

2017

North Sound Behavioral Health Organization
Advisory Board



Psychological First Aid Advisory Board Pre-Meeting

THERESE QUINN

MEDICAL RESERVE CORPS

COORDINATOR; EMERGENCY PREPAREDNESS

SNOHOMISH COUNTY

OCTOBER 3RD, 2017

12:10 – 12:50

Psychological First Aid



Therese Quinn
Snohomish County Medical Reserve
Corps Coordinator

Definition of Disaster

- Disaster
 - The term disaster is used to address any type of mass trauma event, public health emergency, or crisis

What is Psychological First Aid?

- PFA is:

An evidence-informed modular approach to assist children, adolescents, adults, and families in the immediate aftermath of disaster and terrorism.

Strengths of Psychological First Aid

- PFA is a comprehensive intervention model that:
 - Uses evidence-informed strategies
 - Involves a modular approach
 - Includes basic information-gathering techniques
 - Offers concrete examples
 - Incorporates a developmental framework
 - Attends to cultural factors
 - Includes user-friendly handouts

Delivering PFA

- When delivering PFA:
 - Observe first
 - Ask simple respectful questions
 - Speak calmly and slowly without jargon
 - Be patient, responsive, and sensitive
 - Acknowledge the survivor's strength

Some Behaviors to Avoid

- When delivering PFA avoid:
 - Making assumptions about experiences
 - Assuming everyone will be traumatized
 - Labeling reactions as “symptoms,” or speaking in terms of “diagnoses”
 - Talking down to or patronizing the survivor

Psychological First Aid Core Actions

1	Contact and Engagement
2	Safety and Comfort
3	Stabilization
4	Information Gathering
5	Practical Assistance
6	Connection with Social Supports
7	Information on Coping
8	Linkage with Collaborative Services

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Provider Care: Management

- Before (that means now)
- During the incident
- After the incident.

Contact information

- Therese Quinn
 - 425-339-5268
 - tquinn@snohd.org.

North Sound Behavioral Health Organization

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

ADVISORY BOARD AGENDA

October 3rd, 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 September Minutes.....TAB 1

ANNOUNCEMENTS

Meg Massey – San Juan

Advisory Board Members Photos

2017 North Sound Regional Opioid Summit

BRIEF COMMENTS OR QUESTIONS FROM THE PUBLIC

STANDING COMMITTEE REPORTS (Briefs from Each Committee Attached)

- Quality Management Oversight Committee (QMOC).....TAB 2

EXECUTIVE/FINANCE COMMITTEE REPORT

Approval of the September 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/MemorandumTAB 5

OLD BUSINESS

NEW BUSINESS

Chair and Vice-Chair 2018 Nominations.....TAB 6

2018 Visual Art/Poetry Contest – Theme

REPORT FROM ADVISORY BOARD MEMBERS

Duncan West – Skagit County Steering Toward Success: Achieving Value in Whole Person Care Conference (Snohomish County September 25th, 2017)

REMINDER OF NEXT MEETING

- The next scheduled meeting is November 7th, 2017 in the Conference Room Snohomish

ADJOURN

FINAL approved by Advisory Board

North Sound Behavioral Health Organization

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

ADVISORY BOARD MINUTES

September 5th, 2017

1:00 p.m. – 3:00 p.m.

ATTENDANCE

Advisory Board Members Present

Island: Chris Garden, Betty Rogers

San Juan: Theresa Chemnick

Skagit: Duncan West

Snohomish: Marie Jubie, Jack Eckrem, Fred Plappert, Joan Bethel, Jennifer Yuen,
Carolann Sullivan

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

Excused Advisory Board Members

Island: Candy Trautman

San Juan: Meg Massey

Skagit: Ron Coakley, Joan Lubbe

Snohomish: Greg Wennerberg, Pat O'Maley-Lanphear, Carolyn Hetherwick Goza

Whatcom: Stephen Jackson

Absent Advisory Board Members

Island: Joe Moccia

San Juan:

Skagit:

Snohomish:

Whatcom:

NSBHO Staff Present

Joe Valentine (Executive Director)

Maria Arreola (Advisory Board Coordinator)

Guests Present

Leah Wainman – North Sound Accountable Community of Health; Community &
Consumer Engagement Coordinator

Amanda Sloan – Behavioral Health Ombuds Supervisor

Boone Sureepisarn – Behavioral Health Ombuds Specialist

Russ Sapienza – National Alliance on Mental Illness (NAMI); Whatcom County Affiliate

CALL TO ORDER & INTRODUCTIONS

The Chair called the meeting to order at 1:09 p.m.

