

ADVISORY BOARD PRE-MEETING

May 2nd, 2017

12:10-12:50PM

North Sound Behavioral Health Organization

School Based Behavioral Health Services

Wraparound with Intensive Services (WISe) Discharge
Planning

Colleen Bows

Children's Mental Health Services Manager

Skagit County School Behavioral Health Partnership



SMART

School Mental Health Assessment
Research & Training Center

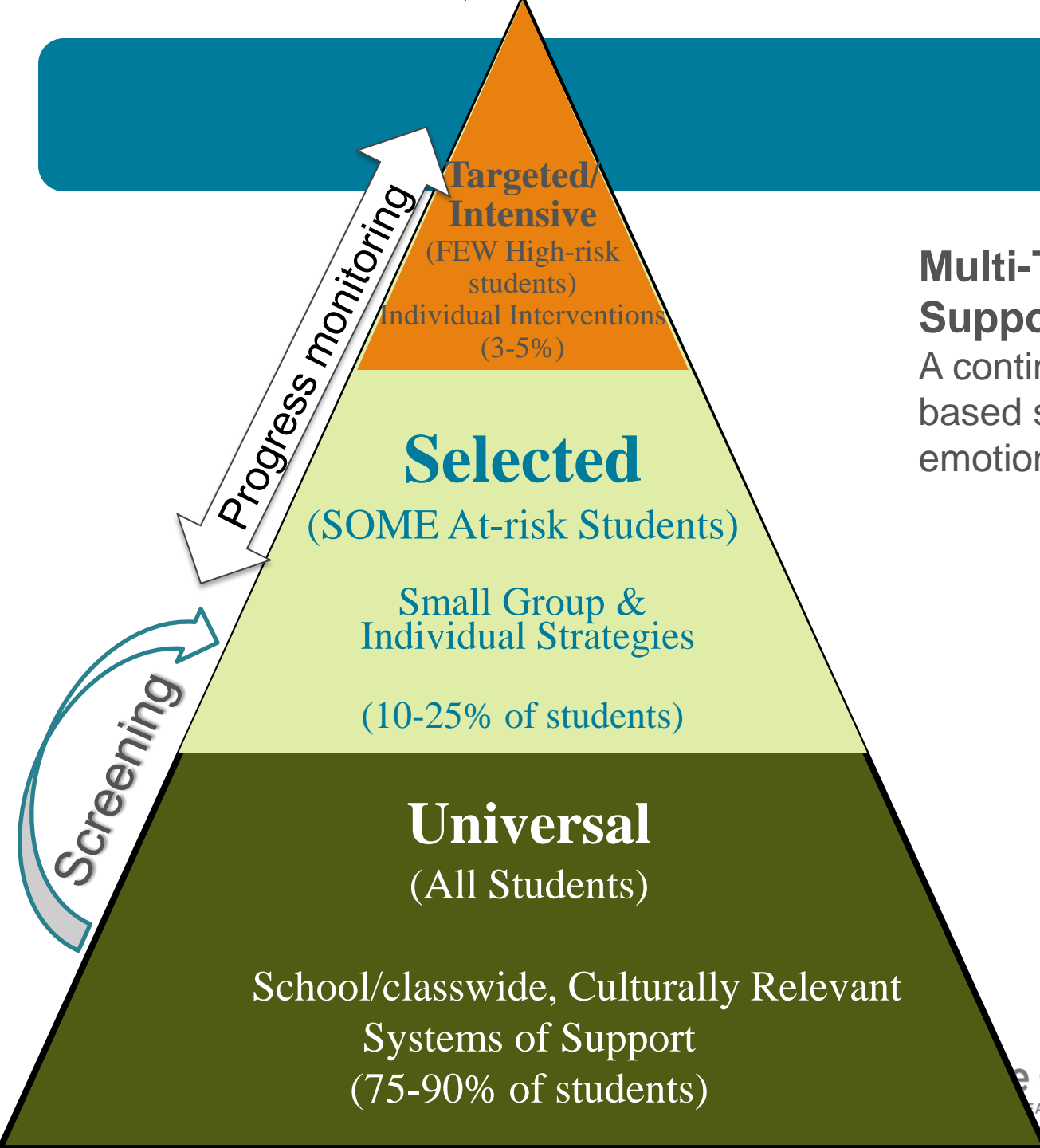


Seattle Children's

HOSPITAL • RESEARCH • FOUNDATION

UW Medicine

SCHOOL OF MEDICINE



**Targeted/
Intensive**
(FEW High-risk
students)
Individual Interventions
(3-5%)

Selected
(SOME At-risk Students)
Small Group &
Individual Strategies
(10-25% of students)

Universal
(All Students)
School/classwide, Culturally Relevant
Systems of Support
(75-90% of students)

**Multi-Tier System of
Supports (MTSS)**
A continuum of evidence-
based supports for social-
emotional needs

Skagit Co School Behavioral Health Planning Partnership

INITIALLY IDENTIFIED GOALS FOR THE PARTNERSHIP:

- Meet the needs of the most students
- Create a culture of collaboration between the County and the Schools
- Measure Outcomes
- Develop a system that is sustainable

Two-pronged strategy

Short term
(1-2
years)

- Invest in a **skilled behavioral health providers** who can provide school-based services in a way that meets priority needs of all 7 Skagit districts

Long term
(3-5
years)

- Build a **long term, County-wide School behavioral health partnership** that provides for shared financing, oversight, governance, and accountability

Goals & Needs

- **Goal:** To ensure that all Skagit County children and youth have access to:
 - high-quality,
 - research-based,
 - and well-integrated school-based behavioral health services and supports.
- **Need:** Employ 10-12 school-based behavioral health counselors (BH counselors) who can provide individual and group counseling to students in all seven Skagit County School Districts, and serve as a well-integrated resource across the multiple “tiers” of support in identified schools across Skagit County.

Providing School BH Services: Practice model

Skagit County Partnership

- BH counselor views themselves as a member of the community initiative and an employee of BH. They are fully informed of intended goals, objectives, outcomes, and strategies. BH counselor is oriented to school culture and philosophy of delivering school based services.
- BH provides clinical supervision appropriate to school based personnel.
- BH counselor participates in interventions at all three levels (i.e., Tiers 1-3).

Providing School BH Services: Fit to school

Traditional

- Multiple counselors may serve the same school or district based solely on what population they are under contract to serve. Two funding contracts may = two different counselors.

