



North Sound Behavioral Health Advisory Board

Agenda

September 3, 2024

1:00 p.m. – 3:00 p.m.

Call to Order and Introductions

Revisions to the Agenda

Approval of August Minutes

Announcements

Brief Comments or Questions from the Public

Executive Committee Report

Director's Report

Executive Committee Action Items Recommendations

Old Business

- **Legislative Forum Update**

New Business

- **2025 Nominating Committee**
- **2025 Advisory Board Proposed Budget**

Report from Advisory Board Members

Reminder of Next Meeting



North Sound Behavioral Health Advisory Board Minutes

August 6, 2024
1:00 p.m. – 3:00 p.m.

Advisory Board (AB) Members Present in-Person

- o Jeannette Anderson, Skagit County
- o Marie Jubie, Snohomish County
- o Fred Plappert, Snohomish County

AB Members Present via Zoom

- o Kara Allen, Advisory Board Chair, Whatcom
- o Hannah Ordos, Whatcom
- o Rose Dennis, Island
- o Mark McDonald, Whatcom
- o Alan Friedlob, Whatcom
- o Chris Garden, Island
- o Cathie Murphey, Whatcom
- o Gay Lynn Beighton, Snohomish
- o Pat O'Maley Lanphear, Snohomish County
- o Candy Trautman, Island County

Guests Present via Zoom/In Person

- o Michael O'Brien, Snohomish County Human Resources
- o Peter Fraiser (interested in AB membership)
- o Mary Uri (interested in AB membership)

MCO Partners Present via Zoom

- o Savannah Burts, Molina

North Sound BH-ASO Staff Present in-Person/Zoom

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

Call to Order and Introductions

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

Revisions to the Agenda

- o There were no revisions to the agenda.

Approval of March Minutes

- It was noted Gay Lynn was in attendance during the last meeting. Maria will amend the previous Minutes.

Hannah moved a motion to approve the Minutes with mentioned revision, Chris seconded, all in favor, motion carried.

Announcements

- None

Brief Comments or Questions from the Public

- There were no public comments.

Executive Committee Report

- The chair indicated that there were expenditures from last month.

A motion was made to move the budget forward to the board of directors, Gay Lynn moved the motion, Chris seconded, all were in favor, motion carried.

Director's Report

- JanRose gave the Report from the Executive Director. She answered questions.

Director's Action Items

- Action items were introduction only. No motion was needed.

Old Business

Legislative Forum Update

- JanRose shared a tentative agenda. It was determined to have personal stories be shared. The time was changed to 11:00 – 1:30. Save the Dates have been sent to legislators and identified guests.

New Business

Discussion of Motions moving to the Executive Committee

- It was decided to have the motions be reviewed and voted on at the Executive Committee meetings. Any recommendations made on a motion will be brought to the Full Board meeting for discussion. Moving the motions to the Executive Committee will allow space for other topics for discussion.

Behavioral Healthcare Conference Report

- Members that attended the June conference provided feedback of what they learned and the meaningfulness of the conference.

Co-Occurring Disorders and Treatment Conference

- Members that are interested in attending are to notify Maria by August 9th.

Advisory Board Retreat

- Members reflected of the outcome of the retreat. Engagement was powerful to discuss the purpose of the Advisory Board and future path of the Board.

Board of Directors Retreat Update

- Retreat brought discussion around strategic planning and the future of the organization.

Legislative Priorities

A list of beginning priorities was made. Focus is on housing, employment, needs of families, access to care, and senior citizens.

Report from Advisory Board Members

- Rose spoke of Island County working with high-risk individuals who are seeking treatment.
- Kara spoke of her assisting individuals get into detox within the last month. Each time has been successful. Individuals were able to get admitted within 24 hours.
- Hannah and Alan attended the opioid event at the high school in Bellingham. It was well attended by schoolteachers and elected officials. Most of the focus around kids and cannabis use.

- Alan spoke of the Youth Navigator Program to be connected with NW Youth Services. JanRose will provide an update on the program during the September meeting.
- Mary spoke of the New Day Café that has been open for 18 months in San Juan County.







Reminder of Next Meeting

The next meeting will be September 3rd, 2024.

NORTH SOUND BH-ASO
AdBrd Transaction Detail by Account
August 2024






	Type	Date	Num	Name	Memo	Amount	Balance
56433 - Public Education							
5643300 - Advisory Board							
5643331 - Supplies							
	Bill	08/20/2024	July24-4194	Field of Beans	Batch # 151387	106.60	106.60
Total 5643331 - Supplies						106.60	106.60
5643343 - Travel							
	Bill	08/14/2024	410	AA Dispatch-Yellow Cab	Batch # 151328	366.80	366.80
Total 5643343 - Travel						366.80	366.80
Total 5643300 - Advisory Board						473.40	473.40
Total 56433 - Public Education						473.40	473.40
TOTAL						473.40	473.40

**North Sound Behavioral Health Administrative Services Organization
Advisory Board Budget
August 2024**

		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	\$ 20,000.00	\$ 7,000.00	\$ 4,500.00	\$ 4,000.00	\$ 800.00	\$ 3,000.00	\$ 700.00
Expense	(5,339.62)	\$ (392.00)	\$ (3,691.70)	\$ (1,082.32)	\$ (173.60)		
Under / (Over)							
Budget	\$ 14,660.38	\$ 6,608.00	\$ 808.30	\$ 2,917.68	\$ 626.40	\$ 3,000.00	\$ 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	

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

		All Conferences	Board Development	Advisory Board Expenses	Community Projects	Legislative Session
Total						
Budget	\$ 20,000.00	\$ 7,000.00	\$ 4,000.00	\$ 7,200.00	\$ 200.00	\$ 1,600.00
Expense	0.00					
Under / (Over) Budget	\$ 20,000.00	\$ 7,000.00	\$ 4,000.00	\$ 7,200.00	\$ 200.00	\$ 1,600.00
						