REVISIONS TO THE AGENDA

The Chair inquired regarding revisions to the Agenda. Fred and Marie requested to give a brief report under the Report from Advisory Board Members

APPROVAL OF MINUTES FROM PREVIOUS MEETING MINUTES

FINAL approved by Advisory Board

August minutes were approved by a motion and vote

STANDING COMMITTEE REPORTS (Briefs from Each Committee Attached)

- Quality Management Oversight Committee (QMOC) Report (No August Meeting)

EXECUTIVE DIRECTOR'S REPORT & ACTION ITEMS

Executive Director Report

Joe reported on

- Integration Planning Update
- Behavioral Health Parity
- Behavioral Health Facilities Update
- Expansion of Wraparound with Intensive Services (WISE)
- San Juan County Outreach Plan
- Opioid Summit

Action Items

Joe reviewed each of the Action Items with the Advisory Board

- A motion was made to move the Action Items including the ratifications and excluding the Introductory Item and mid adopter to the County Authorities Executive Committee for approval. Motion was seconded all in favor
- Introductory Item: Motion made and seconded. All in favor
- Mid-Adopter Item: Motion was made to recommend to the County Authorities Executive Committee that they recommend being a mid-adopter. One opposed and two abstained

OLD BUSINESS

None

NEW BUSINESS

Announcements

New State Laws to Protect Elders and Vulnerable Adults

The informational handout was discussed

Jo Moccia – Island County

The Chair announced the resignation of Jo Moccia. County vacancies were reviewed

OMBUDS – Boone Sureepisarn North Sound Regional Ombuds

Amanda Sloan introduced Boone Sureepisarn to the Board. Boone comes to the Ombuds with several years of clinical work. Contact cards were left for members

North Sound Behavioral Health Organization Website

The Chair announced a new transition to an innovative dynamic user-friendly website.

FINAL approved by Advisory Board

ACTION ITEMS

Executive & Finance Committee

The August 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

Marie spoke to the Snohomish Transit center to be adding 69 bus shelters

Fred spoke to the planning stages of a Clubhouse in Snohomish County

BRIEF COMMENTS OR QUESTIONS FROM THE PUBLIC

Russ announced several events that will be hosted by NAMI

- Stigma Stomp – Saturday, October 7th, 2017
- Family to Family Workshop – September 12th through October 19th, 2017
- Peer to Peer Workshop – September 14th through November 16th, 2017

ADJOURNMENT

The Chair adjourned the meeting at 3:05 p.m.

NEXT MEETING

The next **Advisory Board meeting** is October 3rd, 2017 in Conference Room Snohomish



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 September 13, 2017

Disaster Planning

Michael McAuley, North Sound BHO

Michael McAuley checked in with providers to see how disaster planning is going. Brief conversation ensued regarding how disaster planning is progressing at respective agencies.

Policy 1726.00 – Involuntary Treatment Program Court Liaison Role and Responsibilities

Michael McAuley, North Sound BHO

Policy 1726 was developed to ensure consistent practice in this function in the region. This policy was due for review and small revisions. One change in practice is the need for the provider agencies, contracted to provide Involuntary Treatment Act (ITA) services, to submit hearing outcome. This is a requirement from the State, per RCW, which required a change to the policy. Data elements had to be changed to allow the information to be transmitted. This was addressed by the CIS workgroup, with the change being made. QMOC voted to approve this policy.

Policy 1535.00 – Law Enforcement Coordination for Community Referrals

Michael McAuley, North Sound BHO

This is a new policy created by the ICRS workgroup, and reviewed and approved by ICRS. The policy was created after passage of a new bill (HB 1448), established to better support Law enforcement officers in the field. The purpose of this policy is to ensure Designated Mental Health Professionals/Designated Crisis Responders(DMHP/DCR) are working in a coordinated effort with law enforcement (LE) and other appropriate providers following a LE outreach, where LE refers an adult, who has threatened or attempted suicide, but has remained in their home. The intent of the bill is to attempt to address the risk and provide needed behavioral health follow up. These procedures are not an intended substitute for high acuity crisis situations when more immediate outreach or intervention is required. This law created a need for specific procedures at the DMHP offices, when a referral was made. Conversation ensued regarding the lack of specificity in the policy and the policy will be brought back to QMOC after further revision.