Skagit County Partnership

- BH counselor is informed about how to serve ALL students with behavioral health needs, regardless of funding.
- BH counselor is matched to a school based on their skill set and traits relative to the need of the school and the population served – elementary, middle, and/or high school.
- A second BH counselor may be warranted if there is a need for a Chemical Dependency Professional and a Mental Health Professional and a co-credentialed person is not available.

Provider Expectations

- **All BH counselors are expected (and supported) to:**
 - Provide Tier 2/3 individual behavioral health services (4+ hrs/day)
 - Provide group services Group Size is 2-12
 - Conduct initial assessments and feedback to students/parents using a standardized, “broad band” measure of behavioral health functioning (e.g., SDQ)
 - Engage with school personnel in a set of (1+ hrs/day)
 - Participation in school teams (e.g., student support teams)
 - Regularly reach out to and consult with school counselors, teachers, and administrators about student behavioral health issues and needs

Service Interventions

- Designed to assist students in obtaining the goals described in the individual's service plan;
- Treatment may include developing self-care or life skills; enhancing inter-personal skills;
- Mitigating the symptoms of mental illness and/ or substance use disorders;
- Substance abuse use disorder education, support for children of parents with substance use disorders, lessening the results of traumatic exposure.
- Use of evidence-based interventions.

Training and workforce development

- For school-based MH staff:
 - Elements of effective mental health in schools
 - Student engagement
 - Student problem solving skills
 - Using measurement as an engagement, planning, and progress monitoring tool
 - Evidence based clinical skills commonly needed with students:
 - Stress and Mood Management, Communication Skills, Realistic Thinking
 - Integrating successfully with schools
 - Understanding school priorities, terminologies, support services
 - Activities at Tiers 1 and 2

LONG-TERM PLAN (3-5 YEARS)

- Build a long term, County-wide School behavioral health partnership that provides for shared financing, oversight, governance, and accountability
 - Continuously evaluate needs
 - Develop a sustainable financing plan with diverse inputs
 - Oversee implementation County-wide
 - Evaluate quality and outcomes
 - Celebrate and publicize success

- School personnel are informed of important clinical policies such as: relevant RCW/WAC, HIPAA, age of consent, basic Medicaid and county 1/10th rules, etc.
- BH counselor is visible in the school.
- BH counselor consults regularly with school-employed BH counselor, teachers, and administrators about student BH issues and needs.
- BH counselor engages in school activities.
- BH counselor makes an effort to build relationships with school personnel.

Providing School BH Services: Accountability

Traditional	Skagit County Partnership
<ul style="list-style-type: none">• No data to decide on or monitor interventions	<ul style="list-style-type: none">• BH counselor leads group or individual interventions based on data
<ul style="list-style-type: none">• Interventions are focused on the child/youth and family services and supports may not be present.	<ul style="list-style-type: none">• Families are included in the treatment plans and monitoring.
	<ul style="list-style-type: none">• Families are able to receive family-based interventions in a school setting if they desire.

Challenges

- Workforce Issues
 - Requirement & Hiring
 - Training
 - Retain
 - Growing the workforce

North Sound Behavioral Health Organization

301 Valley Mall Way, Suite 110, Mount Vernon, WA 98273

ADVISORY BOARD AGENDA

May 2nd, 2017

1:00 p.m. – 3:00 p.m.

CALL TO ORDER & INTRODUCTIONS

REVISIONS TO THE AGENDA

APPROVAL OF MINUTES FROM PREVIOUS MEETING

Approval of April Minutes.....TAB 1

ANNOUNCEMENTS

North Sound Behavioral Health Organization Newly Hired Staff
National Alliance on Mental Illness Washington 2017 State Conference – Save the Date

BRIEF COMMENTS OR QUESTIONS FROM THE PUBLIC

STANDING COMMITTEE REPORTS (Briefs from Each Committee Attached)

- Planning Committee (No April Meeting)
- Quality Management Oversight Committee (QMOC).....TAB 2

EXECUTIVE/FINANCE COMMITTEE REPORT

Approval of the April Expenditures.....TAB 3

EXECUTIVE DIRECTOR’S REPORT & ACTION ITEMS

Executive Director’s Report Items

- Report from Joe.....TAB 4

Executive Director’s Action Items

- Action Items/Memorandum.....TAB 5

OLD BUSINESS

July 11th, 2017 Advisory Board Retreat – Envisioning the Future of Integrated Care: Behavioral Health Consumer Perspective.....TAB 6

Conflict of Interest Statement Placement in the Bylaws.....TAB 7

NEW BUSINESS

REPORT FROM ADVISORY BOARD MEMBERS

REMINDER OF NEXT MEETING

- The next scheduled meeting is June 6th, 2017 in the Snohomish Conference Room

ADJOURN

FINAL approved by Advisory Board

North Sound Behavioral Health Organization

301 Valley Mall Way, Suite 110, Mount Vernon, WA 98273

ADVISORY BOARD MINUTES

April 4th, 2017

1:00 p.m. – 3:00 p.m.

ATTENDANCE

Advisory Board Members Present

Island: Jo Moccia, Candy Trautman, Betty Rogers

San Juan: Theresa Chemnick (Phone)

Skagit: Ron Coakley, Duncan West, Joan Lubbe

Snohomish: Marie Jubie, Pat O'Maley-Lanphear, Carolyn Hetherwick Goza, Jack Eckrem,
Fred Plappert, Greg Wennerberg, Joan Bethel

Whatcom: David Kincheloe, Mark McDonald, Michael Massanari, Stephen Jackson,
Natasha Raming, Arlene Feld

Excused Advisory Board Members

Island: Chris Garden

San Juan:

Skagit:

Snohomish: Jennifer Yuen, Carolann Sullivan

Whatcom:

Absent Advisory Board Members

Island:

San Juan:

Skagit:

Snohomish:

Whatcom:

NSBHO Staff Present

Bill Whitlock (Chief Financial Officer)

Maria Arreola (Advisory Board Coordinator)

Matthew Rudow (Contracts Specialist)

Guests Present

Meg Massey – Prospective Member San Juan County

Shelli Young – North Sound BHO Consultant

CALL TO ORDER & INTRODUCTIONS

The Chair called the meeting to order at 1:15 p.m. Introductions recognized on the sign in sheet

REVISIONS TO THE AGENDA

The Chair inquired regarding revisions to the Agenda. None mentioned

APPROVAL OF MINUTES FROM PREVIOUS MEETING MINUTES

March minutes were approved by a motion and vote

FINAL approved by Advisory Board

STANDING COMMITTEE REPORTS (Briefs from Each Committee Attached)

- Planning Committee (No April meeting)
- Quality Management Oversight Committee (QMOC) Report

EXECUTIVE DIRECTOR'S REPORT & ACTION ITEMS

Executive Director Report

Bill Whitlock reported on the following topics:

- Behavioral Health Facilities Plan
- Behavioral Health Integration Update
- Legislative Updates
- Rainbow Center Transition Plan Update
- Implementation of new IMD Rule for Managed Care Plans
- North Sound Accountable Community of Health (NSACH) Update

Shelli Young – Opioid Reduction Plan

Shelli briefed the Board on the progress of the Opioid Reduction Plan. Advisory Board Members were encouraged to provide feedback and recommendations.