		All expenses to attend Conferences	Advisory Board Retreat/Summit	Costs for Board Members (meals mileage, misc.)	misc stuff	Shuttle, meals, hotel, travel

1. Legislative Summit

Developing priorities and soliciting county specific issues. Areas identified so far-

- Enshrining the Proviso Flexibility in legislation, broader to all ASOs
- County specific and collective issues

2. HCA informed us of a couple program enhancements, which require ASO leadership. The two areas identified are a Regional Learning Collaborative and 988 Coordination with multiple stakeholders. ASOs collectively agreed to take on these roles with the caveat HCA fund two FTEs per ASO. One FTE would be leading the Learning Collaborative and one leading the regional 988 coordination. There is still some unknown of the particulars HCA and ASOs envision, but we are pleased HCA is reaching out to the ASOs to take on these roles. There will be additional funds needed for the training hub, which we are currently in the process of assessing and providing the feedback to HCA.

3. The ASO lobbyist Brad Banks will be the WASAC lobbyist going forward. Julianna has left and taken on another position. Brad feels it's a good fit working with the counties and ASOs on common behavioral health issues, such as the re-procurement of the MCO contracts and network adequacy, to include access to services.

4. Update on Evergreen Recovery Centers & Lake Whatcom Center. We reached out to both providers to ask for an updated proposal identifying priorities for up to \$300K. Both providers were thankful for the funding.

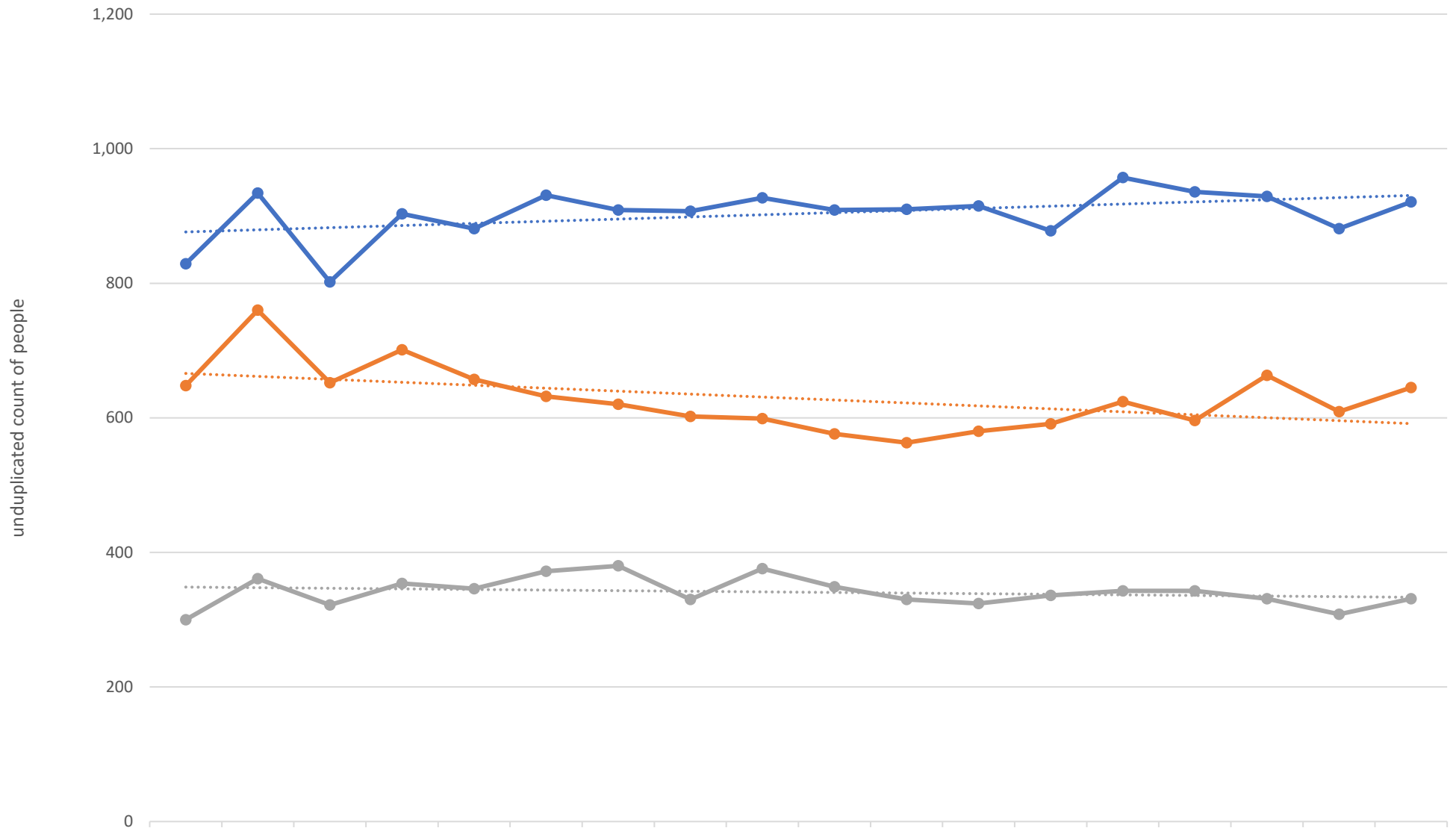
5. Recovery International (RI) is weighing the feasibility to operate the Lynwood facility. They have identified funding shortfalls for the first two years of operation, 4.9M and 5.9M respectively. This facility is a crisis stabilization center meant to be a diversion from jail and 16 recliners for 23-hour stabilization and 16 short term (longer than 23 hours) psychiatric beds. RI will be reaching out to local legislative representatives and funders to determine if they can fill the gaps in funding. We received funding for capital and short-term operations in total of \$2M, which RI has been billing, however, there was no specific ask of the North Sound ASO on the funding shortfall.



