



# **Advisory Board**

**Pre-meeting**

**February 3, 2009**

**12:15 - 1:00**

**Presented by**

**Sea Mar**

## MEMORANDUM

DATE: January 26, 2009  
TO: NSMHA Advisory Board  
FROM: Chuck Benjamin, Executive Director  
RE: February 12, 2009 Board of Director's Agenda

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Please find for your review the following that went before the NSMHA Board of Directors at the February 12, 2009, meeting.

***NOTE:*** At the time of packet creation there were no items available for the memorandum. A revised memorandum will be available at the meeting.

CC: Charles R. Benjamin  
County Coordinators  
NSRSN Management Team

# NORTH SOUND MENTAL HEALTH ADMINISTRATION ADVISORY BOARD MEETING

## Agenda

February 3, 2009

1:00 PM

1. Call to Order - Introductions, Chair – 5 minutes
2. Revisions to the Agenda, Chair – 5 minutes
3. Approval of the December 2008 Meeting Minutes, Chair – 5 minutes
4. County Coordinator Report
5. Ombuds Report
6. Comments from the Public –5 minutes
7. Correspondence and Comments from the Chair – 5 minutes
8. New Business:
  - a. New Member
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 – Mary Good – 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 March 3, 2009, in the NSMHA Conference Room.

**North Sound Mental Health Administration (NSMHA)**  
**MENTAL HEALTH ADVISORY BOARD**  
**December 9, 2008**  
**1:00 to 3:00**

<b>Present:</b>	Arthur Jackson, Otis Gulley, Mary Good, Marie Jubie, Russ Sapienza, Terry Ann Gallagher and Candace Trautman
<b>Excused Absence</b>	Andrew Davis, James Mead, Charles Albertson, Darcy Hocker and Joan Lubbe
<b>Absent:</b>	Catherine Ellis
<b>Staff:</b>	Margaret Rojas, Greg Long and Rebecca Pate, recording
<b>Guests:</b>	Chuck Davis, Susan Lange, Lynn Gulley and Mark McDonald

***MINUTES***

<b><i>TOPIC</i></b>	<b>DISCUSSION</b>	<b><i>ACTION</i></b>
<b>CALL TO ORDER, INTRODUCTIONS</b>		
Mary Good	Mary called the meeting to order at 1:00 pm and introductions were made. There was not a pre-meeting presentation today as it was the annual holiday potluck.	Informational
<b>REVISIONS TO THE AGENDA</b>		
Mary Good	Mary asked if there were any revisions to the agenda and none were mentioned.	Informational
<b>APPROVAL OF MINUTES</b>		
Mary Good	The November minutes were reviewed. Arthur made a motion to approve the minutes as written, Russ seconded and motion carried.	Informational  Motion carried
<b>COUNTY COORDINATOR REPORT</b>		
Barbara LaBrash	<p>Barbara joined the meeting via telephone at 1:20 pm. Barbara announced that San Juan passed the sales tax initiative. She thanked the Advisory Board and others for their testimony and support at the meeting. She announced that Snohomish County passed their initiative also. She said there was a lot of good collaborative work done for this initiative.</p> <p>Barbara said San Juan has prioritized mental health services to children in school and uninsured individuals. These are two issues they have chosen to fund from the beginning.</p> <p>Some discussion followed Barbara's report.</p> <p>Otis said now that the fire is going with all the counties passing the tax we need to keep the flame going. Marie mentioned that a lot of people with mental illness have been experimented on, which is not a good thing. Russ said that people have gotten into the psycho</p>	Informational

	<p>social model and do not look at the social side. He said that the ACLU is more interested in protecting the rights of individuals than getting people the help they need for their mental illness. Otis said it is difficult getting the help for people that need it sometimes because of rules and other things involved.</p> <p>Barbara thanked all for their comments and said this brings to the forefront rules and issues that we have to deal with in getting help for those in need.</p>	
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**OMBUDS REPORT**