Shelli reported on the key activities

- Youth
- Families
- Where services are delivered
- Connect resources
- Strengthen workforce
- Prevent overdose deaths
- Expand recovery housing
- Engage partners

North Sound BHO Opioid Reduction Plan Goals

- Prevent opioid misuse and abuse
- Treat opioid dependence
- Prevent deaths from overdose
- Use data to monitor and evaluate

Action Items

- Bill reviewed each of the Action Items with the Advisory Board
- A motion was made to move the Action items to the County Authorities Executive Committee for approval. Motion was seconded and approved
- Motion approved to forward the Action Items to the County Authorities Executive Committee for approval

Mental Health Block Grant – Matthew Rudow – North Sound BHO Contracts Specialist

FINAL approved by Advisory Board

The Mental Health Block Grant was introduced to the Board. Motion was made to approve the Mental Health Block Grant. Motion seconded. All in favor. The Chair signed the letter approving the Grant Plan to be forwarded to the State. The letter will be forwarded to Margaret

OLD BUSINESS

2017 Washington Behavioral Health Conference – Registration

Advisory Board Members were given the registration forms to the conference. Registration forms are to be completed and turned into Maria no later than May 10th

NEW BUSINESS

Behavioral Health Organizations – Advisory Board Membership WAC 388-865-0252 Policy 4515.00

Discussion took place of the new WAC 388-865-0252 and the Conflict of Interest statement. Motion was made to adopt and approve Conflict of Interest Statement and change the new WAC 388-065-0252. Motion seconded. All in favor

Bylaws revisions were discussed; modifications are listed below:

- Conflict of Interest Statement
 - In accordance with applicable local, state and federal laws, rules and/or regulations governing the operations of the North Sound BHO, and in accordance with the North Sound BHO's Conflict of Interest Policy 4515.00 Advisory Board Representation and with the North Sound BHO Conflict of Interest Policy 3010.00. The members of the North Sound BHO Advisory Board (AB) may have an AB member who serves on the Board and is employed by a subcontractor agency. The person shall not be an owner nor have a controlling interest in the subcontractor's company nor be a member of senior management of the subcontractor's company. A person who works for an agency shall recuse themselves on potential conflicts of interest. Any conflict of interest must be explicitly declared by the AB member
- WAC 388-865-0252 modification in Article III Membership, paragraph 4

North Sound Behavioral Health Organization Advisory Board Policy 4511.00 – Purchasing and Other Expenses

Updated policy introduced to the Board. Motion made to approve policy 4511.00. Motion seconded. All in favor

North Sound Behavioral Health Organization Advisory Board Policy 4510.00 – Attendance and Participation at Conference, Seminars, and Trainings

Updated policy introduced to the Board. Motion made to approve policy 4510.00. Motion seconded. All in favor

North Sound Behavioral Health Organization Advisory Board Policy 4509.00 – Development of Annual Advisory Board Expense Projection

Updated policy introduced to the Board. Motion made to approve policy 4509.00. Motion seconded. All in favor

FINAL approved by Advisory Board

July 11th, 2017 Advisory Board Retreat

Locations were discussed. Retreat goals will be further discussed during the May meeting

2017 Visual Art/Poetry Contest

It was determined to hold the contest every two years.

Announcements

Meg Massey – San Juan County

Pending appointment to the Board until official appointment letter is received

Arlene Feld – Whatcom County

Introduced to the Board as a newly appointed member representing Whatcom County

Natasha Raming – Whatcom County

Introduced to the Board as a newly appointed member representing Whatcom County

Duncan West – Skagit County

Introduced to the Board as a newly appointed member representing Skagit County

Jo Moccia – Island County

Introduced to the Board as a newly appointed member representing Island County

2017 Washington State Co-Occurring Disorder & Treatment Conference – Save the Date

The conference will be held in Yakima, WA, October 16th – 17th. Advisory Board Members that are interested in attending are Betty, Mark, Candy, Jo, Stephen, Duncan, Jack, Natasha, and Meg

ACTION ITEMS

Executive & Finance Committee

The March Expenditures were reviewed and discussed. A motion was made to move the Expenditures to the County Authorities Executive Committee for approval. Motion was approved

REPORT FROM ADVISORY BOARD MEMBERS

None

BRIEF COMMENTS OR QUESTIONS FROM THE PUBLIC

None

ADJOURNMENT

The Chair adjourned the meeting at 3:00 p.m.

NEXT MEETING

The next **Advisory Board meeting** is May 2nd, 2017 in Whatcom Conference Room



North Sound Behavioral Health Organization, LLC

301 Valley Mall Way, Suite 110, Mount Vernon, WA 98273
<http://northsoundbho.org> • 360.416.7013 • 800.684.3555 • F 360.416.7017

Quality Management Oversight Committee (QMOC) Brief April 13, 2017

Disaster Planning

Sandy Whitcutt, North Sound BHO

Sandy Whitcutt gave a brief overview of the current steps being taken by the North Sound BHO and Volunteers of America (VOA) to ensure that our region is ready to respond to a disaster. Brief conversation ensued regarding how disaster planning is progressing at respective agencies.

Policy 1542.00 Evaluation and Treatment Facilities (E&T) Admission Medical Clearance Criteria

Sandy Whitcutt, North Sound BHO

This policy was due for minor review and revisions. Both Telecare and Mukilteo E&Ts were involved with the revisions. The policy was then reviewed by the Integrated Crisis Response System (ICRS) and approved with changes. Brief conversation ensued regarding the reasoning behind medical clearance criteria. This policy was approved as written.

Policy 1578.00 Western State Hospital Admission Screening and Waitlist Management

Val Jones, North Sound BHO

This policy was due for review and revision. It was also updated to reflect language changes from North Sound Mental Health Administration (NSMHA) to North Sound BHO. The major change to this policy is that the Quality Specialist responsible for screening is also charged with prioritizing individuals on the Western State Hospital (WSH) waitlist. The new language also includes a statement that the BHO will assist inpatient units in coordinating care for safe and appropriate discharge as needed for those individuals who are not considered high priority transfers to the State Hospital. This policy was approved as written.