North Sound Crisis System Dashboard

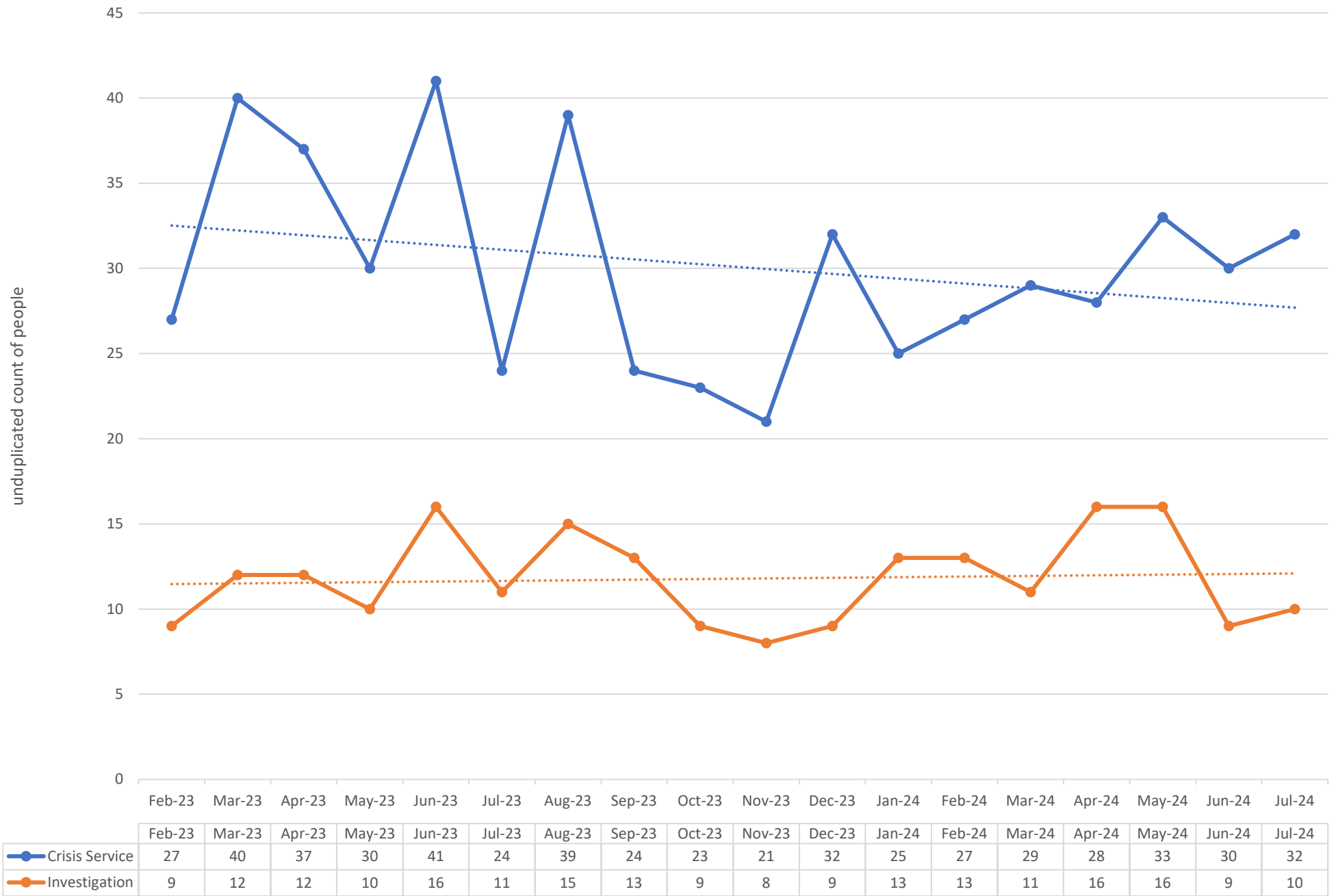
Page 2	Unduplicated People receiving a crisis system service
Page 3	Island - Unduplicated People receiving a crisis system service
Page 4	San Juan - Unduplicated People receiving a crisis system service
Page 5	Skagit - Unduplicated People receiving a crisis system service
Page 6	Snohomish - Unduplicated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

