



**Advisory Board**

**Pre-Meeting**

**March 2, 2010**

**12:15**

**Eternal High (Video)**

**By**

**Bryce Mackie**

**A Teenager's Experience w/Depression  
& Suicide that will Change Your Life**

## MEMORANDUM

DATE: February 18, 2010  
TO: NSMHA Advisory Board  
FROM: Chuck Benjamin, Executive Director  
RE: March 11, 2010, Board of Director's Agenda

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Please note there are no items going before the Board of Directors at their March 11, 2010, meeting. Should this change you will have a revised memorandum available at the meeting.

cc: Charles R. Benjamin  
County Coordinators  
NSRSN Management Team

# **NORTH SOUND MENTAL HEALTH ADMINISTRATION ADVISORY BOARD MEETING**

## **Agenda**

**March 2, 2010**

**1:00 PM**

1. Call to Order - Introductions, Chair – 5 minutes
2. Revisions to the Agenda, Chair – 5 minutes
3. Approval of the February 2010 Meeting Minutes, Chair – 5 minutes
4. Ombuds Report
5. Correspondence and Comments from the Chair – 5 minutes
6. New Business:
7. Old Business:
8. Monthly Committee Reports
  - a. Executive Director's Report – Chuck Benjamin – 5 minutes
  - b. Finance Committee – 5 minutes
  - c. Executive Committee/Agenda Committee – 5 minutes
  - d. QMOC Report – 5 minutes
9. Items To Be Brought Forward To The Board of Directors – Chuck Benjamin, Executive Director
  - a. Consent Agenda
  - b. Action Items
  - c. Introduction Items
10. Comments from County Advisory Board Representatives – 15 minutes
  - a. Island
  - b. San Juan
  - c. Skagit
  - d. Snohomish
  - e. Whatcom
11. Comments from Public – 5 minutes
12. Other Business
13. Adjournment

NOTE: The next Advisory Board meeting will be April 6, 2010, in the NSMHA Conference Room.

**North Sound Mental Health Administration (NSMHA)  
MENTAL HEALTH ADVISORY BOARD  
February 2, 2010  
1:00 – 3:00**

<b>Present:</b>	<b>Island:</b> <i>Terry Ann Gallagher and Candace Trautman</i> <b>Skagit:</b> <i>Mary Good and Susan Ramaglia</i> <b>Snohomish:</b> <i>Arthur Jackson, Otis Gulley, Marie Jubie and Fred Plappert</i> <b>Whatcom:</b> <i>Russ Sapienza, Larry Richards and Dary Hocker</i> <b>San Juan:</b> <i>Mary Ann Slabaugh</i>
<b>Excused Absence:</b>	<b>Whatcom:</b> <i>Charles Albertson</i>
<b>Absent:</b>	<b>Skagit:</b> <i>Joan Lubbe</i>
<b>Staff:</b>	<i>Chuck Benjamin, Margaret Rojas and Rebecca Pate</i>
<b>Guests:</b>	<i>Chuck Davis, Kim Olander, Karen Kipling, Carol Ann Sullivan and Joanne Elkins</i>