Policy 1529.00 – Children’s Long-Term Inpatient (CLIP)

Angela Fraser-Powell, North Sound BHO

In mid-2016, the state made significant contract changes to the requirements of the BHO where CLIP treatment is concerned. The changes were so significant, not only did it require a near complete re-write of the BHO’s current policy but will also involve a care coordination piece on the part of our providers when a youth is admitted into CLIP. QMOC voted to approve this policy.

Policy 1531.00 – Consumer Employment Services

Christopher Allen, North Sound BHO

Recommendation was made for Policy 1531, Consumer Employment Services, to be archived. This policy is extremely out of date, and was written at a time when we had a type of employment services that are no longer available. While we continue to expect that agencies offer referrals and other assistance with individuals' employment related needed, we believe these expectations are communicated in the Recovery/Resiliency Planning policy. QMOC approved this policy for archive.

Policy 1551.00 – Outpatient Recovery and Resiliency Plans / Individual Service Plans

Kurt Aemmer, North Sound BHO

This policy was due for update due to changes to the Washington Administrative Code (WAC) and contract changes. This policy was also updated to reflect "BHO" language. Brief conversation ensued regarding Recovery and Resiliency Plans. There was one slight modification to the policy after discussion. QMOC approved this policy with the discussed modification.

Special Populations Consultant Roster Update

Kurt Aemmer, North Sound BHO

Kurt Aemmer provided a brief reminder regarding the email that was sent to providers requesting an update of the 2015 Special Populations Consultant Update. Kurt has requested that providers provide copies of their most recent roster by September 20, 2017.

MEMORANDUM

DATE: October 3rd, 2017

TO: North Sound BHO Advisory Board

FROM: Joe Valentine, Executive Director

RE: Thursday, October 12th, 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 October 12th, 2017 meeting:

For Executive Committee Approval:

Professional Service Contracts

- Asian Counseling & Treatment Services (ACTS) is a new Substance Use Disorder provider in South Snohomish County serving a niche population. The funding is for startup costs, with an emphasis on modifying their data system and staff training, which began in March 2017.
- Northshore Youth & Family Services (NSYFS) is a Substance Use Disorder provider serving youth in the Northshore School District. This funding is to pay for additional staff to serve the Medicaid population in the Northshore School District.
- Catholic Community Services NW (CCS NW) is requesting an additional \$29,742.93 to complete the remodel of their new offices in Burlington WA. The increase reflects extra demolition and construction to move rest rooms to ground level for ADA accessibility as a ramp would not work in the space available. The fire marshal is also requiring a concrete divider where a welded steel door currently divides CCS space from the space next door.

North Sound BHO-ACTS-PSC-17 for the purpose of funding startup costs for preparation for contracting with the North Sound BHO. The maximum consideration on this contract is \$65,019.99 with a term of March 1, 2017 through December 31, 2017.

North Sound BHO-NSYFS-PSC-17 for the purpose of funding startup costs for preparation for contracting with the North Sound BHO. The maximum consideration on this contract is \$10,000 with a term of October 1, 2017 through December 31, 2017.

North Sound BHO-CCSNW-PSC-17 Amendment 1 for the purpose of increasing funding by \$29,742.93 for a new maximum consideration of \$190,205.93 with the term of the contract remaining the same August 1, 2017 through December 31, 2017.

Wraparound with Intensive Services (WISe)

- The case rate for WISe services is being increased from \$3,400 to \$3,900 to reflect actual costs of the WISe program for Compass Health in Island and Snohomish Counties.

North Sound BHO-Compass Health-WISe16-18 Amendment 3 for the purpose of increasing funding by \$681,000 for a new maximum consideration of \$12,084,600 with the term of the contract remaining the same April 1, 2016 through March 31, 2018.

Snohomish County Crisis Triage

- Funding is being increased to Compass Health for the Snohomish County Triage Center to reflect actual costs for the capacity funded program. The funding is being provided to increase unit clerk staffing for 24x7 coverage, including weekends.

North Sound BHO-Compass Health Triage-16-18 Amendment 3 for the purpose of increasing funding by \$532,000 for a new maximum consideration of \$10,127,176 with the term remaining the same April 1, 2016 through March 31, 2018.

Evaluation and Treatment Center

- Funding is being increased for the Snohomish County Evaluation & Treatment Center to reflect actual costs for the capacity funded program. The funding is provided to add three FTE personnel for data entry and correction for a budgetary error on the pass-through funding for Snohomish County to pay for facility improvements.