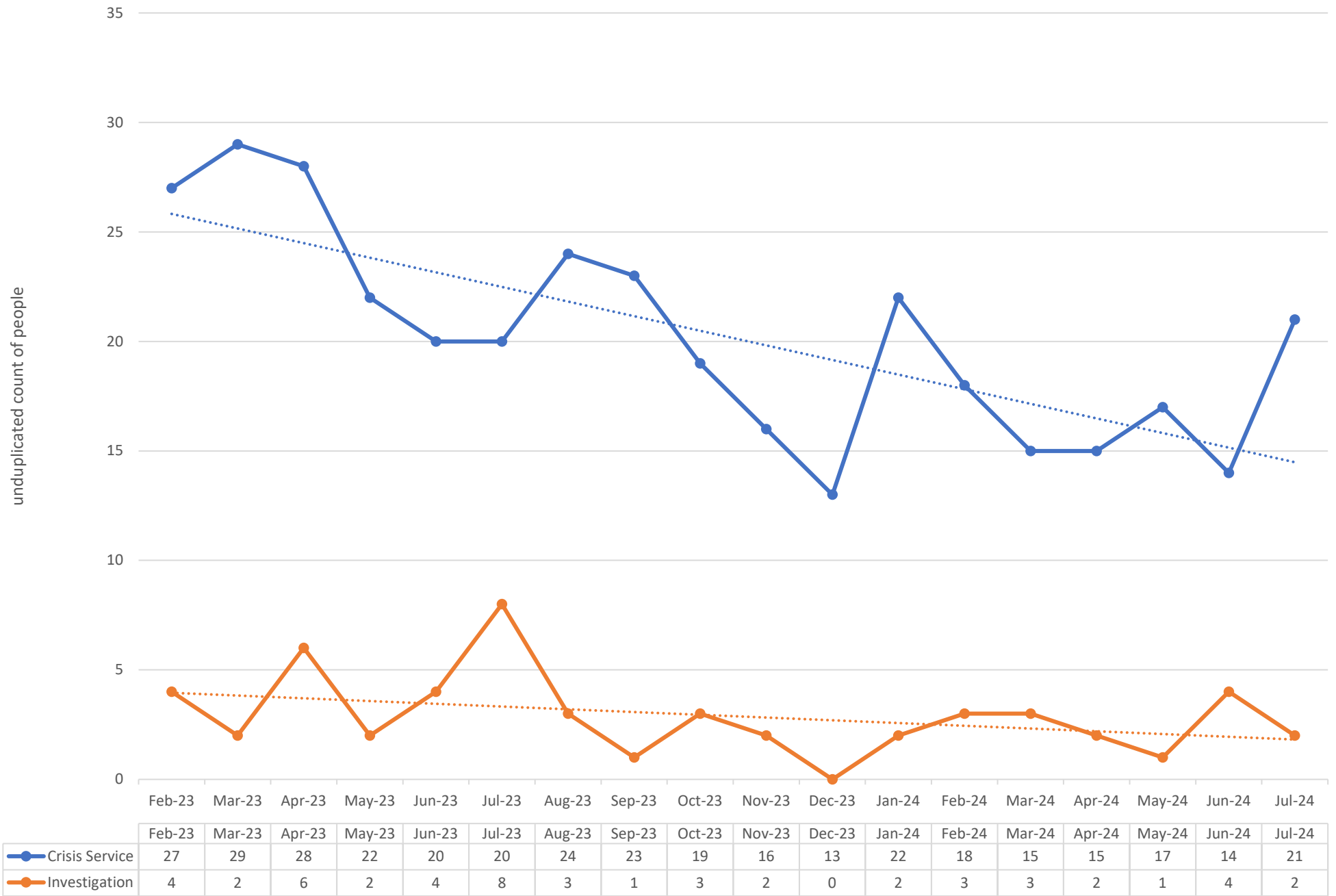


	Feb-23	Mar-23	Apr-23	May-23	Jun-23	Jul-23	Aug-23	Sep-23	Oct-23	Nov-23	Dec-23	Jan-24	Feb-24	Mar-24	Apr-24	May-24	Jun-24	Jul-24
● Crisis Call	829	934	802	903	881	931	909	907	927	909	910	915	878	957	936	929	881	921