**MINUTES**

TOPIC	DISCUSSION	ACTION
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<b>CALL TO ORDER AND INTRODUCTIONS</b>		
Chair Jackson	The Chair convened the meeting at 1:00 and introductions were made. Otis Gulley provided a PowerPoint presentation about “Focus on Persons with Disabilities” at the pre-meeting.	Informational
<b>REVISIONS TO THE AGENDA</b>		
Chair Jackson	The Chair asked for any revisions to the agenda and Fred added the Mental Health Planning and Advisory Council (MHPAC) report under New Business.	Informational
<b>APPROVAL OF MINUTES</b>		
Chair Jackson	The Chair asked for any revisions to the January minutes. Fred made a motion to approve the minutes as written, seconded and motion carried with one abstention.	Informational Motion carried
<b>OMBUDS REPORT</b>		
Chuck Davis	<p>Chuck and Kim were present to give the February Ombuds snapshot report.</p> <p>The Involuntary Treatment Act (ITA) bill before the legislature is a good thing. Chuck D. said currently a person has to be in imminent danger to him/herself or others before the Designated Crisis Responder (DCR) detain. If they are not in imminent danger, the DCR does not detain. Karen said the Crisis System experiences the same dilemma when they get calls. Chuck B. said we need to proceed with caution because there is not enough funding, personnel, housing, etc. to accommodate this law. Chuck B. said if this law passes the legislature needs to ensure services are available to provide continuum of care for consumers. Discussion followed.</p>	Informational
<b>COMMENTS AND CORRESPONDENCE FROM THE CHAIR</b>		
Chair Jackson	Arthur had no comments.	Informational

<b>NEW BUSINESS</b>		
<p>Chair Jackson</p>	<p>The Chair asked for any new business and the Mackie CD was mentioned. Rebecca stated the CD is in the Advisory Board Library and available for check out. Arthur suggested this be scheduled for pre-meeting presentation.</p> <p>Fred said he attended the MHPAC meeting and the scoring system for 2010 Federal Block Grants has changed for the upcoming 2010 grants. Copies of the information were made and distributed. Discussion followed. Arthur stated this should be put on the agenda for monitoring on a quarterly basis.</p> <p>Terry Ann stated she sent an email to Margaret sometime last month asking how many counties have ongoing Crisis Intervention Training (CIT) training. Margaret said this request went out to all County Coordinators and Jackie is collecting the information. She stated she is asking because of a negative experience she had with Island County Officials. Margaret said Skagit has CIT training scheduled soon and Jackie from Island County is going to fund the attendance of two officers. Chuck mentioned counties are using some 1/10 funds to set up CIT training and Snohomish County Law Enforcement is spearheading the training there. He added other counties have tried to set up CIT training and law enforcement sporadically attend. Discussion followed.</p> <p>Otis said there will be a NAMI walk in May.</p>	<p>Informational Schedule Mackie CD for pre-meeting</p> <p>Monitor MHPAC meeting on quarterly basis</p>
<b>OLD BUSINESS</b>		
<p>The Chair</p>	<p>The Chair asked for any old business and rotation between the boards was brought up. Russ said Whatcom is willing to participate but he will check again to ensure this is accurate. Snohomish failed to discuss it but will bring it up at the next meeting. Candace said she spoke with Jackie but the whole board did not discuss it. Mary said Skagit did not discuss it. Arthur asked all to bring this before their respective Boards and report back at the March meeting.</p> <p>Arthur said a formal commitment needs to be made by members to discuss this at their next local meetings. The object of this rotation would be to gather information and share information with other local Advisory Boards. This feedback is needed at the next meeting.</p> <p>Otis requested Catholic Community Services (CCS) come do a pre-meeting. Rebecca stated she has communicated with CCS and is awaiting a response. She will send another message.</p> <p>Otis requested to be a representative to Quality Management Oversight Committee (QMOC). Rebecca will send him and application form to fill out. Margaret said this will be reviewed by the Advisory Board Executive Committee for approval.</p>	<p>Informational</p> <p>Discuss Board rotations w/respective county &amp; rpt back in March</p> <p>Request CCS for pre-meeting</p> <p>Send Otis QMOC application</p>