North Sound BHO-Compass Health-E&T-16-18 Amendment 5 for the purpose of increasing funding by \$1,159,440 for a new maximum consideration of \$10,729,916 with the term remaining the same April 1, 2016 through March 31, 2018.

Behavioral Health State and Medicaid Contracts

- Compass Health funding is increased for Crisis Services and Residential Services to reflect actual costs for the capacity funded programs. The funding is covering the increase in operating costs for Aurora, Haven and Green House residential facilities. The funding is also covering the increase in costs for the Crisis Prevention Intervention Teams and ITA services.
- Asian Counseling and Treatment Services (ACTS) is a new Substance Use provider in South Snohomish County. The contract is for the services ACTS will provide on behalf of the North Sound BHO.
- Northshore Youth & Family Services (NSYFS) is a new Substance Use provider serving youth in the Northshore School District (Bothell). The contract is for the services NSYFS will be providing on behalf of the North Sound BHO.

North Sound BHO-Compass Health-BHSC-16-18 Amendment 10 for the purpose of increasing funding by \$136,374 for a new maximum consideration of \$11,971,445.98 with the term of the contract remaining the same April 1, 2016 through March 31, 2018.

North Sound BHO-Compass Health-Medicaid-16-18 Amendment 9 for the purpose of increasing funding by \$928,722 for a new maximum consideration of \$55,096,266 with the term of the contract remaining the same April 1, 2016 through March 31, 2018.

North Sound BHO-ACTS-BHSC-17-18 for the purpose of providing Substance Use Disorder outpatient services in South Snohomish County. The maximum consideration on this contract is \$ with a term of October 1, 2017 through June 30, 2018.

North Sound BHO-ACTS-Medicaid-17-18 for the purpose of providing Substance Use Disorder outpatient services in South Snohomish County. The maximum consideration on this contract is \$ with a term of October 1, 2017 through June 30, 2018.

North Sound BHO-NSYFS-BHSC-17-18 for the purpose of providing Substance Use Disorder outpatient services to youth in the Northshore School District. The maximum consideration on this contract is \$ with a term of October 1, 2017 through June 30, 2018.

North Sound BHO-NSYFS-Medicaid-17-18 for the purpose of providing Substance Use Disorder outpatient services to youth in the Northshore School District. The maximum consideration on this contract is \$ with a term of October 1, 2017 through June 30, 2018.

For Executive Committee Ratification:

Snohomish County Drug Court

- Funding has been received to continue the juvenile drug court program in Snohomish County. This amendment continues the program through June 30, 2018. The funding has historically been contracted directly through the State to Snohomish County.

North Sound BHO-Snohomish County Superior Court-16-18 Amendment 1 for the purpose of providing the 2018 funding and extending the contract end date. The increase in funding is \$139,800 for a new maximum consideration of \$271,996 with an extended term of April 1, 2016 through June 30, 2018

North Sound BHO Executive Directors Report

For the Advisory Board

October 3, 2017

Integration Planning Update

- On October 5, there will be a special meeting of the BHO County Authorities Executive Committee to hear reports back from each of the counties on their decision to become a mid-adopter. If all 5 counties agree to become a mid-adopter, then the BHO CAEC will vote on sending a letter of intent to the Health Care Authority.
- It's likely that the Counties want to attach conditions to any letter of intent to become a mid-adopter [see attached draft agenda for the October 5 CAEC meeting.]
- Snohomish, Island, and Whatcom county councils/commissions have already voted to support becoming mid-adopters. Skagit County Commissioners and San Juan County Council have discussed the issue in work sessions and are scheduled to take a final vote on October 3.
- The Counties must also send in a letter of intent to become a "Behavioral Health Administrative Services Organization [BH-ASO].
- At a minimum, a BH-ASO has a separate contract with state to provide Crisis and Non-Medicaid Services. However, the North Sound would like to continue to contract with the MCOs to continue to support a wider array of specialized services.

Behavioral Health Facilities Update

- BHO staff continue to work with Skagit County staff and the contracted Behavioral Health Facilities project manager, Cumming, to identify potential locations in Skagit County for a future "Stabilization Campus" where both the future Evaluation and Treatment Facility and an Acute Detox Center could be located. A specific location north of Burlington has been identified that we are in the process of arranging for environmental assessments on.
- We are in the process of selecting an architectural firm that would develop the proposed facility model and estimated costs.
- Another possible location for the "Tri-County" facility has been identified as well that will need to be assessed.
- An alternative potential location in Oak Harbor for the proposed Tri-County Crisis Center has also been identified that will be explored further. It would require that Island County purchase all or a part of the property.

