



Advisory Board

Pre-meeting

April 7, 2009

12:15 - 1:00

Presented by

Compass Health

MEMORANDUM

DATE: March 23, 2009
TO: NSMHA Advisory Board
FROM: Chuck Benjamin, Executive Director
RE: April 9, 2009, Board of Director's Agenda

NOTE: NSMHA is awaiting the contract from the state so there is nothing to date going before the Board of Director's April 9th.

If the state contract comes in before the meeting, a revised memorandum will be available at the meeting.

cc: Charles R. Benjamin
County Coordinators
NSRSN Management Team

NORTH SOUND MENTAL HEALTH ADMINISTRATION ADVISORY BOARD MEETING

Agenda

April 7, 2009

1:00 PM

1. Call to Order - Introductions, Chair – 5 minutes
2. A moment of silence in memory of Fred Fragner & Della Hill
3. Revisions to the Agenda, Chair – 5 minutes
4. Approval of the March 2009 Meeting Minutes, Chair – 5 minutes
5. County Coordinator Report
6. Ombuds Semi-Annual Report
7. Comments from the Public –5 minutes
8. Correspondence and Comments from the Chair – 5 minutes
9. New Business:
10. Monthly Committee Reports
 - a. Executive Director's Report – Chuck Benjamin – 5 minutes
 - b. Finance Committee – Mary Good – 5 minutes
 - c. Executive Committee/Agenda Committee – Charles Albertson – 5 minutes
 - d. QMOC Report – Mary Good – 5 minutes
11. Items To Be Brought Forward To The Board of Directors – Chuck Benjamin, Executive Director
 - a. Consent Agenda
 - b. Action Items
 - c. Introduction Items
12. Comments from County Advisory Board Representatives – 15 minutes
 - a. Island
 - b. San Juan
 - c. Skagit
 - d. Snohomish
 - e. Whatcom
13. Comments from Public – 5 minutes
14. Other Business
15. Adjournment

NOTE: The next Advisory Board meeting will be May 5, 2009, in the NSMHA Conference Room.

**North Sound Mental Health Administration (NSMHA)
MENTAL HEALTH ADVISORY BOARD**

March 3, 2009

1:00 – 3:00

Present:	Andrew Davis, Charles Albertson, Marie Jubie, Darcy Hocker, Russ Sapienza, Mary Good, Arthur Jackson, Otis Gulley, Mary Ann Slabaugh and Joan Lubbe
Excused Absence:	
Absent:	
Staff:	Chuck Benjamin, Margaret Rojas and Barbara Jacobson, recording.
Guests:	Jackie Henderson, Island County, Lynn Retzer, Compass Health and Chuck Davis, Ombuds

MINUTES

TOPIC	DISCUSSION	ACTION
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CALL TO ORDER AND INTRODUCTIONS

Chair Davis	The meeting is called to order at 1:10 pm and introductions are made.	Informational
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REVISIONS TO THE AGENDA

Chair Davis	Andrew would like to move the section Comments from the Chair to right after the Quality Management Oversight Committee (QMOC) report.	Informational
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APPROVAL OF MINUTES

Chair Davis	Russ would like to mention that the stakeholder forum has been moved to April 1 st . Andrew would like to note that Marie is the parliamentarian of the full board and not just finance and executive committee so can we add full board. It is an informal position that oversees Roberts's rules. Also please delete Betty Scotts name from the minutes as being a quote from her. Replace her name with "It has been said that the initiative funds could be used outside". Andrew asked about the letter going to Wal-Mart and Otis notes that is being prepared for Andrew's signature. A motion was made to approve the minutes as amended, seconded and motion carried.	Informational Motion carried
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COUNTY COORDINATOR REPORT