	<p>Otis mentioned Snohomish County Auditors have invited him to speak February 18 at 8:15 – 9:00 in the County Building in A-1 regarding people with disabilities. He invited other members to attend this meeting and requested they be there by 8:00.</p> <p>Otis requested Volunteers of America (VOA) come do a presentation regarding Crisis System. Rebecca will send an invitation to Karen Kipling and Pat Morris.</p> <p>Arthur mentioned it is time to discuss and schedule site visits. Rebecca will work on coordinating site visits to Lake Whatcom Center, Rainbow Center, Lummi, or Tulalip Tribes as previously requested in 2009 to fulfill By-Law requirements.</p>	<p>Request VOA for pre-meeting</p> <p>Rebecca will work on site visit locations</p>
<b>MONTHLY COMMITTEE REPORTS</b>		
<b>Executive Director's Report</b>		
<p>Chuck Benjamin</p>	<p>Chuck said the Regional Crisis System Review meetings are ongoing and the development of Crisis Stabilization Units (CSU) has been mentioned. The next meeting is Monday and discussion will revolve around whether to establish CSUs in the North Sound. What will be the costs and where will the money come from. He said savings could occur with the redesign.</p> <p>Chuck mentioned he testified before the House Appropriations Committee in Olympia regarding Human services and/or mental health cuts. Hopes from this testimony are that budget cuts may not be as severe as initially anticipated.</p> <p>Chuck mentioned the Skagit Wraparound Pilot has been ongoing for two years and Dr. Bruns will be at the Board of Directors (BOD) meeting to give a brief presentation on how this program has worked with a longer presentation following the BOD meeting at 2:30. All are invited to attend and should RSVP to Rebecca.</p>	<p>Informational</p>
<b>Finance Committee</b>		
<p>Mary Good</p>	<p>Mary gave the committee report. She said the expenditures were straightforward and a motion passed to recommend approval by the Board of Directors. The 2010 budget was decided and will be divided as follows:</p> <ul style="list-style-type: none"> <li>• Project 1 - \$ 8,300.00</li> <li>• Project 2 - \$ 1,000.00</li> <li>• Project 3 - \$16, 740.00</li> <li>• Project 4 - \$ 1,000.00</li> </ul> <p>She acknowledged that final resolution of the 2009 expenditures should be complete by March.</p>	<p>Informational</p>
<b>Executive/Agenda Committee</b>		
<p>Arthur Jackson</p>	<p>Arthur said the expense policies were briefly reviewed and Margaret will be re-working them to coordinate and/or</p>	<p>Informational</p>

	<p>consolidate them for clarification. Fred volunteered that assist Margaret.</p> <p>Arthur mentioned an email was received from Catherine Ellis resigning from the NSMHA Advisory Board. He stated a letter will be sent to the San Juan County Coordinator requesting they fill this position on the NSMHA Advisory Board.</p> <p>Arthur mentioned the WCPC equipment was discussed and it is still an ongoing investigation and the Board will be updated as information becomes available.</p>	<p>Send Barbara LaBrash a letter requesting filling vacancy</p>
<b>Quality Management Oversight Committee (QMOC) Report</b>		
<p>Chair Jackson</p>	<p>Arthur provided the report in Charles' absence.</p> <ol style="list-style-type: none"> <li>1. The meeting was held January 27, 2010, and the November summary was approved as written.</li> <li>2. The following announcements were made:             <ol style="list-style-type: none"> <li>a. The meeting summary will look different in the future per a recommendation by External Quality Review Organization (EQRO) to establish Topic, Discussion and Action column format.</li> <li>b. Cindy Ainsley is no longer working for NSMHA</li> <li>c. Skagit County is combining two departments and starting a third program. The new department will be "Community Services" and will include Human Service, Senior Services and At Risk Intervention Specialist (ARIS). Jennifer Kingsley is the new director.</li> <li>d. Provider One is supposed to be operational in May.</li> <li>e. NSMHA is conducting a Crisis System Review with meetings being held with stakeholders.</li> <li>f. Compass announced the start of a new Medical Clinic in Bailey Center, which is a partnership with Molina.</li> <li>g. A invitation was given to attend a presentation by Dr. Eric Bruns of the University of Washington regarding Skagit County Wraparound Pilot.</li> <li>h. David Small reminded people that the Everett Mall Way Sea Mar Clinic has moved to Claremont Way.</li> <li>i. A new Quality Management Plan is being developed and may be integrated with the Strategic Plan and Leadership Team Goals.</li> </ol> </li> <li>3. Old Business:             <ol style="list-style-type: none"> <li>a. Inter-rater Reliability was discussed.</li> <li>b. Charissa updated the committee on the Re-authorization elements.</li> </ol> </li> <li>4. The following Quality Issues were discussed:             <ol style="list-style-type: none"> <li>a. Clinical Practice Guidelines – development of two new guidelines as required by the State each contract period</li> </ol> </li> </ol>	<p>Informational</p>

