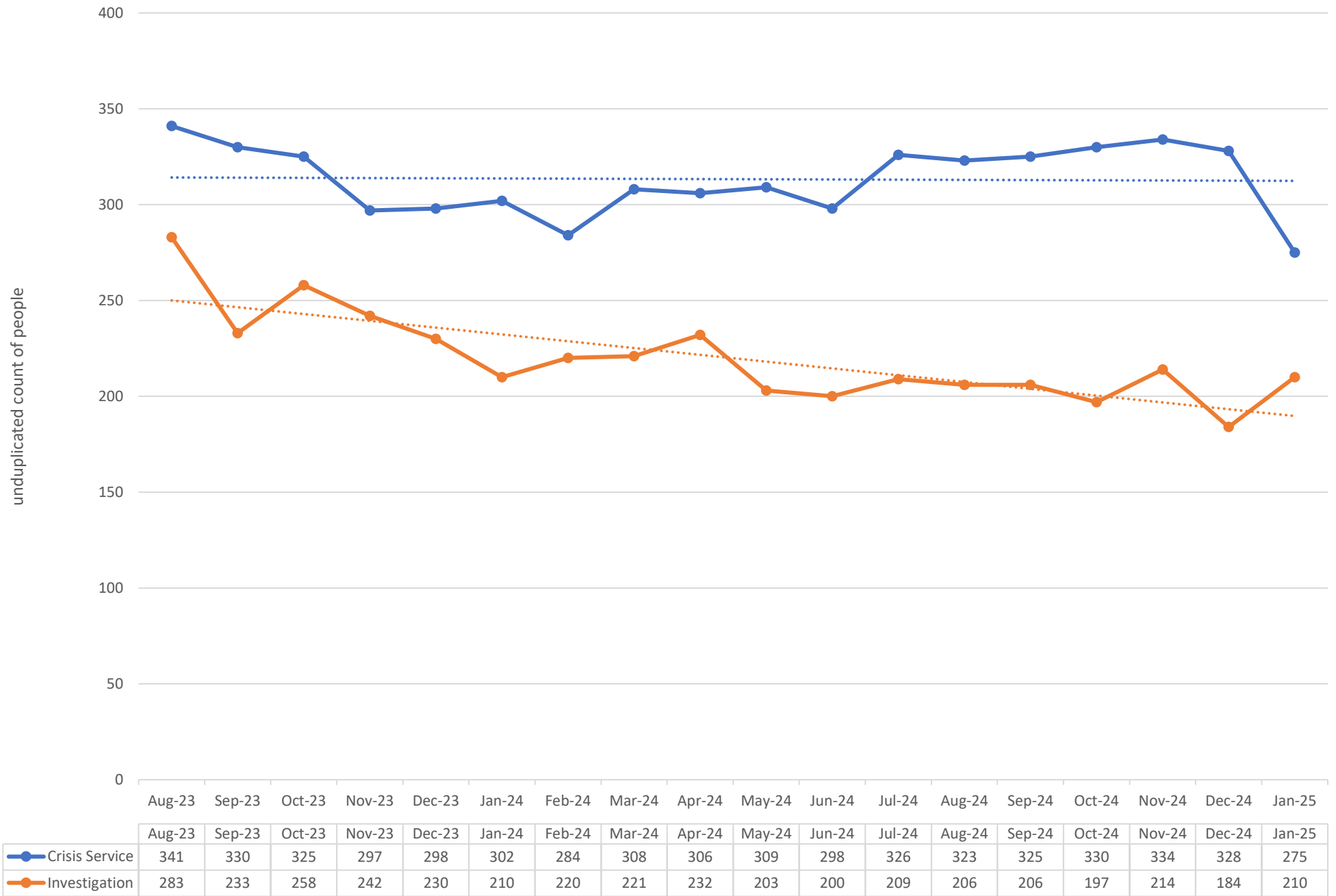


# Skagit - Unduplicated People receiving a crisis system service

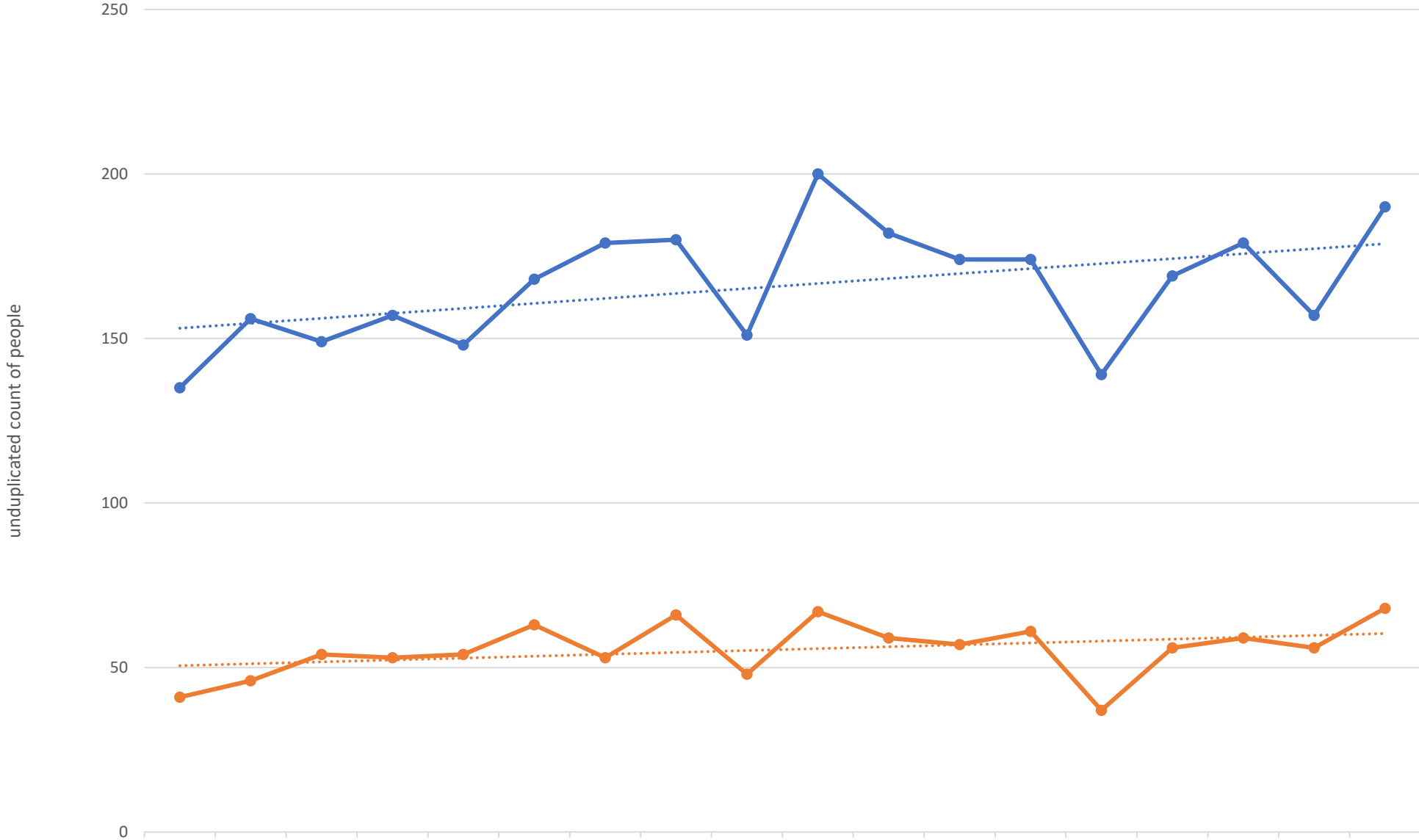


	Aug-23	Sep-23	Oct-23	Nov-23	Dec-23	Jan-24	Feb-24	Mar-24	Apr-24	May-24	Jun-24	Jul-24	Aug-24	Sep-24	Oct-24	Nov-24	Dec-24	Jan-25
Crisis Service	88	77	87	90	84	72	94	99	114	113	96	108	100	82	90	87	102	91
Investigation	39	37	52	47	39	38	47	43	47	44	37	54	46	39	56	48	54	46