Jackie Henderson	<p>Snohomish County is working on a Federal Block Grant (FBG) Request for Proposal (RFP) to assist residents of Snohomish County who are at risk for hospitalization or incarceration. It provides case management and stabilization services to non-Medicaid consumers.</p> <p>Nominations have been made for the chemical dependency mental health county tax fund advisory board. Meetings are under way to discuss planning and development.</p> <p>Skagit County is working with National Alliance for Mentally Ill (NAMI) Skagit and Sunrise Services to bring alternative funding sources for the Peer Connections Center as funding ends December 2009. They are also working with North Sound Mental Health Administration (NSMHA) and Compass to increase accessibility of Skagit County Crisis Center for funding of first responders and are planning a crisis intervention team training to be held in June 2009.</p>	Informational
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	<p>Whatcom County notes that the forum meeting is April 1st for final planning of the 1/10 monies. NSMHA, Whatcom Counseling and Psychiatric Clinic (WCPC) and the Whatcom County coordinator are meeting on Thursday, March 5th, to address issues at the Rainbow Center and Harmony House. They are finalizing plans for the Homeless Grant Assistance Program (HGAP) funds to house people with mental illness being released into the community.</p> <p>Island County notes that one of the proposals they received for their 1/10 money is to start a mental health program in the four school districts in the county. It is now underway and there are 5.5 FTE for this program. HGAP program is up and running with funding for housing for jail release and hospitalization release etc.</p> <p>San Juan County has no report.</p> <p>There is still a lot of concern around the budget issues on the County level. It is very difficult to run the Counties with this unknown. It is hard to run local programs with this uncertainty and back and forth.</p>	
<p>OMBUDS REPORT</p>		
<p>Chuck Davis</p>	<p>Chuck Davis reviewed the Ombuds snapshot report. They currently have 133 open cases and numbers are up significantly. This report is for Oct 08-Mar 09. There are a number of complaints about both Drop-In Centers in Everett and Bellingham. Chuck Benjamin notes he is aware of the complaints in Whatcom but not those in Everett. Some of the issues were discussed. Chuck Davis notes that he made a trip with Susan down to Everett and met with clients and manager. Peer counselors are making complaints that they must go through their employers for complaints and this has caused some misunderstandings.</p> <p>Chuck Davis notes the post discharge medication issue. There are two weeks of meds given at discharge and the hospital tries to get them their 2 week appointment as soon as they can. The problem arises when consumers come to Ombuds just before their meds run out which makes it difficult.</p> <p>Marie would like to note that she went to the Everett clubhouse to review and she is wondering about their funding as they were collecting cans for something. She stated the Clubhouse receives funding so she was concerned about the can collection.</p> <p>Andrew asked about the assault grievances in the Emergency Room (ER). Chuck had no updates and there were four cases last year. Chuck affirmed if this happens again Ombuds will recommend looking into this. Joan mentioned she heard Skagit Valley Hospital is looking for staff to sit with clients to resolve this.</p> <p>There is an Ombuds at Western State Hospital (WSH) now which takes some of the load off of the North Sound Ombuds.</p> <p>Otis notes he is glad training has been recommended regarding the Peer Counselor issue.</p>	<p>Informational</p>

	<p>Charles requested giving a thank you to LWC for helping him with his med issue which was a pharmacy change.</p> <p>Mary Ann thanked Chuck Davis for helping her when she needed it. He was the only one who returned her calls. Chuck Davis said to “never give up and keep fighting”.</p>	
COMMENTS FROM THE PUBLIC		
<p>Charles</p>	<p>Charles mentioned Fred Fragner is very ill now. He is 93 and has been an advocate for mental health for a long while. He made a motion to send a card from the Advisory Board to Fred’s family. Motion seconded, all in favor with one abstention.</p> <p>Otis mentioned in the comments section last month he discussed the murder/suicide issue. Arthur and he are working on this to try and find solutions.</p> <p>Otis stated Group Health has been assisting him with keeping his therapist and his doctor is helping him through this process. He is advocating for himself and noted it is very hard to advocate for ones self.</p> <p>Joan mentioned the PI article on mental health court and handed out the article. Mental health court has been going on for about 10 years. We need to keep these tragedies in everyone’s mind so we do not forget that this help is needed.</p> <p>Marie noted on her Olympia trip a couple weeks ago she talked about suicide and it was difficult for them to hear.</p> <p>Mary Ann noted that she fell between the cracks at one time and could get no help. She had a medication need and called Susan at Ombuds for help. She told her story around this and the frustrations it caused. It wasn’t until she got help from Ombuds and they let her know that she could go to the hospital and get two weeks of meds to help one get over a bump. She doesn’t believe this is widely known but it is so important.</p> <p>She also noted that Catherine Ellis is not here today as she is attending meetings to discuss the 1/10th monies in San Juan.</p> <p>Andrew noted HR 676 would eliminate the coverage problem with meds. Look up United for National Health Care for further information.</p>	<p>Informational</p> <p>Motion Carried</p>
COMMENTS AND CORRESPONDENCE FROM THE CHAIR		
<p>Chair Davis</p>	<p>Andrew asked the parliamentarian Marie to read from Roberts Rules of Order book a passage. He goes over how to handle further debate in the motion to call the question that was talked about last meeting. Andrew mentioned in Executive Committee it was decided if someone wants to do something on behalf of this Board it needs to go to the full Board for approval. An ad hoc meeting of the Executive Committee can be called if there is not enough time to go to full Board for the vote. The standard procedure will be to go before the full Board.</p>	<p>Informational</p>