● Crisis Service	648	760	652	701	657	632	620	602	599	576	563	580	591	624	596	663	609	645
● Investigation	300	361	322	354	346	372	380	330	376	349	330	324	336	343	343	331	308	331

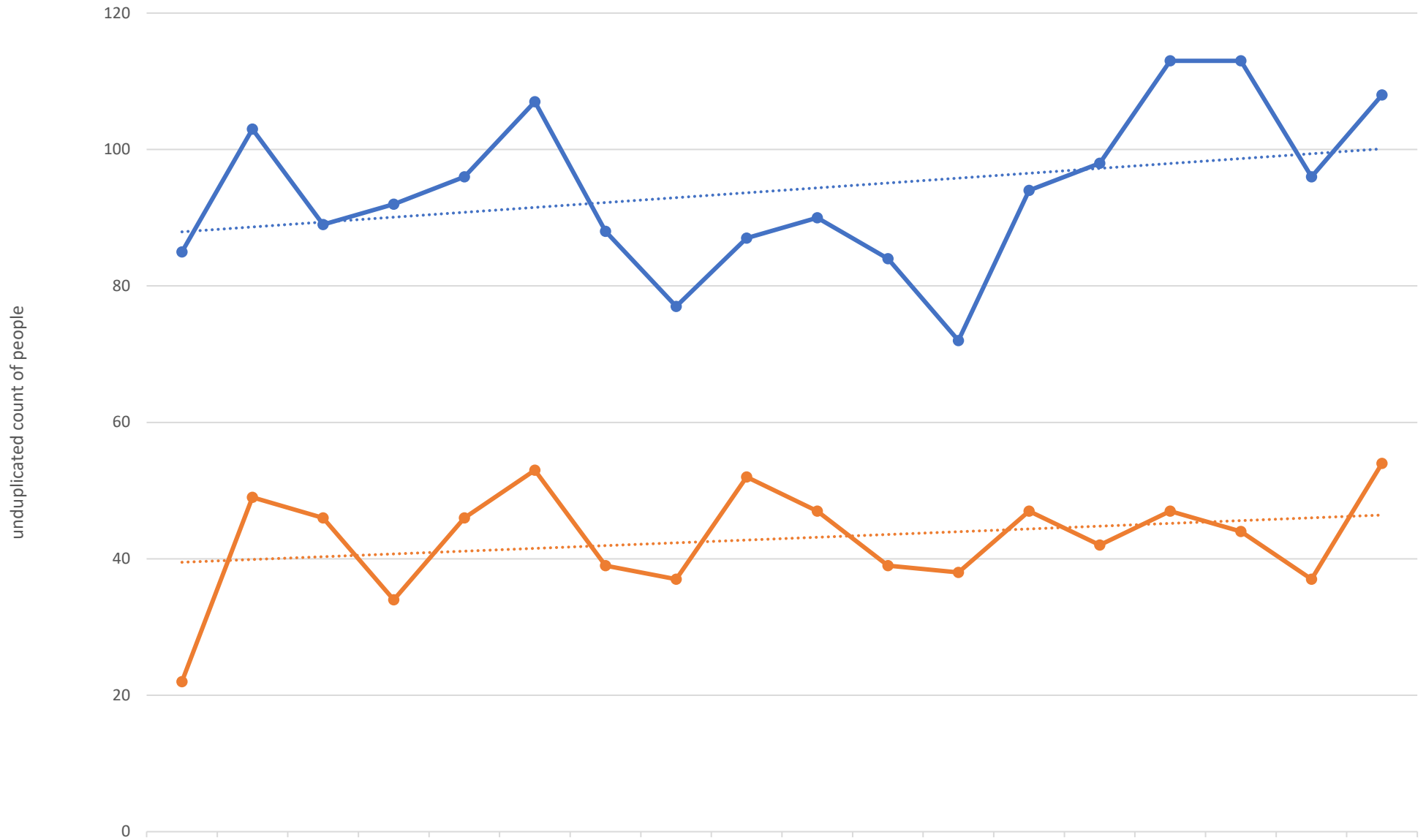
Island - Unduplicated People receiving a crisis system service