<p>Chuck Davis Susan Lange</p>	<p>Chuck and Susan gave the snapshot report. Discussion on certain issues occurred during the report.</p> <p>Chuck mentioned that meds for people incarcerated must be delivered from the pharmacy in bubble pack to the jail.</p> <p>Chuck mentioned they received an email that GAU was being eliminated in Washington State. He said they are unsure about this and just keep eyes open about this issue. Greg Long added if people enter into services under Community Mental Health Care Plan they have a Primary Care Physician (PCP) that works with mental health for mental health concerns. At the time of assessment, it is established whether people can be provided services at the PCP level or need to be referred to a mental health provider. Greg said the hospital association submitted a white paper to continue GAU pilot programs in King and Pierce Counties. He added that Spokane has submitted a request but he knows of no others. He said none of this region's counties have requested continuance. Russ said the problem developed when jails became corporate or privately owned. Greg said the jails in our region are still run by the counties. Greg said NAMI may lobby for continuance of GAU.</p>	<p>Informational</p>
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**COMMENTS FROM THE PUBLIC**

<p>Mary Good</p>	<p>Mary asked if there were any comments from the public and none were mentioned.</p>	<p>Informational</p>
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**COMMENTS AND CORRESPONDENCE FROM THE CHAIR**

<p>Chair Mead</p>	<p>The Chair had an excused absence today; therefore, there are no comments.</p>	<p>Informational</p>
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**NEW BUSINESS**

<p>Mary Good</p>	<p>Mary asked if there was any new business.</p> <p>Marie announced that the nominating committee recommended that Andrew Davis be nominated as</p>	<p>Informational</p>
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	<p>Chair and Arthur Jackson as Vice Chair.</p> <p>Mary read an email submitted by Andrew in his absence.</p> <p>Mary stated these individuals would be strong advocates. Marie made a motion to accept Andrew as Chair, seconded and motion carried.</p> <p>A motion was made to accept Arthur Jackson as Vice Chair, seconded and motion carried.</p> <p>Margaret said NSMHA has created a wellness committee for internal staff. She said one thing being looked at is providing more healthy food for meetings, etc. She said one thing they would like to do is provide water, coffee, tea or juice for meetings instead of soda. She said another issue is Compass Health has been asked to have Cookie Creations develop a healthy cookie. She asked what the Advisory Board thought about these suggestions. It was mentioned to change the chips to “Sun Chips”. It was suggested to have a variety of teas because some juices contain a lot of sugar. She said if it comes a time when you want change that it can be considered.</p>	<p>Motion carried</p> <p>Motion carried</p>
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**MONTHLY COMMITTEE REPORTS**

	<p><b>Executive Director’s Report</b></p>	
<p>Greg Long</p>	<p>Greg reiterated Barbara’s positive comments that all five counties in the region have passed the initiative. He added this may shift roles a little and these funds are raised by the counties and will stay in the counties. NSMHA will oversee crisis services for people throughout the region and the tax funds will provide other services for people in the community.</p> <p>Greg announced that NSMHA is re-applying for the Substance Abuse Mental Health Services Administration (SAMHSA) grant for high intensity wraparound services. NSMHA has hired a consultant to work with the group on the application. The application is due in January so a lot of work has to be done in a short amount of time.</p> <p>Greg mentioned the forum held in Skagit County and reviewed the document in members’ folder.</p> <p>Greg said the Board of Directors (BOD) will be approving the budget at their next meeting.</p> <p>The BOD will be approving the recommendations from Jet Computer. Anne Deacon will be leading the workgroup and Otis volunteered to be a part of the workgroup. Greg said another volunteer is desired and</p>	<p>Informational</p> <p>Motion carried</p>

	<p>the group will hold their first meeting in January and probably meet once a month to start.</p> <p>Greg said NSMHA has received no specific information regarding budget reductions. However, NSMHA is proposing starting a planning process for the expected reductions. This process would include all stakeholders, providers, county representatives and this will begin in early February.</p> <p>Russ said more representatives going down to Olympia is needed.</p> <p>Otis said the preparation of things by NSMHA for members is excellent.</p> <p>Otis recommended manuscripts/ghost writers for chronicles by James Mead, Tom Richardson and Gary Williams.</p>	
	<b>Finance Committee</b>	
Mary Good	<p>Mary gave the Finance Committee report. The committee recommended approving the expenditures. A motion was made to approve and move the expenditures forward to the Board of Directors, seconded and motion carried.</p> <p>A recommendation was made to approve the bus for NAMI/Martin Luther King Day, January 19<sup>th</sup>. Arthur made a motion to approve the bus charter for NAMI/Martin Luther King Day, Otis seconded and motion carried.</p> <p>The committee also proposed purchasing a recognition award for James. Otis suggested a hat or plaque. Marie suggested something like was done for Tom. Margaret suggested emailing suggestions to Rebecca. Arthur made a motion to submit recommendations for James' recognition to Margaret or Rebecca and decide and vote in January, Terry Ann seconded and motion carried.</p>	<p>Informational</p> <p>Motion carried</p> <p>Motion carried</p> <p>Motion carried</p>
	<b>Executive Committee/Agenda Committee</b>	
Mary Good	Mary said the Executive Committee discussed the same issues discussed in Finance with details previously mentioned in the Finance Committee report.	Informational
	<b>Quality Management Oversight Committee (QMOC) Report</b>	
Mary Good	<p>Mary gave the following brief and the <b>draft</b> minutes were in the members manila folder.</p> <p>1. The meeting was held November 26, 2008.</p>	Informational