	<ol style="list-style-type: none"> <li>5. Problems arising due to Transfers to Different Agencies were discussed. This evolved due to exceptions being done through Access.</li> <li>6. Clinical Policies 1009.00, 1502.00, 1508.00, 1520.00, 1562.00 and 1578.00 were reviewed and discussed. All these policies were recommended for approval as written or amended.</li> <li>7. ICRS Policy 1721.00 was reviewed and discussed. This policy was recommended for approval as amended.</li> <li>8. Clinical Policy 1576.00 regarding Medicaid Personal Care (MPC) was briefly discussed and the committee was told this policy would be expedited, circulated for 30 days seeking feedback and presented to QMOC in March for final approval.</li> <li>9. Intensive Outpatient Program Decision Matrix was distributed and discussed. The matrix is to be implemented by providers immediately.</li> <li>10. The January meeting is adjourned at 3:02. The next meeting will be February 24, 2010, from 1-3.</li> </ol>	
<b>ITEMS BROUGHT TO THE BOARD OF DIRECTORS</b>		
<b>Introduction and Action Items</b>		
<p>Chuck Benjamin</p>	<p>Chuck acknowledged the following items went before the Board of Directors and were approved January 14, 2010:</p> <p><b>Motion #10-006</b> To approve NSMHA-SUNRISE SERVICES-COMMUNITY SUPPORT-MEDICAID 08-09 AMENDMENT 1 for the provision of amending the hourly rate from 17.11 to 22.75 for the period between November 2008 through June 2009. The increase is \$22,501.96 for a maximum consideration of \$138,871.87.</p> <p><b>Motion #10-007</b> To approve NSMHA-SUNRISE SERVICES-COMMUNITY SUPPORT-SMHC-08-09 AMENDMENT 1 for the provision of amending the hourly rate from 17.11 to 22.75 for the period between November 2008 through June 2009. The increase is 21,174.20 for this Agreement for a maximum consideration of \$130,677.57.</p>	<p>Informational</p>
<b>COMMENTS FROM COUNTY ADVISORY BOARD MEMBERS</b>		
<p>Island</p>	<p>Candace said they had guest speakers from Community Mobilization and Citizens Against Domestic Abuse (CADA) gave presentations. Jail Transitions Program was audited and all was well. The newest 1/10 program is Island County Community Counseling Connections. It's being developed by Beth Plush, and I'm an Island County advisory board member on her planning committee.</p>	<p>Informational</p>
<p>San Juan</p>	<p>Mary Ann said Barbara provided the following information:  The Governor's new budget was released yesterday, please see</p>	<p>Informational</p>



attached. The new budget restores some funding for mental health and chemical dependency treatment, but not for developmental disabilities employment and day programs. We've been informed that the restoration of funding is in part the result of the work of Rashi Gupta, the Policy Director at the Washington Association of Counties and staff person to the Association of County Human Services. We extend a huge thanks to Rashi. The budget is now in the hands of the legislature to go through their process and it will be a very challenging session.

**Chemical Dependency** - We have submitted our Criminal Justice Treatment Account innovative funding plan to DBHR for approval. The plan is required for accessing innovative treatment dollars. The plan was developed in collaboration with Harvey Funai and Earl Long from DBHR, and Joan Pedrick from Compass Health. As to Innovative CJTA funding, Compass Health will create individualized treatment plans and treatment approaches to clients who meet specific criteria such as those clients who are simultaneously criminal justice defendants with multiple alcohol related charges and/or probation violations (revolving door population); clients who otherwise meet the eligibility requirements for CJTA funding; clients who have had multiple failed treatment episodes in the past; clients who are not best served by repeating a traditional Intensive Outpatient Program given their recidivism.

