

North Sound Behavioral Health Organization
301 Valley Mall Way, Suite 110, Mount Vernon, WA 98273

ADVISORY BOARD AGENDA

May 3rd, 2016

1:00 pm – 3:00 pm

CALL TO ORDER & INTRODUCTIONS

REVISIONS TO THE AGENDA

ANNOUNCEMENTS

- a. New Prospective Members
- b. Senior Mental Health Issues
- c. American Foundation for Suicide Prevention (AFSP) will sponsor *Out of the Darkness* in Everett in October.

APPROVAL OF MINUTES FROM PREVIOUS MEETING

UPCOMING PRE MEETING TOPIC/QUESTIONS

- Pre Meeting for June.....TAB 1

STANDING COMMITTEE REPORTS (Briefs from Each Committee Attached)

- Planning Committee (No April Meeting)
- Quality Management Oversight Committee (QMOC) *Report Available at Meeting*.....TAB 2

EXECUTIVE DIRECTOR’S REPORT & ACTION ITEMS

Executive Director’s Report Items

- Report from Joe *Report Available at Meeting*TAB 3
- Quality Review Team Discussion (Betsy Kruse)

Executive Director’s Action Items

- Action Items/Memorandum *Report Available at Meeting*TAB 4

OLD BUSINESS

Advisory Board Advocacy PrioritiesTAB 5

ConferencesTAB 6

Bylaws DraftTAB 7

Visual Art & Poetry ContestTAB 8

NEW BUSINESS

REPORT FROM ADVISORY BOARD MEMBERS

ADVISORY MEMBERS' COUNTY REPORTS

Island

San Juan

Skagit

Snohomish

Whatcom

BRIEF COMMENTS OR QUESTIONS FROM THE PUBLIC

REMINDER OF NEXT MEETING

- The next **Pre-Meeting** will be at 12:00 pm on June 7th, 2016
- The next **Advisory Board meeting** will be 1:00 pm on June 7th, 2016
- Both meetings will be held, as usual, in the **Snohomish Conference Room** at North Sound Behavioral Health Organization

ADJOURN

North Sound Behavioral Health Organization (North Sound BHO)

ADVISORY BOARD

April 5th, 2016

1:00 – 3:00 pm

MINUTES

ATTENDANCE

Advisory Board Members Present

Island: Candy Trautman

San Juan:

Skagit: Joan Lubbe, Susie Spencer, Ron Coakley, Faviola Lopez

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

Greg Wennerberg,

Carolyn Hetherwick Goza

Whatcom: Mark McDonald, David Kincheloe, Rachel Herman

Excused Advisory Board Members

Island:

San Juan: Peg Leblanc

Snohomish:

Whatcom: Michael Massanari

Absent Advisory Board Members

Island:

San Juan:

Snohomish:

Whatcom:

North Sound BHO Staff Present

Joe Valentine (Executive Director)

Joanie Williams (Advisory Board Coordinator)

Maria Arreola (Administrative Assistant - Recording)

Guests Present

Marilynn Scott (Tribal Council Member Upper Skagit Tribe)

Jack Eckrem (Snohomish County Alcohol & Drug Board Member)

Pat O Maley Lanpheare (Snohomish County Alcohol & Drug Board Member)

Chuck Davis (Ombuds)

CALL TO ORDER & INTRODUCTIONS

The Chair called the meeting to order at 1:06 p.m. and initiated introductions

REVISIONS TO THE AGENDA

- The Chair inquired regarding revisions to the Agenda
- The Chair informed the Board the Bylaws content revisions (under Old Business Section 8d) will be tabled until the next meeting. The technical legal verbiage is still being revised. The final draft will be available at the May meeting

OMBUDS

- Chuck Davis gave a quarterly report covering January 1, 2016 through March 31, 2016.
- Chuck Davis provided informational handouts of the PowerPoint presentation and narrative
- He gave out his Contact information as well:
 - Toll Free 1-888-336-6164 (Option 2; Chuck Davis) (Option 1; Kim)
 - Cell phone 360-630-0389

APPROVAL OF MINUTES FROM PREVIOUS MEETING

- Carolyn Heatherwick Goza requested a change in the spelling of her name. Under Revisions to the Agenda “Carolann Heatherwick Goza requested to speak briefly on National Alliance on Mental Illness Spring Basics Classes.” Carolann to be changed to Carolyn.
- No other revisions were made
- Minutes approved by motion and vote

STANDING COMMITTEE REPORTS (Briefs from Each Committee Attached)

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

EXECUTIVE DIRECTOR REPORT & ACTION ITEMS

REPORTS

Betsy Kruse spoke about the upcoming Quality Review Team (QRT) and Quality Management Oversight Committee (QMOC). Betsy asked for feedback regarding the following questions:

- How is data and information during QMOC perceived by Advisory Board Members?
- What improvements can be made for AB Members regarding the QMOC Meetings?