Opioid Summit

- We are finalizing the agenda for the October 25 Opioid Summit [see attached flyer].
- Caleb Banta-Green from the University of Washington will be giving the keynote address providing the latest research on the use of Medication Assisted Treatment.
- There will be 3 panel presentations on the topics of Medication Assisted Treatment, Working with Jails and Drug Courts, and Prevention.

- There will also be a “Gallery Work” where many of the organizations currently working on addressing the Opioid Crisis can present the work they are doing. Conference participants will have an hour to walk around and learn about all of these different activities.
- The Summit will end with county specific and tribal break out groups to summarize what has been learned and how participants can work together on advancing some of the efforts that are in place.

Executive Committee (EC) Members Present:

North Sound Behavioral Health Organization (BHO) Staff Present:

Guests Present:

1. **Call to Order and Introductions** – Chair Johnson
2. **Revisions to the Agenda** – Chair
3. **Comments & Announcements from the Chair**
4. **Comments from the Public**

5. Draft Motions for the October 5, Special Meeting of the County Authorities Executive Committee

- Regions who wish to become a “mid-adopter” of fully integrated managed care (FIMC) must send a binding letter of intent to the Health Care Authority (HCA) indicating they’re willing to implement integrated care in January 2019 rather than January 2020.

If Regions also choose to become a Behavioral Health Administrative Services Organization (BH-ASO), they must also send a letter of intent to the HCA. Counties have the “right of first refusal” regarding the choice to become a BH-ASO.

The North Sound was given an extension of the deadline to submit a letter of intent to become a mid-adopter of FIMC to October 6. A letter of intent to become a BH-ASO is due by mid-October.

A number of concerns have been raised by county councils/commissions regarding both choices. King County has submitted a letter of intent to become both a mid-adopter and a BH-ASO but has negotiated MOUs with the HCA and the five Apple Health Managed Care Organizations (MCOs) to establish a “Leadership Group” to “oversee” and “ensure” a successful transition to FIMC.

The MOU also articulates King County’s assumption that the County would establish sub-contractual relationships with each successful MCO and the regional BHO to maintain the stability of the current system during the 2019 Transition period. “The MOU further assumes that there be adequate capitation funding and that each MCO will subcontract to the County certain Medicaid behavioral health services.”

On a September 22 phone call from HCA Medicaid Director, MaryAnne Lindeblad, to Joe Valentine, MaryAnne indicated that the North Sound could send a single letter regarding both becoming a mid-adopter and a BH-ASO. We may also incorporate into the letter the conditions the North Sound feels need to be addressed. MaryAnne agreed to provide a written response to the requested conditions.

Motion #17-79

- Send a letter of intent on behalf of all the North Sound Counties to the Health Care Authority to become a “Mid-Adopter” of Fully Integrated Managed Care in January 2019, and to become the Behavioral Health Administrative Organization [BH-ASO] for the North Sound region.
- This letter should also indicate that the North Sound Region chooses to use the “2019 Transition Year” option in which the MCOs subcontract an agreed upon set of services and/or functions to the BHO for one year, and in which the BHO maintains non-Medicaid BH contracts for one year.
- This letter should include the following conditions:
 1. Agreement from the Governor’s Office and the Health Care Authority to fully support adoption of a statute establishing a permanent regional “Interlocal Leadership Structures” to be chaired by county authorities. This statute language will be modeled on the “BHO Proviso Language” that was introduced in the 2017 Legislative Session.
 2. Agreement from the Governor’s Office and the Health Care Authority to seek a legislative budget appropriation providing sufficient dedicated funding to the North Sound Region to operate the BH-ASO. This funding should be sufficient to maintain the current continuum of care in the North Sound BHO administered Crisis Services and Diversion programs. This funding agreement will also allow the North Sound to submit a spending plan that will allow it to maintain a portion of their existing reserves and unspent funds to cover the estimated start-up costs of transitioning to a BH-ASO.
 3. Agreement from the Health Care Authority to allow the MCOs selected to serve the North Sound Region to contract with the BH-ASO for certain Medicaid Behavioral Health Services based on the proposed plan for fully integrated managed care developed by the North Sound Interlocal Leadership Structure. This plan should assure that clients are at the center of care delivery and should support integrated delivery of physical and behavioral health care at the provider level. This plan should also minimize duplication in administrative functions and support coordination of care as described in the “BHO Proviso Language”.
 4. Agreement from the Health Care Authority to allow Counties through the Interlocal Leadership Structure to provide specific input into the North Sound “Addendum” to the 2018 RFP that will be used to procure the MCOs that will be providing Fully Integrated Managed Care in the North Sound. This should include the ability to recommend specific criteria to ensure that all persons in

the North Sound region have equal access to Medicaid health and behavioral health services, including those persons living in geographically challenged areas.