Policy 1586.00 Wraparound with Intensive Services (WISe)

Irene Richards, North Sound BHO

This policy is replacing the Wraparound Policy and High Intensity Wraparound Policy, as both of those iterations of Wraparound no longer exist in our region. The policy is based on language directly from the WISe manual. This policy was approved with minor formatting changes.

WISe 2016 Annual Summary

Irene Richards, North Sound BHO

Irene presented the WISe 2016 Annual Summary via a PowerPoint Presentation. The presentation included an overview of the demographics of participants enrolled in WISe, highlights of WISe for 2016, and the North Sound BHO's focus for the coming year.

Program of Assertive Community Action (PACT) 2016 Annual Summary

Jessie Ellis, North Sound BHO

Jessie presented a summary of results from the fall 2016 review of the North Sound PACT programs. It was also noted that the review told will be revised for 2017 to more accurately capture issues related to treatment. The North Sound BHO will continue to monitor program data and hop to work with agencies to revise the pay for performance measures this year.

Engagement Specialists / No Show Data

Jessie Ellis, North Sound BHO

The North Sound BHO has offered funding for engagement specialists, which is a flexible term used to describe staff focused on improving engagement and preventing no-shows at intake and throughout the treatment episode. It was noted many agencies have chosen to participate, and contract amendments are underway. Related to this, the North Sound BHO does still desire to collect no show data through the CIS, including for group attendance. It was acknowledged that not all agencies currently have this capacity; however, the North Sound BHO would still like providers to work toward submitting data.

Authorization / Denial Letter Reminder

Jessie Ellis, North Sound BHO

Jessie Ellis gave a reminder to providers that individuals seeking/receiving services receive letters from the North Sound BHO at a few junctures. The received notices of action if services are denied. If services are authorized or re-authorized, they receive authorization letters. The providers are responsible for providing the addresses for where these letters are to be sent; however, for individuals with specific privacy concerns, providers are asked to be mindful about what information is submitted to the North Sound BHO.

Data Dictionary Update

Stacey Alles, Compass Health






Stacey Alles noted that when changes come out to the data dictionary, it is very difficult to tell what has changes if there is not a summary of changes provided. It was noted that there has not been a summary of changes since the conversation to a BHO IS April 2016; however, there have been multiple updates. Stacey Alles also shared that at the Integrated Provider Meeting, providers were asked what would be beneficial for them to give to their vendors and Stacy feels that the summary of changes would be extremely helpful.

Risk Assessments

Dr. Keith Brown, North Sound BHO

This agenda item was in follow-up to a conversation from the January 2017 QMOC meeting regarding Risk Assessments. It was asked that the North Sound BHO provide clarity in regards to what specifically the North Sound BHO expects when providers complete risk assessments for individuals. The answer given is that it is specifically looking for “risk of harm to self or others.”

Advisory Board Budget April 2017

	Total	All Conferences	Board Development	Advisory Board Expenses	Stakeholder Transportation	Legislative Session
		Project # 1	Project # 2	Project # 3	Project # 4	Project # 5
Budget	\$ 42,000.00	\$ 15,000.00	\$ 3,545.00	\$ 20,200.00	\$ 255.00	\$ 3,000.00
Expense	(6,337.75)			(5,902.93)		(434.82)
Under / (Over) Budget	\$ 35,662.25	\$ 15,000.00	\$ 3,545.00	\$ 14,297.07	\$ 255.00	\$ 2,565.18
						

BHC , NAMI, COD, OTHER	BOARDS SUMMIT (RETREAT)	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 Organization, LLC
Warrants Paid
April 2017**

	Type	Date	Num	Name	Memo	Amount
Advisory Board						
Supplies						
	Bill	04/04/2017	14048-Ad	Avenue Catering	Batch # 118492	373.00
	Bill	04/04/2017	6142-Ad	ENSRSN (Petty Cash) to Avenue Catering	Batch # 118492	491.99
	Total Supplies					<u>864.99</u>
Travel						
	Bill	04/04/2017	Mar2017	AA Dispatch	Batch # 118492	637.60
	Bill	04/04/2017	Mar2017	McDonald, Mark	Batch # 118492	70.21
	Bill	04/11/2017	Mar2017	City Cab, Inc.	Batch # 118589	191.00
	Bill	04/11/2017	Feb-Apr2	Moccia, Jo - 30705	Batch # 118589	282.48
	Bill	04/11/2017	Jan-Mar2	Trautman, Candy	Batch # 118589	85.60
	Bill	04/25/2017	Mar2017	Kincheloe, David	Batch # 118768	171.74
	Bill	04/25/2017	Mar-Apr2	Kincheloe, David	Batch # 118768	88.28
	Bill	04/25/2017	Apr2017	Yuen, Jennifer	Batch # 118768	48.15
	Total Travel					<u>1,575.06</u>
	Total Advisory Board					<u>2,440.05</u>
						<u>2,440.05</u>
						<u>2,440.05</u>

Behavioral Health Integration Update

- It appears that the House and Senate Leaders have agreed on legislative language regarding the establishment of an “Interlocal Leadership Structure”, chaired by the counties, that would develop the plan for fully integrated managed care in each region, including the decision about whether or not to become a “mid-adopter”. [See Attachment “A”]
- The Health Care Authority [HCA] has directed that regions who wish to become “mid-adopters” in November 2018 or January 2019 must submit a “binding letter of intent” by September 2017.
- HCA also continues to provide instructions to the Accountable Communities of Health [ACHs] that they can only earn the incentive payments for agreeing to be mid-adopters if their regions submit this binding letter of intent.
- The BHO lobbyist continues to work directly with the Governor’s office to seek clarification on whether these incentive payments would go to the ACH and/or go through the ACH to the counties.
- In the meantime, I have met with both HCA and our ACH Director to begin the pre-planning to set up the interlocal leadership structure for North Sound. It is my hope to use the legislative authority to arrange for county chairing of the interlocal leadership structure while fully engaging the ACH, providers, Tribes, etc. in providing input into what the plan for fully integrated managed care in the North Sound should look like.

old

Behavioral Health Facilities Plan

A. Legislative Efforts

- As shared last month, both the House and Senate budgets includes funding for behavioral health treatment facilities. The House budget however, includes specific funding for the re-purposing of the Denny Juvenile Justice Center and the development of the Triage and Detox Centers in Bellingham. Attachment “B” provides a summary comparison of the two budgets related to our request.
- Myself and Rebecca Clark, along with a representative of Strategies 360, met with the Skagit Herald Editorial Board on April 20 regarding our request. On that same day we received a positive front page article, and on April 23 received a positive endorsement on their editorial page [Attachment “C”].