## Snohomish - Unduplicated People receiving a crisis system service



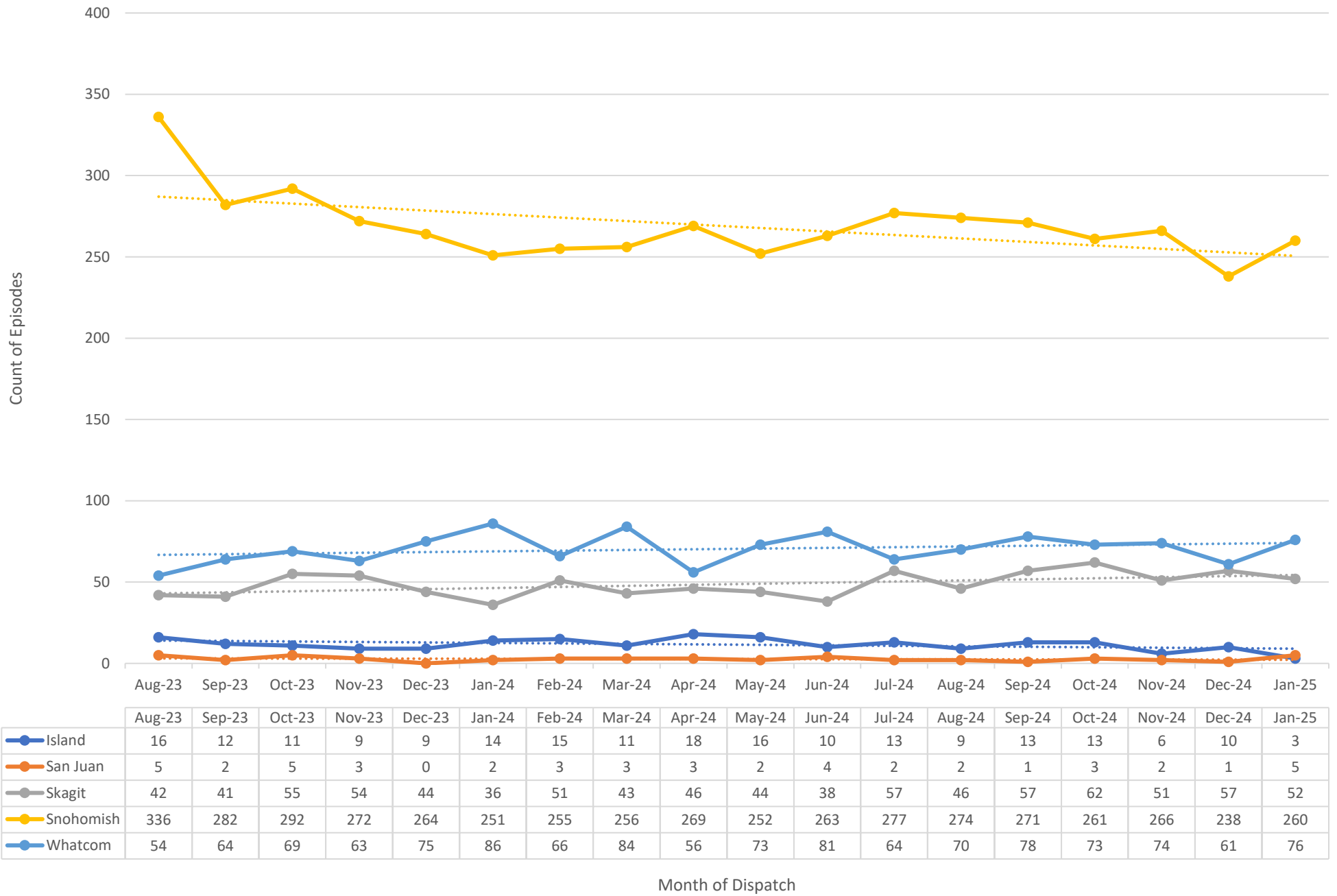
Whatcom - Unduplicated People receiving a crisis system service