5. Agreement from the Health Care Authority to allow representatives of the county authorities to sit on the selection panel choosing the MCO's to be awarded the contract for the North Sound Region.
6. A stipulation that the North Sound region may withdraw its agreement to become a mid-adopter and/or a BH-ASO with 60 days written notice during the 2018 Legislative Session if the majority of the Counties conclude that these conditions are not being satisfactorily addressed.

Motion #17-80

- Send a letter of intent on behalf of the all North Sound Counties to the Health Care Authority to become a BH-ASO for the North Sound Regional Service Area only, in 2020. This letter would include the same conditions as #1-5 above.

6. Adjourn

Next meeting: October 12, 2017

Advisory Board Budget September 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	(22,544.09)	(4,439.47)	(3,507.36)	(14,162.44)		(434.82)
Under / (Over) Budget	\$ 19,455.91	\$ 10,560.53	\$ 37.64	\$ 6,037.56	\$ 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
September 2017

Type	Date	Num	Name	Memo	Amount
Advisory Board					
Travel					
Bill	09/05/2017	Aug2017	AA Dispatch	Batch # 120306	255.50
Bill	09/12/2017	Aug2017	Kincheloe, David	Batch # 120405	196.35
Bill	09/12/2017	Jul-Aug2017	McDonald, Mark	Batch # 120405	89.88
Bill	09/12/2017	Aug2017	Yuen, Jennifer	Batch # 120405	54.57
Bill	09/19/2017	Sep2017	Chemnick, Theres	Batch # 120492	89.60
Bill	09/19/2017	Sep2017	McDonald, Mark	Batch # 120492	89.88
Bill	09/19/2017	Sep2017	Yuen, Jennifer	Batch # 120492	96.30
Total Travel					<u>872.08</u>
Miscellaneous					
Bill	09/05/2017	14359-AdBrd	Avenue Catering	Batch # 120306	363.80
Total Miscellaneous					<u>363.80</u>
Total Advisory Board					<u>1,235.88</u>
					<u>1,235.88</u>
					<u>1,235.88</u>



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Advisory Board 2018 Official Nomination Ballot

Instructions: Write the Nominee name under the selected Officer position. Turn in the ballot to the Nominating Committee Chair

Advisory Board Official Nominee Ballot	
Chair	Vice-Chair



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Advisory Board Official Nominee Ballot	
Chair	Vice-Chair

SAVE THE DATE
**2017 North Sound Regional
Opioid Summit**

Communities and Tribes Gathering to Coordinate a Response
to the Opioid Crisis in the North Sound Region

*What is being done to address it?
How can we lend support to each other's efforts?*

Wednesday, October 25th, 2017, 8:45am-4:30pm

Skagit Resort, 5984 Darrk Ln, Bow, WA

KEYNOTE

Dr. Caleb Banta-Green

FOCUS AREAS

**Medication Assisted Treatment · Opioid Outreach, Engagement, and
Treatment · Tribal Programs · Working with Drug Courts and Law
Enforcement · Prevention · School Based Services and Treatment**

TO REGISTER

**Send Name, Email, Agency to 2017_Summit@northsoundbho.org
Registration is free. Open to invited agencies and individuals only.**

Presented by
North Sound Behavioral Health Organization



Are you the parent/caregiver of a child/adolescent who may be living with Mental Health Issues?



namiBasics

National Alliance on Mental Illness



Register **NOW** for **BASICS**, Snohomish County's premiere **FREE 6-WEEK COURSE** for parents/caregivers of children/adolescents/young adults to age 22 who have behavioral, emotional disturbance/mental health issues, including ADHD. It is funded by the **NATIONAL ALLIANCE ON MENTAL ILLNESS** of Snohomish County. The teachers are volunteer parents who have "walked the walk" and are nationally certified. Now over 300 graduates have described the course as "**life-changing**", "**empowering**", "**forever changes my advocacy for my youth**", and "**has given me understanding, SO many resources, but most of all HOPE!**"

You Will Learn:

- **YOU ARE NOT ALONE!**
- It's not your fault, but a biological brain disorder.
- How to get an accurate diagnosis, how to survive it, and how to get treatment that WORKS!
- Listening and Communication skills to help you become your youth's best advocate as well as CEO for YOUR YOUTH, YOURSELF, and YOUR FAMILY!
- Learn how to keep important records for SCHOOL, MEDICAL CARE, EMERGENCY SITUATIONS and SSI. You will be given a notebook of forms to help facilitate this.
- How to handle crises, relapses, and encounters with the juvenile justice system.
- Community and schools' roles in treating youth/adolescents with mental health issues.