San Juan - Unduplicated People receiving a crisis system service

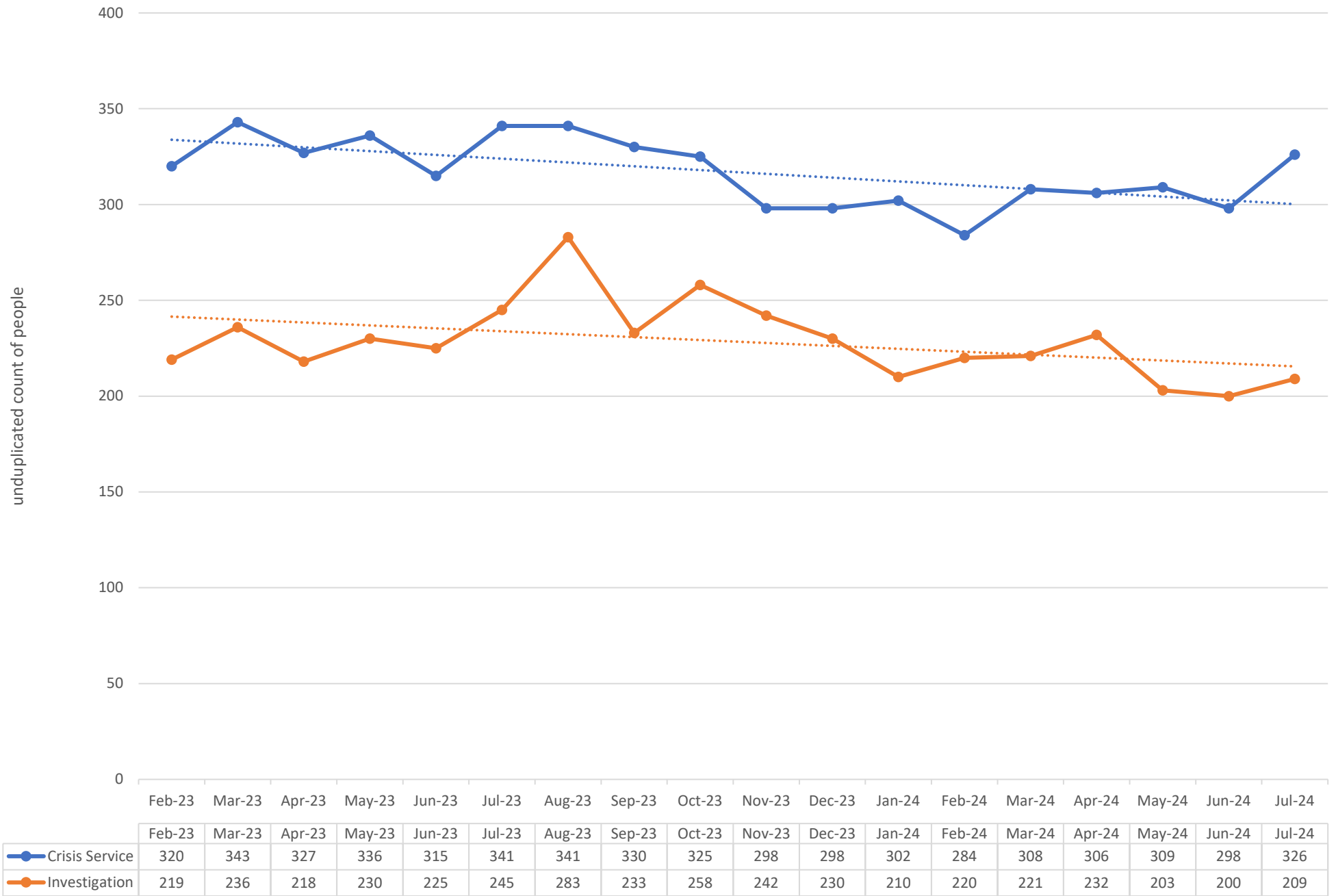


Skagit - Unduplicated People receiving a crisis system service

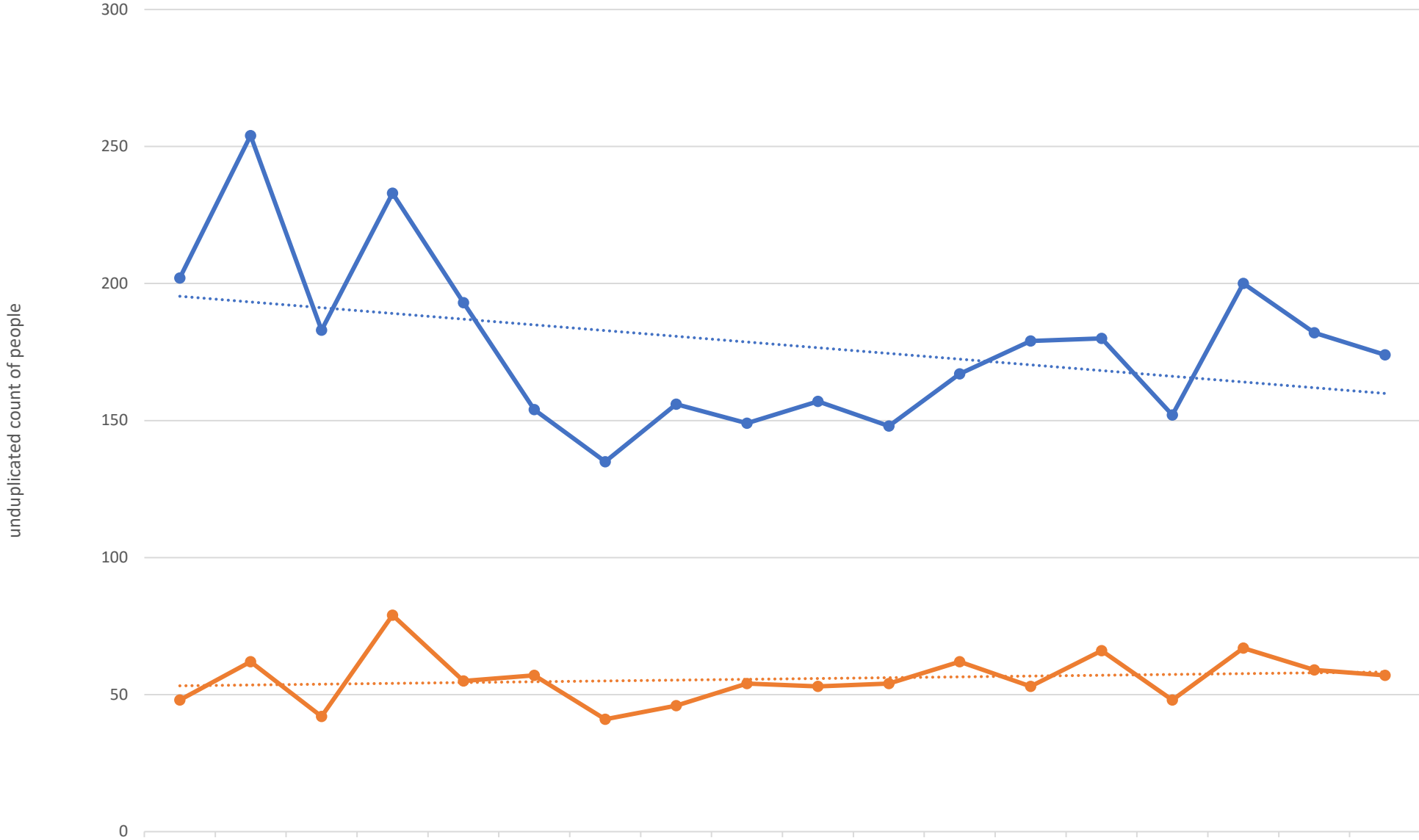


	Feb-23	Mar-23	Apr-23	May-23	Jun-23	Jul-23	Aug-23	Sep-23	Oct-23	Nov-23	Dec-23	Jan-24	Feb-24	Mar-24	Apr-24	May-24	Jun-24	Jul-24
Crisis Service	85	103	89	92	96	107	88	77	87	90	84	72	94	98	113	113	96	108
Investigation	22	49	46	34	46	53	39	37	52	47	39	38	47	42	47	44	37	54