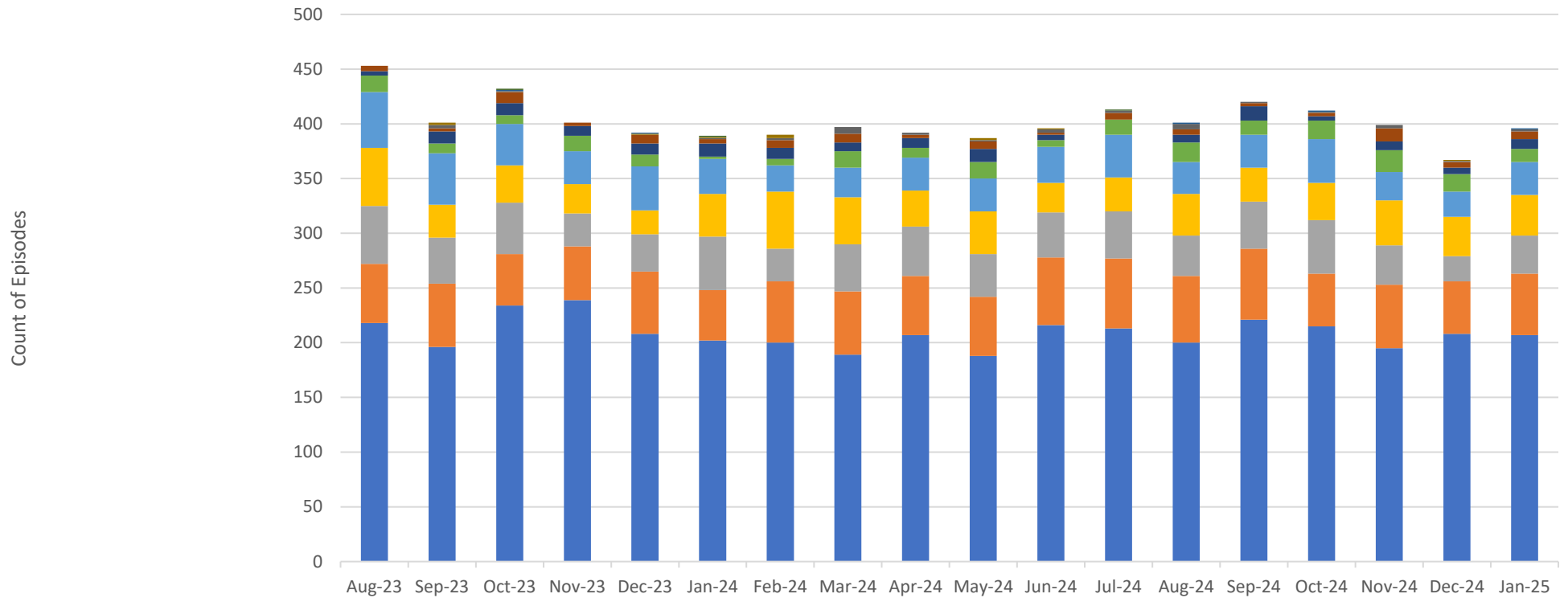
	Aug-23	Sep-23	Oct-23	Nov-23	Dec-23	Jan-24	Feb-24	Mar-24	Apr-24	May-24	Jun-24	Jul-24	Aug-24	Sep-24	Oct-24	Nov-24	Dec-24	Jan-25
Crisis Service	135	156	149	157	148	168	179	180	151	200	182	174	174	139	169	179	157	190
Investigation	41	46	54	53	54	63	53	66	48	67	59	57	61	37	56	59	56	68