	<p>Otis made a motion the Advisory Board send a card to Rebecca on the passing of her father. Motion was seconded and motion carried.</p> <p>Otis mentioned Rebecca is working on a pre-meeting with Nancy Clark.</p> <p>Otis mentioned the letter for Wal-Mart is ready to sign by the Board Chair.</p>	<p>Motion Carried</p>
<p>NEW BUSINESS</p>		
<p>All</p>	<p>There is an invitation in the folders to <i>bridgeways</i> open house for Sparrow House in Everett. There is a wing being named after Anthony Zuiker a Crime Scene Investigator (CSI) producer. Charles and Russ would like to ride with Margaret and attend. Margaret will look for the address so give NSMHA a call.</p> <p>Marie noted that many people don't know about the crisis line and word needs to get out. She has talked to Karen Kipling and others who think this is a good idea and she wants to find out ways to advertise this service in low or no cost ways. Perhaps on bus billboards, Public Service Announcements (PSA), community television, etc. Marie wants to have a meeting to come up with a phrase that could be used for this advertising. This needs to be posted at all providers but we also need to get it out to the community at large. It was suggested to ask the Everett clinic about getting something in their newsletter and also investigate other provider newsletters. Do this on a regular basis to keep this a consistent message. She would also like to know if the Advisory Board would be able to help with participation and also some funding if needed. There was a motion to put Marie in charge of advertising the crisis line and perhaps a small budget, if needed. Charles noted that the national suicide line should also be advertised. NSMHA or Volunteers of America (VOA) can put out a press release and the VOA line is accredited in suicide prevention. Margaret will look into things with Marie by contacting VOA. Darcy noted MySpace and Facebook might also be a way to advertise. It was seconded and motion carried with one opposed and one abstention.</p>	<p>Informational</p> <p>Motion Carried</p>
<p>MONTHLY COMMITTEE REPORTS</p>		
	<p>Executive Director's Report</p>	
<p>Chuck Benjamin</p>	<p>Chuck mentioned NSMHA has reapplied for the national Substance Abuse Mental Health Services Administration (SAMHSA) grant and NSMHA is hoping to get funded this time.</p> <p>He reviewed the handout on the budget cuts and the plan sent to Mental Health Division (MHD). NSMHA submitted its proposal to the state on both reduction levels (both the first reduction and the legislature's reinstatement of 53% of the funding). This budget is through June 30, 2009, and more reductions could be in the offing when the legislature meets in March.</p> <p>There are a number of initiatives in the legislature with one being access to mental health information. The legislature wants to make it more flexible for mental health to share information with other</p>	<p>Informational</p>

	<p>systems. Chuck acknowledged he submitted comments he did not like the wording of anticipate to serve to get a release; should only be for serving and referred for service.</p> <p>There is a bill around children’s services SB1373. It proposes to loosen Access to Care Standards for kids and adding behavioral disorders to this. This would make NSMHA responsible to serve more kids and would have a large fiscal impact. NSMHA has submitted a statement to this affect. NSMHA estimated it would be \$3,000,000 in the North Sound alone.</p> <p>SB5301 is about non-supplanting language of the 1/10 monies. It says that 50% of the funds can be supplanted and it reduces each year to going away after 5 years with no supplanting.</p> <p>HB2295 proposes the Department of Social and Health Services (DSHS) be divided to four (4) departments and down to three (3) State regions versus the current six (6) regions. DSHS would then have to realign RSNs. That would make NSMHA part of King County. It would go down to 3-6 RSNs; the ideal is to stay with the current size. It has been introduced that DSHS must do a study around this other sizing that makes regions larger; the fiscal savings.</p> <p>Chuck stated the Federal Block Grant (FBG) proposals are due back March 19th and there is \$200,000 less than last year for this round.</p>	
Finance Committee		
Mary Good	Mary noted that the budget for this year will be the same unless we find out in May or so that we will lose some funding. The committee combined the budget areas in some places. We still need to wait to hear on budgeting.	Informational
Executive/Agenda Committee		
Charles Albertson	Charles noted the travel process to Olympia for advocacy was discussed. It was decided the Executive Committee can approve/disapprove funding requests when full Board approval is not possible. The meeting schedule of the Finance and Executive committees will be tabled until next month.	Informational
Quality Management Oversight Committee (QMOC) Report		
Charles Albertson	<p>January Quality Management Oversight Committee (QMOC) Brief and the November draft minutes from the meeting are in your manila folder.</p> <ol style="list-style-type: none"> 1. The meeting was held January 28, 2009. 2. The November minutes were approved as amended. 3. Announcements (see draft minutes for details) <ol style="list-style-type: none"> a. The Substance Abuse Mental Health Services Administration (SAMHSA) Grant was submitted. b. NSMHA has a special project going on for “supported employment” with training opportunities coming up through Department of Vocational Rehabilitation (DVR). c. Additional training on “Trauma Focused Cognitive 	Informational