Snohomish - Unduplicated People receiving a crisis system service

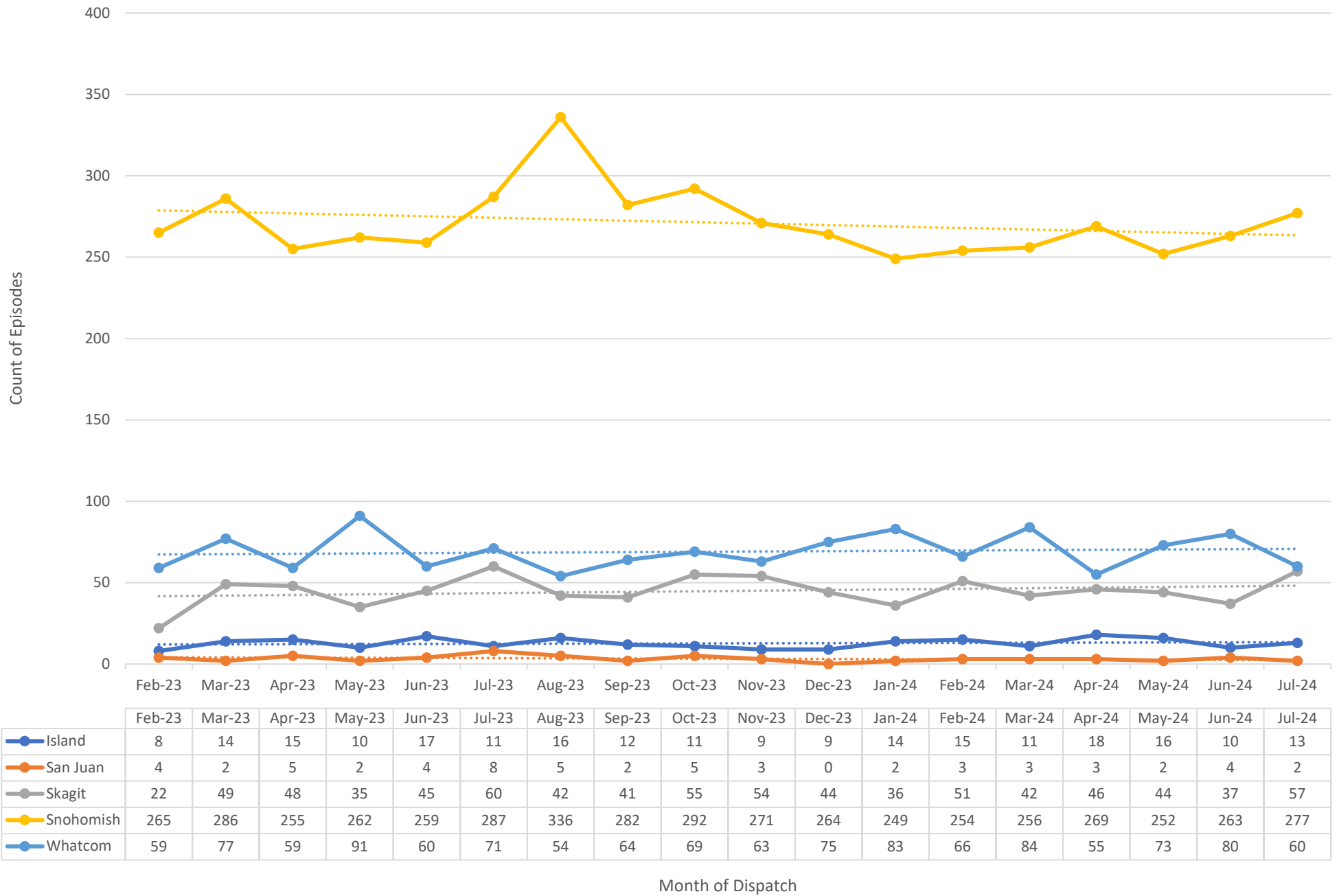


Whatcom - Unduplicated People receiving a crisis system service

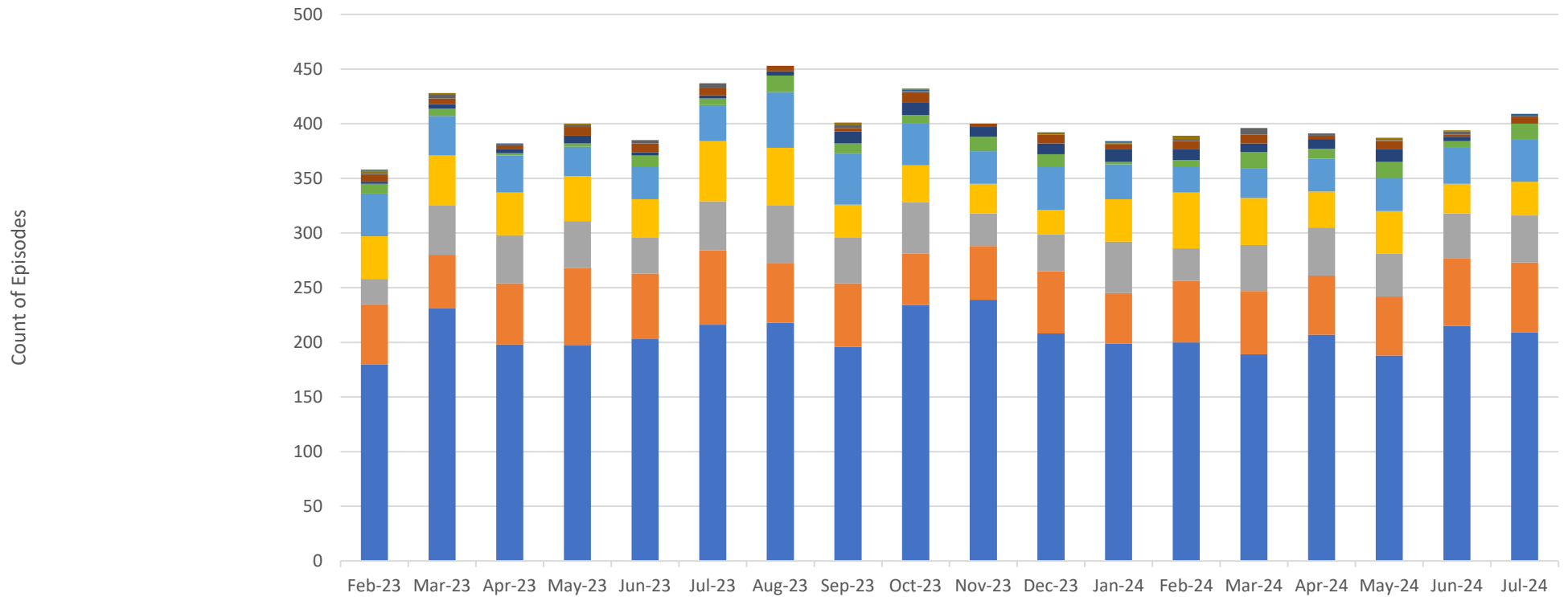


	Feb-23	Mar-23	Apr-23	May-23	Jun-23	Jul-23	Aug-23	Sep-23	Oct-23	Nov-23	Dec-23	Jan-24	Feb-24	Mar-24	Apr-24	May-24	Jun-24	Jul-24
Crisis Service	202	254	183	233	193	154	135	156	149	157	148	167	179	180	152	200	182	174
Investigation	48	62	42	79	55	57	41	46	54	53	54	62	53	66	48	67	59	57