## Region Designated Crisis Responder (DCR) Investigations



## Region DCR Investigation Referral Sources

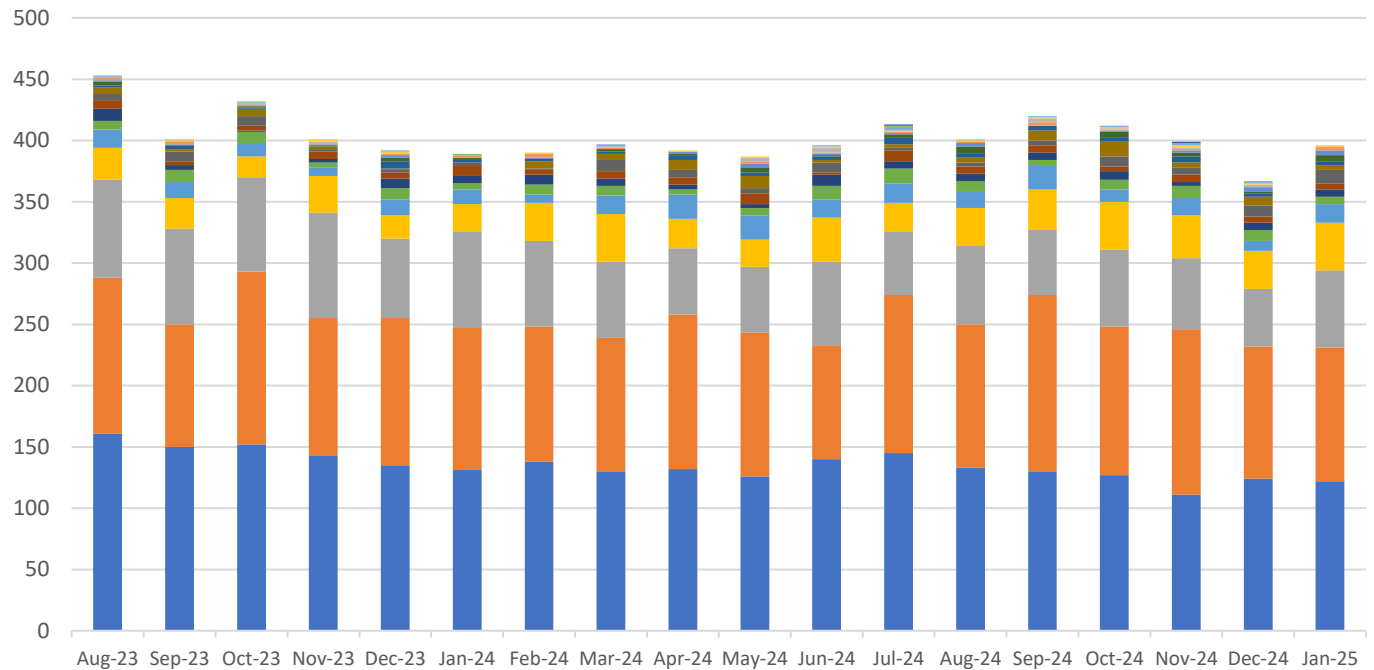


	Aug-23	Sep-23	Oct-23	Nov-23	Dec-23	Jan-24	Feb-24	Mar-24	Apr-24	May-24	Jun-24	Jul-24	Aug-24	Sep-24	Oct-24	Nov-24	Dec-24	Jan-25
Referral from MCR to DCR	0	0	1	0	0	1	0	0	0	0	0	1	0	0	0	0	0	0
Impact Team Law Enforcement Referral	0	0	1	0	1	0	0	0	0	0	0	0	1	0	1	0	0	1
School	0	2	0	0	1	1	3	0	0	2	1	0	0	0	0	0	1	0
Community	0	3	1	0	0	1	2	6	2	1	3	2	5	1	1	3	1	2
Care Facility	5	3	10	3	8	4	7	8	3	7	2	6	5	3	3	12	5	7
Social Service Provider	4	11	11	9	10	12	10	8	9	12	5	0	7	13	4	8	6	9
Legal Representative	15	9	8	14	11	2	6	15	9	15	6	14	18	13	17	20	16	12
Professional	51	47	38	30	40	32	24	27	30	30	33	39	29	30	40	26	23	30
Other	53	30	34	27	22	39	52	43	33	39	27	31	38	31	34	41	36	37
Law Enforcement	53	42	47	30	34	49	30	43	45	39	41	43	37	43	49	36	23	35
Family	54	58	47	49	57	46	56	58	54	54	62	64	61	65	48	58	48	56
Hospital	218	196	234	239	208	202	200	189	207	188	216	213	200	221	215	195	208	207

Month of Dispatch

## Region DCR Investigation Outcomes

Count of Episodes



	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	Jan-25
Referred to sobering unit	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	1	0	0
No detention – Secure Detox provisional acceptance did not occur within statutory timeframes	0	0	1	0	0	1	0	0	0	0	0	1	0	0	0	0	1	0
Referred to sub acute detox	1	0	1	0	1	0	0	2	0	0	1	3	0	1	1	2	1	0
No detention - E&T provisional acceptance did not occur within statutory timeframes	0	1	0	2	2	0	1	0	1	1	1	1	1	1	1	2	1	1
Referred to chemical dependency inpatient program	1	1	1	2	0	0	0	1	0	3	4	0	1	3	1	1	2	0
Referred to acute detox	2	2	1	0	1	2	3	1	0	2	1	1	1	3	1	1	0	3