B. Local Facility Planning

- We’ve been working with our Project Manager, Cumming, and Skagit County Public Health and Community Services staff to narrow down the possible list of sites to explore in Skagit County based on size, cost, proximity to sensitive community areas, and transportation access.
- Cumming has also updated overall estimates for future bed needs and the actual costs of building the facilities we need.

Rainbow Center Transition Plan Update

- We have worked with Compass to finalize the staffing and program transition plan related to the closure of the Rainbow Center at the end of June. Compass will be re-deploying the Peer Counselors as part of an Intensive Outpatient and Homeless Outreach Team to engage high risk community members.

Implementation of new IMD rule for managed care plans

- On July 1, the temporary waiver to the IMD rule for both mental health and SUD treatment facilities will end. This means that any stays in an “IMD” treatment facility longer than 15 days will not be eligible for Medicaid coverage for the entire length of the stay. Initially, we were also told that this would result in a loss of all Medicaid coverage for that month – for all Medicaid services and benefits – and possible termination of Medicaid coverage. However, the State is now trying to clarify this with CMS and it’s possible that a person’s Medicaid coverage would still be in effect for the following month.
- This limitation on the use of Medicaid will still have a significant impact on our State General Fund and Substance Abuse Block Grant funds – most of which will have to be re-allocated to support SUD residential treatment.

Substance Use Disorder Treatment Expansion

- We are meeting with each of the bidders who met our requirements for SUD services and the county coordinators to assess how each of the proposals aligns with each county’s needs.
- We will then meet with each of the selected providers to begin contract negotiations.
- The following are the organizations that were qualified to provide SUD services:
 - American Behavioral Health Services (ABHS) currently contracted for residential and DOC services-applied in all counties
 - Asian Counseling Treatment Services-applied in south Snohomish County
 - Lifeline Connections currently contracted for residential services-applied in all but SJ county
 - Lake Whatcom currently a MH provider, applying in Bellingham
 - North Shore Youth Services-is provisionally qualified-applying in Everett, S&E county
 - Sunrise Services-currently a MH & SUD provider-applied in all but SJ county

North Sound Accountable Community of Health [NSACH] Update

- In May, the NSACH will be transitioning to their new governance structure. The existing large “Governing Body” will be replaced by a smaller Board of Directors, and a larger multi-sector “Program Council”. Most of the responsibility for selecting and overseeing the development of the projects will rest with the Program Council. One seat for each of the counties has been created on the Board of Directors for appointments from the five county councils/commissions.
- The North Sound BHO is co-sponsoring the two required projects: “bi-directional integration” and “Opioid reduction”. We will also be working with the NSACH to host stakeholder meetings to help create the vision and design for fully integrated care in the North Sound region.

2017 External Quality Review

- The annual External Quality Review on-site visit for North Sound BHO and selected providers in our Regional Network has been completed. In the informal Exit interview, the reviewers had high praise for the progress we have made in strengthening and updating internal policies and systems.
- In their review of some of our SUD providers however, they noted a number of areas for improvement as the new providers continue to try and develop their ability to meet the requirements of a managed care system.

BHO Proviso Language – Final – April 11, 2017

The health care authority (“authority”) shall, upon the request of the county authority or authorities (“counties”) within a regional service area, collaborate with counties to create an interlocal leadership structure that includes participation from counties and the managed health care systems serving that region, and shall include representation from physical and behavioral health care providers, tribes, and other entities serving the region as necessary. This structure or regional organization shall be chaired by the counties and jointly administered by the authority, managed health care systems and counties for the design and implementation of the fully integrated managed care model for that region that assures clients are at the center of care delivery and that it supports integrated delivery of physical and behavioral health care at the provider level. The interlocal leadership group may address, but are not limited to, the following topics: (i) alignment of contracting, administrative functions, and other processes to minimize administrative burden at the provider level to achieve outcomes; (ii) monitoring implementation of fully integrated managed care in the region, including design of an early warning system to monitor ongoing success to achieve better outcomes and to make adjustments to the system as necessary; (iii) developing regional coordination processes for capital infrastructure requests, local capacity building, and other community investments; (iv) identifying, using and building on measures and data consistent with, but not limited to, RCW 70.320.030 and 41.05.690, for tracking and maintaining regional accountability for delivery system performance; and (v) discussing whether or not the managed health care systems awarded the contract by the authority for a region should sub-contract with county-based administrative service organization or other local organization, which may include and determine, in partnership with that organization, which value-add services will best support a “bi-directional” system of care. To ensure an optimal transition, regions that enter as mid-adopters shall be allowed a transitional period of up to one year in which the interlocal leadership structure would develop and implement a local plan, which includes measurable milestones, to transition to fully integrated managed care. The transition plan may include provisions for the counties organization to maintain existing contracts during some or all of the transition period if the design begins during 2017-2018, with the mid-adopter transition year occurring in 2019. Nothing in this section shall be used to compel contracts between any provider, integrated managed health care system or administrative services organization.

**Comparison of House and Senate 2017 Capitol Budgets
For Behavioral Health Facilities – **Dedicated Funding highlighted****

North Sound Request		SENATE Facility Type	Funding	HOUSE Facility Type	Funding
Skagit E&T	\$6 million	None		Competitive Grants for 64 hospital and/or E&T beds	\$20 million
SUD 16 bed Intensive Inpatient: Denny A	\$6 million	None		North Sound BHO-Denny	\$5 million
SUD 16 bed Intensive Inpatient: Denny B	\$6 million	None		North Sound BHO SUD Intensive Inpatient	\$5 million
Mental Health 16 Bed Triage-Bellingham	\$5 million	Competitive Grants for 6 crisis walk-in facilities – 2 in King County	\$10.4 million (@ \$1.73 million each)	Bellingham Mental Health Triage	\$5 million
16 Bed Acute Detox-Bellingham	\$2 million	Competitive Grants for 2 detox facilities	\$ 4.6 million (@ 2.3 each)	Bellingham Acute Detox	\$2 million
Skagit 16 Bed Acute Detox	\$6 million	Competitive Grants- see above		None	
Tri-County 8 Bed Triage/Sub-Acute Detox- West Skagit	\$4 million	Competitive Grants- see above		None	
Long Term SUD Treatment Facility-16 Bed- no location identified	\$6 million	None		None	
Other				48 psychiatric residential treatment beds to divert or transition persons from the state hospitals	\$15 million

http://www.goskagit.com/skagit/legislature-should-fund-behavioral-health-plan-for--county-region/article_5dc82220-23ca-5feb-863c-55b85f286b00.html

Legislature should fund behavioral health plan for 5-county region

By Editorial Board Apr 23, 2017

There are many things left to do when lawmakers return to Olympia on Monday to finish their budget work in a special session.