	<ol style="list-style-type: none"> <li>2. The October minutes were approved as amended.</li> <li>3. Announcements (see <b>draft</b> minutes for details) <ol style="list-style-type: none"> <li>a. Both Programs for Program for Assertive Community Treatment (PACT) teams are looking for referrals.</li> <li>b. Public hearings will be held for San Juan (December 2<sup>nd</sup>) and Snohomish (December 3<sup>rd</sup>) regarding sales tax initiative.</li> <li>c. Discussions have been held with provider Information Systems regarding encryption signature.</li> <li>d. North Sound Mental Health Administration (NSMHA) is concerned about the number of self-injurious cases in the region.</li> <li>e. No December meeting</li> <li>f. A de-certification report will be coming out soon and individuals contacted that have not taken action.</li> <li>g. Compass Health Milwaukee Apartments will have open house December 4<sup>th</sup> at 1 pm.</li> <li>h. Sea Mar opening new office in Lynnwood December 4<sup>th</sup> at 9 am – 19707 44<sup>th</sup> Ave. W, Suite 101.</li> </ol> </li> <li>4. Reports given at the meeting (refer to <b>draft</b> minutes) <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 – none given</li> <li>d. Utilization Review Response Times and Certified Mental Health Specialists (CMHS) Assessment discussions were postponed until January.</li> <li>e. Adult Schizophrenia Guideline reviewed and discussed – decided a workgroup would get together and bring back recommendations to QMOC</li> <li>f. Confidentiality Opinion reviewed and discussed</li> <li>g. Employment and Recovery</li> <li>h. Opened floor for discussion</li> </ol> </li> </ol>	
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	5. The next meeting will be January 28, 2009, in the NSMHA Conference Room South from 12:30 to 2:30 pm.	
<b>ITEMS BROUGHT TO THE BOARD OF DIRECTORS</b>		
	<b>Introduction and Action Items</b>	
Greg Long	<p>Greg advised the members of the items that went before and were approved by the Board of Directors (BOD) November 20<sup>th</sup> and items going before the BOD December 11<sup>th</sup> for approval and language is on the revised memorandum.</p> <p>Arthur made a motion to recommend approval of the Triwest and Lake Whatcom amendment, Otis seconded and motion carried.</p>	<p>Informational</p> <p>Motion carried</p>
<b>COMMENTS FROM COUNTY ADVISORY BOARD MEMBERS</b>		
Island	No one present to report. TerryAnn was not in attendance at the Island AB meeting.	Informational
San Juan	No one present.	Informational
Skagit	Skagit did not have individual meeting but held a joint meeting with Substance Abuse.	Informational
Snohomish	Arthur said they discussed the upcoming vote for the sales tax initiative.	Informational
Whatcom	Russ said they held a joint meeting with Substance Abuse and Mental Health Advisory Boards. They discussed what would be needed to accomplish services desired. He said Bruce Radke resigned as Whatcom County Advisory Board member. He said discussion was held about better access the services and more services for children/youth and geriatric.	Informational
<b>COMMENTS FROM THE PUBLIC</b>		
Otis Gulley	Otis mentioned he will possibly be doing a presentation at the Recovery Conference 2009 and/or Tribal Conference in 2010.	Informational
<b>OTHER BUSINESS</b>		
Marie Jubie	Marie asked if there was any other business.	Informational
<b>ADJOURNMENT</b>		
Mary Good	<p>A motion was made to adjourn the meeting, seconded and motion carried. The meeting was adjourned at 3:00 pm.</p> <p>The next meeting will be held on Tuesday, January 6, 2009, in the NSMHA Conference Room.</p>	<p>Informational</p> <p>Motion carried</p>