Referred to chemical dependency intensive outpatient program	1	1	0	1	2	0	1	0	2	3	1	1	3	0	1	2	4	4
Referred to crisis triage	3	0	1	1	3	2	0	2	1	4	1	3	6	0	5	3	1	5
No detention - Unresolved medical issues	2	3	1	0	6	2	2	2	4	3	3	5	3	4	3	5	3	3
Detention to Secure Detox facility (72 hours as identified under 71.05)	5	2	6	2	1	0	6	5	8	10	2	3	4	8	12	4	7	4
Referred to non-mental health community resources.	5	8	8	2	2	2	1	9	6	4	8	2	3	4	8	6	9	11
Returned to inpatient facility/filed revocation petition.	7	3	4	6	5	9	4	6	6	9	2	9	6	6	4	6	5	5
Filed petition - recommending LRA extension.	10	4	1	3	8	6	8	6	4	3	9	6	6	6	7	3	6	6
Non-emergent detention petition filed	7	10	9	4	9	5	8	8	4	6	11	12	9	4	8	10	9	6
Did not require MH or CD services	15	13	11	7	13	12	7	15	20	20	15	16	13	20	10	14	8	15
Referred to voluntary inpatient mental health services.	26	25	17	30	19	22	31	39	24	22	36	23	31	33	39	35	31	39
Other	80	78	77	86	65	79	70	62	54	54	68	52	64	53	63	58	47	63
Referred to voluntary outpatient mental health services.	127	100	141	112	120	116	110	109	126	117	93	129	117	144	121	135	108	109
Detention (72 hours as identified under the Involuntary Treatment Act, RCW 71.05).	161	150	152	143	135	131	138	130	132	126	140	145	133	130	127	111	124	122

Month of Dispatch

**North Sound Behavioral Health Administrative Services Organization**  
**Advisory Board Budget**  
**February 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	<b>\$ 20,000.00</b>	\$ 5,000.00	\$ 4,500.00	\$ 4,000.00	\$ 800.00	\$ 5,000.00	\$ 700.00
Expense	(1,108.25)			\$ (587.25)		\$ (521.00)	
Under / (Over)							
Budget	\$ 18,891.75	\$ 5,000.00	\$ 4,500.00	\$ 3,412.75	\$ 800.00	\$ 4,479.00	\$ 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	