	<p>Behavioral Therapy” will be taking place soon and providers were encouraged to have representatives attend.</p> <p>d. Monroe’s Valley General Hospital is no longer accepting end stage dementia clients or clients that require more than one person assist. They are also changing their acceptance age from 55+ to 45+.</p> <p>4. Reports given at the meeting (refer to draft minutes)</p> <ul style="list-style-type: none"> a. Comments from Chair – Anne Deacon b. Integrated Crisis Response Services (ICRS) Policy Subcommittee – none given c. Mortality Review Summary d. Dialectical Behavior Therapy (DBT) and People who Self-mutilate e. Child Mental Health Specialists (CMHS) Assessment f. Medicaid Personal Care g. QMOC Policy Subcommittee – Cindy Ainsley h. Practice Guideline Workgroup Recommendations <p>5. The next meeting will be February 25, 2009, in the NSMHA Conference Room South from 12:30 to 2:30 pm.</p>	
ITEMS BROUGHT TO THE BOARD OF DIRECTORS		
	Introduction and Action Items	
Chuck Benjamin	All the motions in the memorandum have gone to the Board of Directors and passed as the budget issues needed to be acted on. Chuck gave a brief overview of the motions passed.	Informational
COMMENTS FROM COUNTY ADVISORY BOARD MEMBERS		
Island	No report from Island County.	Informational
San Juan	It is noted Catherine Ellis is at meetings to work on the 1/10 funding for San Juan.	Informational
Skagit	They just met yesterday and Mary did not have the details in front of her.	Informational
Snohomish	<p>Arthur noted Snohomish County met last month and has chosen two people to work on a Board for the 1/10 funding. Snohomish County also selected some County members to serve as liaisons on some of the other Boards such as veterans, council on ageing, drug and alcohol and the PACT program.</p> <p>Discussion on the proposal to provide outreach to the community to promote programs.</p> <p>Did not receive a report on the budget at this last meeting.</p> <p>Established other standing committees.</p> <p>Marie noted she is going to serve on the alcohol/drug committee and gave an update on getting more bus shelters and a free bus ride day in the works.</p>	Informational

DRAFT not yet approved by Advisory Board

	<p>Otis acknowledged he appreciates Arthur's work in pulling everything together.</p>	
Whatcom	<p>Russ mentioned at the last meeting they discussed more on the 1/10 tax and there will be a stakeholders meeting on April 1st at St Luke's Health Education Center at 8:30 am for providers, consumers and advocates to work on utilizing 1/10 funding.</p> <p>NAMI education forum is Thursday, March 12, 7-9 pm. Go to the NAMI website for further details.</p>	Informational
COMMENTS FROM THE PUBLIC		
	None mentioned	Informational
OTHER BUSINESS		
All	<p>Margaret acknowledged NSMHA got a request from Compass Health as they apply for their PATH grant for 2009-11. Compass Health would like to have the Regional Advisory Board be the oversight committee for this grant. After discussion, the Board suggested Compass ask Snohomish County Mental Health Advisory Board do this. Arthur asked Margaret to have Compass Health get hold of him.</p> <p>Otis noted he is on a standby list for Peer Counselor training in March and if he is chosen, he would like to ask this Board if they will help with the funding for him to attend. He is asking them if Lynn, his wife, can come to help him. If the Board does not approve her lodging, he would need mileage to and from for all days of training. Chuck suggested he submit a budget to the Board. The Board will go back and review past documentation to see if they have agreed to pay for transportation to these trainings. Otis made a motion to have his mileage paid to Tacoma for Peer Counselor training, if he is chosen. The motion was seconded and motion carried with three opposing.</p> <p>Larry Richardson has tentatively agreed to serve on this Board representing Whatcom County. This will be voted on at the next Whatcom County Mental Health Advisory Board meeting.</p>	<p>Informational</p> <p>Motion Carried</p>
ADJOURNMENT		
	The meeting was adjourned at 3:10 pm. The next meeting will be April 7, 2009, from 1 – 3 in the NSMHA Conference Room.	Informational