Dates: Monday, Oct. 23 - Nov. 27, 2017

Time: 6:30pm - 9:30pm (for 6 consecutive Mondays)

Place: First Presbyterian Church
2936 Rockefeller Avenue
Everett, WA 98201

REGISTRATION REQUIRED. Please contact Carolyn Hetherwick Goza at **425-347-5365** or **namicontact@gmail.com**

Class limited to 20 people. Spaces are already filling. BASICS is only offered at specific times of the year so please CALL NOW for THIS session!



Come For:
EMOTIONAL SUPPORT, SELF-CARE
and the opportunity to learn
UNDERSTANDING and ACCEPTANCE
of your life challenges!

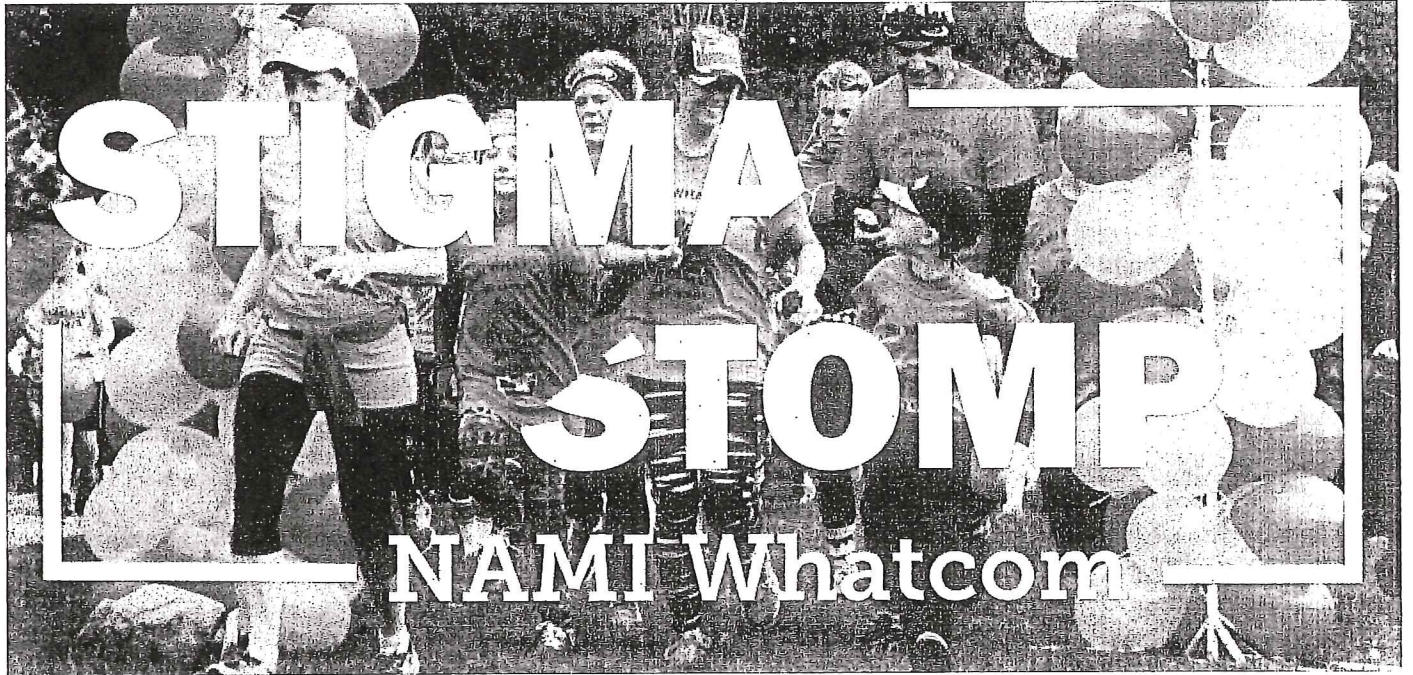
The Edmonds School District does not sponsor or endorse the activity and/or information contained in this material.