We hope that one priority (in addition to funding education) will be to take some proactive steps toward ensuring residents in need of mental health care and addiction recovery get a fighting chance.

One such step affecting Skagit County and four of its neighbors would be to fund a \$32.5 million capital request by North Sound Behavioral Health Organization to help convert its 141-bed acute care facility for substance abuse into a handful of smaller 16-bed facilities spread across the five-county area. The goal would be to focus on substance abuse and mental health needs in an environment that is aimed toward lasting recovery and would retain access to federal dollars.

All facilities would be available for use by all of the counties — and beyond if there was room.

These five smaller and more sparsely populated counties to the north of Seattle are no stranger to what some might wrongly think are big-city problems, albeit on a smaller scale. Currently, the North Sound facility on the former Northern State Hospital campus in Sedro-Woolley houses court-ordered acute care patients from all over. The new model would work differently, and priority would go to the region's residents.

This first proposal is for several smaller facilities stretching from Everett to Bellingham, some for triage, some for substance abuse, some for mental health. In all, they would provide 120 beds.

The first to be built would be in Everett and Bellingham because they have shovel-ready properties. Skagit County is scouting around for property to establish a facility evaluation and treatment, another for acute detox and a smaller triage and sub-acute detox on the west end focused on serving west Skagit, Island and San Juan counties.

While that first \$32.5 million wouldn't build the Skagit County facilities, the county is well-positioned to compete for grant money earmarked for such purposes, according to North Sound Executive Director Joe Valentine. He said this proposal was the first to go to lawmakers, and the other neighboring counties are on board with the plans.

That would just be the beginning, though. In the next biennium, lawmakers will be asked for \$29 million more for five additional 16-bed facilities and five recovery houses across the five-county region.

The problem now is that when people leave care, they go straight back to their lives and the problems they faced before they started their decline. The long-term goal is a system that actually helps people move forward.

A few facts gathered by North Sound on why:

- n The system is being overwhelmed by opioid cases, many of which wind up in local hospitals and jails, at taxpayer expense. Yet current efforts aren't helping much.

- n There is a 70 to 80 percent relapse rate of people leaving substance abuse residential treatment due to lack of support once they leave.

- n About 600 people die of opioid overdose in Washington each year, and Skagit has a higher rate of deaths per 100,000 than the state average.

n A shortage of psychiatric treatment beds means more than 1,000 people experiencing severe mental health crisis had to be treated in emergency rooms because there was nowhere else to go.

The timing for a transition is good for North Sound because a rules change means that federal Medicaid dollars will only go to facilities with 16 beds or less. Also, North Sound's lease expires in 2018, and the Port of Skagit is looking for other uses for the property.

Funding this proposal won't fix all of the problems. But to address these major issues, which ultimately affect the entire community, we have to start somewhere.

This seems to be a reasonable starting place.

Colette Weeks

MEMORANDUM

DATE: May 2nd, 2017

TO: North Sound BHO Advisory Board

FROM: Joe Valentine, Executive Director

RE: Date May 11th, 2017 County Authorities Executive Committee Agenda

Please find for your review the following that will go before the North Sound BHO County Authorities Executive Committee Meeting at the Thursday, May 11th, 2017 meeting:

Executive Committee Approval:

Professional Service Contract

- Catholic Community Services NW is receiving funding to remodel current Substance Use Disorder (SUD) Outpatient Facilities in Everett, Mount Vernon and Bellingham in the amount of \$125,000. Funding is also being provided for the continued development of their Electronic Health Record in the amount of \$477,900, inclusive of \$150,000 in equipment costs.

North Sound BHO-CCSNW-PSC 17 for the purpose of expanding SUD Outpatient Facilities and the Electronic Health Record. The maximum amount on this contract is \$602,900 for a term of May 1, 2017 through December 31, 2017.

Community Action of Skagit County

- This amendment is providing an additional \$34,875 on this contract for a one-time expense of equipment needs/upgrades in the amount of \$9,850 and ongoing operational expenses increase of \$1,925 monthly.

North Sound BHO-CASC-Ombuds16-18 Amendment 1 for the purpose of increasing funding by \$29,898 for a new maximum consideration of \$ with the term of contract remaining the same April 1, 2016 through March 31, 2018.

Executive Committee Ratification:

Professional Services Contract

- Shelli Young (SYV Consulting) has been consulting with the North Sound on our Regional Opiate Plan, the plan is now complete and ready for implementation. Ms. Young will be assisting BHO staff and community partners on the implementation of the regional plan.

North Sound BHO-SYV Consulting-PSC-17 Amendment 2 for the purpose of assisting in the implementation of the Regional Opiate Plan. This in an increase of \$75,000 for a new maximum consideration on this contract is \$94,900 with the term remaining the same, November 14, 2016 through December 31, 2017.

Mental Health Block Grant (MHBG)

- This funding is specifically for the Peer Bridger Program at Western State Hospital. A Request for Proposals (RFP) was released in November 2017, with Telecare Corporation

being the successful bidder. The Peers will be working with individuals being discharged from WSH to ensure they have a safe and seamless transition back to the community. The Peers can continue their engagement work for up to 90 days post discharge.

DSHS-DBHR-North Sound BHO-MHBG-16-17 for the purpose of funding Peer Bridgers at Western State Hospital. The maximum consideration on this contract is \$240,000 with a term of July 1, 2016 through June 30, 2017.

North Sound BHO-Telecare-MHBG-17 for the purpose of funding and developing the Peer Bridger Program at Western State Hospital. The maximum consideration on this contract is \$240,000 with a term of January 1, 2017 through June 30, 2017.

2017 NORTH SOUND BHO ADVISORY BOARD
PROPOSED LOCATIONS

SKAGIT RESORT
BOW



SWINOMISH RESORT

ANACORTES

Tables will not be presented as the picture below. Tables will have black or white coverings, center pieces, and black seat covers.



The North Sound Behavioral Health Organization ADVISORY BOARD BY-LAWS

ARTICLE I: PURPOSE

The purpose of the **North Sound Behavioral Health Organization, LLC** (North Sound BHO) Advisory Board (AB) is to provide independent advice to the North Sound BHO Executive Committee, and to provide independent feedback to local jurisdictions and service providers.

Additionally, it is the purpose of the AB to advocate for the people we serve in the community, at local Advisory Boards, at the State Legislature, and in Congress.