The goal in serving clients with these unique needs is to help them avoid recycling through the same treatment programs and life patterns, and to facilitate a better outcome. The treatment regiment will be more individualized with the target population utilizing more one-to-one counseling sessions tailored to meet the particular needs of the client.

As mentioned in my December report, The Office of Financial Management has approved our work plan for meth treatment and Compass Health will be expanding their program to better address the needs of people addicted to methamphetamine. This will include implementing the Matrix Model curriculum, a best practice approach to the treatment of addiction.

**Mental Health** - We have been participating in the crisis system review that North Sound Mental Health Administration is conducting and last week there was a meeting specifically designed for input from law enforcement. County and provider staff was invited in for the last half hour of the meeting to join the conversation. Sheriff Bill Cumming was gracious enough to attend, and he expressed that it was a positive experience. One concern to the Sheriff's Office the amount of time deputies are tied up with mental health calls, including providing transportation of Designated Mental Health Professionals via the

	<p>Sheriff's boat fro crisis calls, and the associated costs. We continue to hammer on the fact that San Juan County has no emergency room handle psychiatric crises, and systemic planning needs to factor in the unique situation of our remote, rural, geographically unique county. The conversation is rich, and we are hopefully that some positive system changes will come out of the process.</p> <p>Bob Myhr and I attended a regional meeting hosted by Skagit County last month to discuss how 1/10<sup>th</sup> funds are being used throughout the 5 counties.</p> <p>The school-based mental health services contracts are in place and the districts have begun billing for services. We continue to work on program development and contracts for the community-based mental health services, and we have buy-in from Senior Services and the Family Resource Centers on San Juan, Orcas, and Lopez as access point for these services.</p> <p><b>Developmental Disabilities</b> - Washington Vocational Services is intending to hire another staff person to work with San Juan County clients.</p> <p>As part of our give-back for participating the Leadership San Juan Islands Cohort of 2009, Steve Gresham, Suzi Marean, and I are designing and facilitating the Health and Social Services Challenge Day scheduled for March 19<sup>th</sup>. We are meeting on a regular basis to plan and structure the agenda. The target keeps changing based on how the process is unfolding with LSJI, but we are rolling with the punches and remaining flexible.</p> <p>Catherine Ellis, Sage MacLeod, and I are working on the Advisory Board orientation binder and expect to have a draft product ready for the meeting on January 25<sup>th</sup>.</p>	
<p>Skagit</p>	<p>Mary said they met yesterday and Susan Ramaglia accepted the vacant position on the NSMHA Advisory Board. The changes occurring within the County redesign were discussed.</p> <p>Susan said they will be meeting with jail officials to see how to enhance their services. She said she was surprised at the number of people that need help and the improvement of services due to CIT training within Skagit County.</p>	<p>Informational</p>
<p>Snohomish</p>	<p>Fred mentioned he had a meeting w/Stevens Hospital where he learned more about the Swedish/Stevens affiliation. He also had a conversation with Providence about adding additional mental health beds.</p> <p>Contracts are being developed for the provision of outreach and outpatient mental health and chemical dependency services. On</p>	<p>Informational</p>