In appreciation of First Presbyterian Church, Everett, WA



NAMI | Whatcom

National Alliance on Mental Illness



Prepare your capes and best super hero attire to stomp out mental health stigma with NAMI Whatcom County! NAMI Whatcom's 3rd Annual Stigma Stomp is being held on Saturday, October 7th, 2017, and will be hero themed this year because we all need superheroes in our lives. The NAMI Whatcom Stigma Stomp and Mental Health Fair challenges Whatcom County residents to come together and reject the stigma of mental illness. Connecting the community to health and wellness resources and encouraging physical activity is the first step to igniting the conversation about mental health. There will be a photo booth, therapy dogs, door prizes, and other fun activities!

All funds raised at this event will help NAMI Whatcom to continue assisting local families and individuals who are affected by mental illness find hope for a better future.

WHEN

Saturday, October 7, 2017
 Health Fair opens at 9 AM
 Run/walk begins at 10 AM

WHERE

Bloedel Donovan Park
 2214 Electric Ave, Bellingham, Washington

STOMPER RATES

Adult (age 25+): \$35
 Adult (Team member price): \$30
 Students (ages 13-24): \$20
 Children (ages 12 and under): FREE

Register online at: www.namiwhatcom.org/stigma-stomp

SUPERfeet

T-Mobile

PeaceHealth

BIRCH EQUIPMENT
 The Best Hand Store

CASCADE
 Prosthetics & Orthotics

 **NAMI**
 National Alliance on Mental Illness

Lynden Friends

 **NAMI**
 National Alliance on Mental Illness

Florida Friends


SKYLINE

— advisors —


 Whatcom Educational Credit Union

Dawson

Greg Wennerberg Memorial Service

October 8, 2017

2:00 PM

To be held at
Father's House Foursquare Church
402 S Granite Ave
Granite Falls, WA 98252

Greg Wennerberg passed away on September 24, 2017, at the age of 53. Greg's sister, whose name I do not know, welcomes Advisory Board members and North Sound BHO staff at his memorial service on October 8, 2017, at the time and address above.



Brief Eulogy for Greg Wennerberg

by David Kincheloe PhD MSW LSWAIC
Chair, Advisory Board, North Sound Behavioral Health Organization

8 October 2017

Sukkot, Day IV

Today is the fourth day of the week-long Jewish holiday that we call "Sukkot," a harvest celebration that's a lot like American Thanksgiving. In fact, the Puritans who were so thankful for their harvest were fully aware of the Jewish tradition of Sukkot, which inspired them to celebrate their thanks.

One of the symbols of Sukkot is what we call, in Hebrew, a "Lulav." The Lulav is a hand-held "bouquet" of four small branches with their leaves or fruit. Each branch is from one of 4 types of tree representing one of four different types of person we might find in our communities. The types are based on two "righteous" behaviors — "learning" and "good deeds" — both of which are highly valued in the Jewish tradition.

Those four types of people are:

- People who value learning but ignore good deeds;
- People who do good deeds (who are kind), but have little or no learning (knowledge/education);
- People who have neither learning/knowledge/education, nor are they kind (no good deeds); and
- People who value BOTH learning/knowledge/education AND good deeds (kindness toward others).

That last type of person — someone who values education and learning, values the common good, and treats people kindly — is a perfect description of Greg.

Greg was aware of the importance of social justice. He was kind. He did his homework — asking keen questions, researching, listening, and continually exploring healthcare issues so that he could contribute in the most effective way possible.

But, "learning" wasn't enough for Greg. He gave of himself to so many of us, and just one of his good deeds was volunteering on multiple boards and committees in Snohomish County and in the larger 5-county "North Sound" region. One of the boards on which Greg ably served for many years is the North Sound Behavioral Health Organization (the BHO) Advisory Board, of which I'm the Chair.

Greg was always well-informed (he did his "homework") and he would also frequently suggest creative and compassionate solutions to the challenges we often faced in serving people in our community who live with brain disorders and substance use disorders. And Greg was so often kind and attentive to others, even when he didn't feel well himself. He was an informed man. A thoughtful man. A kind man. A man who valued both learning and good deeds. And he was a friend to me.

Greg lived as the best part of the Lulav, and the best symbol of Sukkot. And I'm so very thankful that Greg was in our lives, that Greg contributed so much to improving healthcare in our region, and that I was able to call Greg a friend. I will miss him. A lot. We all will.