Further, it is the AB's objective to promote the mission of the North Sound BHO: "Empowering individuals and families to improve their health and well-being."

The North Sound BHO AB is established in compliance with *Interlocal Joint Operating Agreement Establishing A Behavioral Health Organization for Island, San Juan, Skagit, Snohomish and Whatcom Counties* executed in April 2016, and in compliance with the provisions of *RCW, Chapter 39.34.030, Chapter 71.05, 71.24, 71.34*, and with all applicable State and Federal laws and regulations.

ARTICLE II: DUTIES

The duties of the North Sound BHO AB shall be:

1. To provide oversight activities in order to advise the North Sound BHO Executive Committee concerning the planning, delivery, and evaluation of those behavioral health services which promote recovery and resilience, and which are the responsibility of the North Sound BHO.
2. To provide a medium for public testimony regarding behavioral health concerns which are the responsibility of the North Sound BHO. The AB will, upon request, cover the cost of an individual's transportation to appear before the AB to give testimony.
3. To review and provide comment on all North Sound BHO Strategic Plans, Quality Assurance Plans, and Service Delivery Plans and Budgets, which relate to behavioral health services, before such plans and budgets are acted on by the North Sound BHO Executive Committee.
4. To ensure that the needs of all individuals within the region are met (including, but not limited to, the needs of people with

special needs, elderly people, disabled people, children/youth, Native Americans, people who identify as Gay, Lesbian, Bisexual, or Transgender (GLBT), and people with low incomes), within the plans established by the North Sound BHO Executive Committee.

5. To conduct site visits of North Sound BHO service providers, special interest groups, Department of Social and Health Services (DSHS) agencies, private sector service providers, hospitals, and community programs. Site visits are designed to provide North Sound BHO AB members with first-hand information so that AB members might make informed recommendations to the North Sound BHO Executive Committee.
6. To assist the North Sound BHO with dissemination of information to the public who reside within the five (5) counties of the North Sound region.
7. To perform such other duties as the North Sound BHO Executive Committee, Washington State Department of Social and Health Services, and/or Washington State Mental Health Division may require.
8. Limitations of Duties:
 - a) No AB member shall give the impression they are representing the Board without express written permission. Permission must be authorized by a majority vote of the AB, and by the North Sound BHO staff liaison to the AB.
 - b) No AB member shall give the general public the impression they are representing North Sound BHO, as all AB members serve only in an advisory capacity to North Sound BHO.
 - c) No AB member shall interact with regional contractors as an authoritative representative of the AB without express written permission. Permission must be authorized by a majority vote of the AB, and by the North Sound BHO staff liaison to the AB.
 - d) AB members shall immediately bring concerns regarding a North Sound BHO contract or North Sound BHO staff, or refer any individual who voices a concern regarding a North Sound BHO contract or North Sound BHO staff, to the Chair of the AB, and/or to the North Sound BHO staff liaison to the AB.
 - e) AB members shall refer any individual with questions or concerns regarding North Sound BHO policies or resource

management to the Executive Director of North Sound BHO (or his/her designated representative) for action.

- f) Failure to adhere to these by-laws may result in administrative action to remove that member from the AB (see ARTICLE X, below).

ARTICLE III: MEMBERSHIP

1. The North Sound BHO AB shall consist of twenty-six (26) members representing the five counties that make up the region, and eight (8) regional Tribal members, as follows:

Island County	Four (4)
San Juan County	Three (3)
Skagit County	Four (4)
Snohomish County	Nine (9)
Whatcom County	Six (6)
County Subtotal	Twenty-Six (26)
Tribes	Eight (8)
Advisory Board Total	Thirty Four (34)

2. Each representative from each county and each regional tribal member shall have one vote.
3. Length of term and rotation of membership shall be determined by the code of each individual county which is party to North Sound BHO.
4. Fifty-one percent (51%) [WAC 388—865-0252], of the North Sound BHO AB membership will be comprised of people who are individuals, family and foster-family members, or caregivers, including youths, older adults, or people with a disability, and/or parents of children who are emotionally disturbed, with at least one (1) representative from each county being an individual with lived experience. A representative from law enforcement shall be a member of the board.
5. The North Sound BHO AB membership will be representative of the demographic character of the region and of the ethnicity and broader cultural aspects of individuals being served.
6. In accordance with applicable local, state and federal laws, rules and/or regulations governing the operations of the North Sound BHO, and in accordance with the North Sound BHO Conflict of Interest Policy 4515.00 Advisory Board

Representation and with the North Sound BHO Conflict of Interest Policy 3010.00. The members of the North Sound BHO Advisory Board (AB) may have an AB member who serves on the Board and is employed by a subcontractor agency. The person shall not be an owner nor have a controlling interest in the subcontractor's company nor be a member of a senior management of the subcontractor's company. A person who works for an agency shall recuse themselves on potential conflicts of interest. Any conflict of interest must be explicitly declared by the AB member.

ARTICLE IV: APPOINTMENT

1. Representatives of each county which is party to the North Sound BHO AB shall be appointed according to each county's officially stipulated method of appointment.

ARTICLE V: OFFICERS

1. The officers of the North Sound BHO AB shall include only a Chair and a Vice- Chair.
2. The term of office held by the Chair and by the Vice-Chair shall be one (1) year, served from 1 January until 31 December, following election in the previous calendar year.
3. The Chair may be re-nominated, and re-elected, an additional two (2) times, to serve a total of no more than three (3) consecutive years. As well, the Vice-Chair may be re-nominated, and re-elected, an additional two (2) times, to serve a total of no more than three (3) consecutive years. Elections for the Chair and for the Vice-Chair shall be held concurrently during the last meeting of the AB in each calendar year. Elections will always be preceded by the nomination process noted below (see ARTICLES V:2 and V:3, and VI:4). Nominations will be opened at the third-to-last (October) AB meeting and will close at the second-to-last (November) meeting. The names of nominated candidates for the position of Chair and for the position of Vice-Chair must be submitted directly to the chair of the Nominating Committee, and not to its members, by the end of the day of the second-to-last meeting of the calendar year prior to the year in which they would assume their positions.
4. Any current member of the AB may submit their own name, or the name of another member, directly to the chair of the Nominating Committee (see Article VI:4); and the Nominating Committee may submit the name

of any current member of the AB whom the Committee believes to be a suitable candidate, but who was not otherwise nominated. Nominees must be current members of the AB who has actively served on the AB for a minimum of 6 months.