Region Designated Crisis Responder (DCR) Investigations



Region DCR Investigation Referral Sources

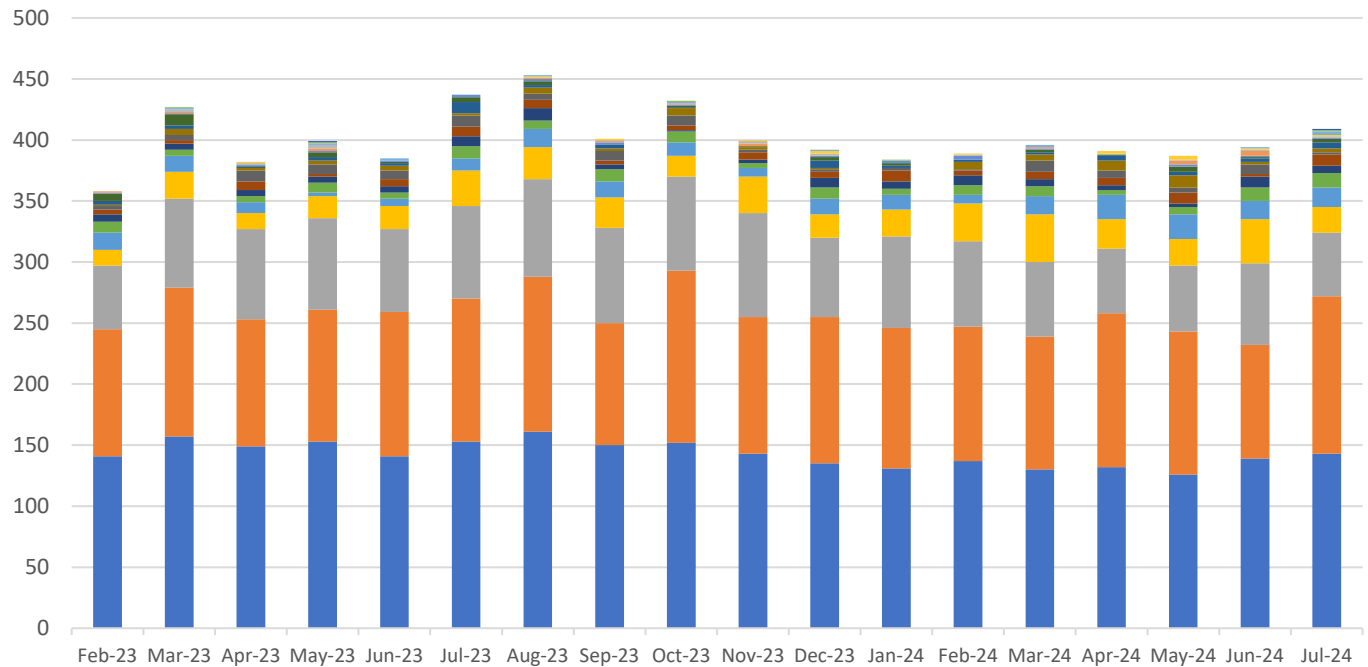


	Feb-23	Mar-23	Apr-23	May-23	Jun-23	Jul-23	Aug-23	Sep-23	Oct-23	Nov-23	Dec-23	Jan-24	Feb-24	Mar-24	Apr-24	May-24	Jun-24	Jul-24
Impact Team Law Enforcement Referral	1	0	0	0	0	0	0	0	1	0	1	0	0	0	0	0	0	0
Referral from MCR to DCR	1	0	1	0	0	0	0	0	1	0	0	1	0	0	0	0	0	1
School	1	1	0	1	0	0	0	2	0	0	1	1	3	0	0	2	1	0
Community	2	4	1	2	3	4	0	3	1	0	0	1	2	6	2	1	3	2
Care Facility	6	5	3	8	8	7	5	3	10	3	8	4	7	8	3	7	2	6
Social Service Provider	2	4	4	7	3	3	4	11	11	9	10	12	10	8	9	12	4	0
Legal Representative	9	7	2	3	10	6	15	9	8	13	11	2	6	15	9	15	6	14
Professional	39	36	34	27	30	33	51	47	38	30	40	32	24	27	30	30	33	39
Other	39	46	39	41	35	55	53	30	34	27	22	39	51	43	33	39	27	31
Law Enforcement	23	45	44	43	33	45	53	42	47	30	34	47	30	42	44	39	41	43
Family	55	49	56	71	60	68	54	58	47	49	57	46	56	58	54	54	62	64
Hospital	180	231	198	197	203	216	218	196	234	239	208	199	200	189	207	188	215	209

Month of Dispatch

Region DCR Investigation Outcomes

Count of Episodes



	Feb-23	Mar-23	Apr-23	May-23	Jun-23	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
■ Referred to sobering unit	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	1
■ No detention – Secure Detox provisional acceptance did not occur within statutory timeframes	0	1	0	1	0	0	0	0	1	0	0	1	0	0	0	0	0	1
■ Referred to sub acute detox	0	1	0	1	2	0	1	0	1	0	1	0	0	2	0	0	1	3
■ Referred to chemical dependency intensive outpatient program	0	0	1	0	0	0	1	1	0	1	2	0	1	0	2	3	1	1
■ No detention - E&T provisional acceptance did not occur within statutory timeframes	0	2	1	3	0	0	0	1	0	2	2	0	1	0	1	1	1	1
■ Referred to chemical dependency inpatient program	1	1	0	2	0	0	1	1	1	2	0	0	0	1	0	3	4	0
■ Referred to acute detox	1	1	1	1	1	2	2	2	1	0	1	2	3	1	0	2	1	1
■ Referred to crisis triage	6	9	1	4	1	4	3	0	1	1	3	2	0	2	1	4	1	3
■ No detention - Unresolved medical issues	3	3	1	3	2	9	2	3	1	0	6	2	2	2	4	3	3	5
■ Detention to Secure Detox facility (72 hours as identified under 71.05)	1	5	2	3	4	2	5	2	6	2	1	0	6	5	8	10	2	3
■ Referred to non-mental health community resources.	3	4	9	8	7	9	5	8	8	2	2	2	1	9	6	4	8	2
■ Returned to inpatient facility/filed revocation petition.	4	3	7	2	6	8	7	3	4	6	5	9	4	6	6	9	2	9
■ Filed petition - recommending LRA extension.	6	5	5	5	5	8	10	4	1	3	8	6	8	6	4	3	9	6
■ Non-emergent detention petition filed	9	5	5	8	5	10	7	10	9	4	9	5	8	8	4	6	11	12
■ Did not require MH or CD services	14	13	9	3	6	10	15	13	11	7	13	12	7	15	20	20	15	16
■ Referred to voluntary inpatient mental health services.	13	22	13	18	19	29	26	25	17	30	19	22	31	39	24	22	36	21
■ Other	52	73	74	75	68	76	80	78	77	85	65	75	70	61	53	54	67	52
■ Referred to voluntary outpatient mental health services.	104	122	104	108	118	117	127	100	141	112	120	115	110	109	126	117	93	129
■ Detention (72 hours as identified under the Involuntary Treatment Act, RCW 71.05).	141	157	149	153	141	153	161	150	152	143	135	131	137	130	132	126	139	143

Month of Dispatch