	<p>January 20<sup>th</sup>, the Sales Tax Board approved the recommendations of the Request for Proposal (RFP) Committee regarding funding for Youth and Adult Chemical Dependency Services; Youth and Adult Mental Health Services, Youth and Adult Residential Services; Adult/Older Adult Outreach with Mental Health Focus; Hospital Emergency Room Services. Successful applicants included Sunrise Services, <i>bridgeways</i>, LKI, Northshore Youth and Family Services, Therapeutic Health Services, Evergreen Manor, Catholic Community Services, Providence Hospital and Senior Services. Services are to begin ramping up on February 1<sup>st</sup>.</p> <p>In addition, we are expecting proposals on February 2<sup>nd</sup> for school prevention/intervention services and wellness programs. The clarification meeting with the Review Committee is scheduled for February 10<sup>th</sup>.</p> <p>Fred acknowledged Arthur was re-elected President and Jaye Korpp was elected Vice Chair.</p>	
<p>Whatcom</p>	<p>Russ said they had a combined meeting with Substance Abuse (SA) and Mental Health (MH). They discussed the 1/10 funding regarding supplanting language in legislation. He said there appears to be more of an emphasis for mental health services in schools in Whatcom. He said a quarterly financial report was requested to see where the 1/10 money goes. He said discussion occurred about combining the SA and MH Boards but has not been done yet. He said more speakers and consumer panels are needed for future meetings. NAMI Whatcom will have a new president soon as Bonita Bowen has resigned. They will be working with Native Tribes regarding substance abuse with perhaps a presentation. They have filled a couple of vacancies on their local Advisory Board with Mark MacDonald and Dr. Ronald Klinenec. They had a recent “point in time” count last Thursday and it was well attended. On Thursday, March 4<sup>th</sup>, they will have a homeless connect at the Depot Market Square on Railroad Avenue. He said Gale O’Grady is no longer the Executive Director of Rainbow Center but working at Whatcom County Jail as mental health liaison. Rainbow Center will have two supported employment specialists and Joe Gibson will be the Executive Director.</p>	<p>Informational</p>
<p><b>COMMENTS FROM THE PUBLIC</b></p>		
<p>Chair Jackson  Larry Richards</p>	<p>The Chair asked for any comments from the public.</p> <p>Larry asked if there was a way to improve the process regarding Triage Center’s admission to avoid the delay and time constraints on law enforcement. Chuck said this is part of the Crisis System Review and the suggested Crisis Stabilization Units establishment. The development of these units will take some time and funding will be needed. One problem with Triage Centers is there are no medical personnel and with Crisis Stabilization Units (CSU)</p>	<p>Informational</p>

<p>Susan Ramaglia</p> <p>Joanne Elkins</p>	<p>medical personnel, as well as, mental health personnel will be available. Chuck said with the development of CSU's 90% of hospital visits can be deterred but funding has to be found to support this.</p> <p>Susan mentioned NAMI Skagit has a training team and she thought they would love to present to this group. Rebecca will work with Susan to coordinate this presentation.</p> <p>Joanne Elkins from Whatcom teaches Wellness Recovery in Action Plan (WRAP) and recently put a proposal together for teaching this program to others. She said this program works and is simple. She hopes the additional training can be done and will excite people. She proposed 18 classes but hopes each county would have two courses, which takes six weeks to complete. Margaret will coordinate with Joanne for clarification requested.</p>	
<p><b>OTHER BUSINESS</b></p>		
<p>Chair Jackson</p> <p>Otis Gulley</p>	<p>The Chair mentioned the person that spoke at last month's meeting about lack of housing. Margaret said Laura was going to follow up on this and Arthur asked for a report next month.</p> <p>Arthur said the Council on Aging has decided due to supplanting language they are going to draft an advisory letter to Snohomish County Executive opposing any supplanting or supplanting in general.</p> <p>Arthur said the NAMI bus charter was discussed as to whether it is desired in the future. Discussion will occur in the future regarding this.</p> <p>Otis mentioned hurtful things are sometimes said at meetings and acknowledged he is teachable and willing to be helped to be able to serve on QMOC.</p>	<p>Informational</p>
<p><b>ADJOURNMENT</b></p>		
<p>Chair Jackson</p>	<p>Fred made a motion to adjourn the meeting, seconded and motion carried. The meeting was adjourned at 2:45 and the next meeting will be March 2, 2010.</p>	<p>Informational Motion carried</p>