5. All nominees for the offices of Chair and Vice-Chair will be voted on by the Advisory Board at the final (December) meeting of the AB. Immediately following the vote; the Nominating Committee will recuse themselves and count the votes. If there is a tie for either office, the Nominating Committee members will declare the tie and the AB will vote once again. This process will continue until the chair of the Nominating Committee is able to announce the new AB Chair and new AB Vice-Chair for the next calendar year.

ARTICLE VI: COMMITTEES

1. Standing committees of the North Sound BHO AB shall be:
 - a) The Executive-Finance Committee, and
 - b) The Nominating Committee.
2. The Executive-Finance Committee shall consist of the Chair, Vice-Chair, plus a maximum of three (3) other AB members appointed by the Chair. Efforts will be made to ensure that at least one member of the Executive-Finance Committee has experience and/or understanding of financial management, and at least one member has lived experience with a substance use disorder (SUD).
3. The Executive-Finance Committee shall convene to hear pressing matters of business which may arise during the interval between regularly scheduled AB meetings. The committee will review and make recommendations regarding all AB fiscal expenditures. Any decision made by the Executive Committee shall be subject to the ratification of the full Board at its next regularly scheduled meeting. The Executive-Finance Committee shall review the by-laws once each calendar year for the purpose of amending them if necessary.
4. Members of the Nominating Committee, and its chair, shall be appointed by the Executive-Finance Committee at the third-to-last (October) AB meeting of each calendar year. Membership in the Nominating Committee is to be limited to 3 or 5 people (to avoid deadlocked voting). The Nominating Committee members and chair will be announced to the full AB immediately following on the same day.
5. The Chair may establish and appoint members to Ad-Hoc Committees, as the need arises.
6. Committee appointments to the North Sound BHO Executive Committee's Standing Committees shall be made by the Chair each January at the regular meeting of the North Sound BHO AB. The two

standing committees the North Sound BHO Executive Committee are (a) the Planning Committee and (b) the Quality Management Oversight Committee. Membership appointments for each standing committee Charter.

ARTICLE VII: MEETINGS

1. The North Sound BHO AB shall meet at least ten (10) times each year at a date and time mutually agreeable to the members of that Board. Any regularly scheduled meeting may be canceled at the discretion of the Chair.
2. Special meetings may be called by the Chair, as needed, and/or as requested by a minimum of one (1) member from each of three (3) of the five (5) counties which are party to the North Sound BHO, by contacting the Chair. Special meetings shall be called within five (5) working days of the request, following notice of at least forty-eight (48) hours to all members of the AB.
3. Use of Technology for Attendance
 - a) Although the level of “engagement” — via social interaction, hearing and comprehension — can be limited when using the *Go To Meeting* technology (or a North Sound BHO-identified substitute) in lieu of *physically* attending the North Sound BHO AB meetings, any or all AB members representing San Juan County are allowed to use the *Go To Meeting* technology (or a North Sound BHO-identified substitute) for any and all meetings of the AB, due to the difficulty of, and time required for, travel. AB members from all other counties (Whatcom, Skagit, Snohomish and Island) will be allowed to use the “Go To Meeting” technology (or a North Sound BHO identified substitute) for a maximum of two (2) meetings during one (1) calendar year, and only with authorization for the AB Chair and/or the North Sound BHO liaison to the AB.
 - b) Physical absences from AB meeting will be considered “excused” if the AB Chair and/or the North Sound BHO liaison to the AB deem(s) the absence to be so. The AB member who intends to be absent must contact the AB Chair, and/or the North Sound BHO staff liaison to the AB, prior to the meeting at which the AB member will not be in attendance.
 - c) The AB Chair may invoke the use of the *Go To Meeting* technology, (or a North Sound BHO identified substitute), at any time in lieu of physical attendance by any or all AB

members, only when a Special Meeting of the AB is called by the Chair as stipulated in Article VII (2) above.

4. Committee meetings shall be held at the discretion of the Committee Chair.
5. Robert's Rules of Order shall be used as an informal guideline for formal meetings of the North Sound BHO AB and committees, insofar as the *Rules* do not conflict with, or are not inconsistent with, the provisions of these By-Laws.
6. The Board shall comply with the *State of Washington Open Meetings Act (RCW 42.30)*.

ARTICLE VIII: QUORUM

1. The presence of at least fifty percent (51%) of the appointed representatives to the AB, and at least three (3) of the five (5) counties which are party to North Sound BHO, shall constitute a quorum of the North Sound BHO AB.
2. A quorum of the Executive Committee shall exist when a simple majority of the Executive Committee members are present.
3. Members of the AB who attend via digital conferencing (by phone or any other allowable technological means), shall be counted as *present* in determining the constitution of a quorum.

ARTICLE IX: RESIGNATION/TERMINATION

1. Following two unexcused absences of a North Sound BHO Advisory Board (AB) member, from AB meetings, the Chair of the AB will *informally* contact *both* the absentee member and the County Coordinator to ascertain whether the member is willing and able to continue serving on the AB.
2. Following (3) *unexcused* absences from the North Sound BHO Advisory Board (AB) meetings in a single calendar year, whether consecutive or non-consecutive, the AB Chair will formally recommend (in writing) to both the absent member and to the County Coordinator that the absent member resign from the AB, and that another representative from the same county be appointed by the County Coordinator to represent that county as a replacement member of the AB.
3. Members of the North Sound BHO AB, by virtue of their appointment to the AB, agree to adhere to the *Advisory Board Guiding Principles*. AB members will adhere to the *Advisory*

Board Guiding Principles in their interactions with all other AB members, with the community, and with North Sound BHO staff. The AB Chair will work to ensure that all AB members will be given an opportunity to participate in discussions during AB meetings.

4. Failure to adhere to the *Advisory Board Guiding Principles* may result in a recommendation for that member's dismissal from the AB.

ARTICLE X: DISMISSAL FROM THE ADVISORY BOARD

Dismissal from the AB will be undertaken in the following manner:

1. Any member of the AB in attendance at a Board meeting at which an alleged violation of the *Guiding Principles* occurs may bring a 'complaint' regarding another member's behavior to the AB Chair, and/or to the North Sound BHO staff liaison to the AB, who, upon discussion with the complaining member of the AB, and upon assessment of the validity of the complaint, will *then* bring the complaint to the Executive Committee of the AB, and, upon decision by the members of the Executive Committee, will *then* bring the complaint to the entire AB as a written motion.
2. A simple majority vote of the AB will be required to formally reprimand ("censure"), and/or recommended dismissal of the violating member from the AB.
3. The formal reprimand ("censure") and/or dismissal will be presented by the AB Chair, following the meeting at which the AB voted for such, to the Executive Director of the North Sound BHO (or his/her designated representative) for action.