Discussion followed which included the option of a Pre-Meeting Session with a North Sound BHO QMOC Representative holding a Questions and Answers Sessions for AB Members. A lunch option was suggested. Further discussion will take place during the May meeting.

EXECUTIVE DIRECTOR REPORT

BUDGET

- **Expansion of mobile crisis teams** – funding for both new teams and to expand existing teams
- **Housing and Recovery Services** – funding for 4 new teams
- **Peer Bridging Services** – funding for a pilot program for BHOs to hire 22 Peer Bridge staff, incorporated into the state psychiatric hospital liaison teams
- **Suicide Threat Response** – funding for the provisions of 2SHB 1448 [see below] to cover the costs of increased referrals for mental health services
- **Medication Assisted Treatment** – implements a program funded with a federal grant to expand access to integrated Medication Assisted Treatment with buprenorphine for individuals with opioid addiction
- **Secure Detox Facilities** – begin phasing in 16 bed secure detox facilities. Nine facilities are planned between April 2018 and July 2026. First facility is expected to start operating in April, 2018; second in April, 2019

LEGISLATIVE UPDATE

Behavioral Health Legislation that passed:

- 2SHB 1448 - Mental health professional must attempt to contact any person referred by law enforcement within 24 hours of the referral, excluding weekends and holidays
- ESHB 1713 - Creates an integrated set of behavioral health administrative requirements, funds secure detox facilities and supports the full integration and full state funding of the chemical dependency involuntary treatment act
- HB 2439 - Creates a children's mental health work group to identify barriers accessing mental health services for children and families and to advise the legislature on statewide mental health services for this population
- E2SHB 2793 - Establishes a Safe Homes Task Force to develop suicide awareness and prevention education messages
- SB 6430 – Suspends, rather than terminates, Medicaid benefits for persons who are incarcerated
- SSB 6445 - Physician Assistants are added throughout the mental health code alongside references to psychiatrists, physicians, and psychiatric advanced registered nurse practitioners
- SB 6656 - Establishes a planning process to explore the option of changing current financing structure and financial incentives for state hospital civil bed allocation, by charging BHOs and equivalent entities in full integration regions for each day of care provided at the state hospital, within state funds instead of providing state hospital bed allocations

GOVERNOR'S BEHAVIORAL HEALTH INTEGRATION WORKGROUP

- The Governor's Office has established a workgroup to advise the Governor on the financial and structural changes needed at the state and regional level to support the movement towards fully integrated managed care by 2020. Joe Valentine was asked to chair the Crisis Services subgroup. The overall workgroup is to have its recommendations to the Governor by October

BHO PLANNING UPDATE

- North Sound Behavioral Health Organization (North Sound BHO) have finalized the rates and sent contracts out to all outpatient and SUD Residential Services Providers
- A front page article appeared in the Skagit Valley Herald on Sunday, March 27, and Joe participated in a radio interview with KSVR at Skagit Valley College
- To ease the transition for SUD providers who are serving persons still in treatment as of April 1, all BHOs will automatically continue to fund those services for up to 60 days. In addition, any persons currently on waiting lists for SUD residential treatment with a planned admittance date prior to April 15 will also be automatically covered.
- North Sound BHO received a list from the state of all of the persons identified in the "Target" system as currently in treatment and North Sound BHO are able to transfer that information to the new data base.

NORTH CASCADES BEHAVIORAL HEALTH FACILITIES RE-LOCATION

- North Sound BHO is continuing to work with Lake Whatcom Residential Treatment Center who will be converting the Iron Gate facility in Bellingham into a 28 bed SUD Residential Treatment Facility with a focus on short term beds and possible recovery beds down the line
- North Sound BHO is working with Linda Grant, the Evergreen Recovery CEO, to purchase the closed Skagit Recovery Center in Mt. Vernon to rehabilitate it and open up another short term SUD treatment facility with perhaps some detox capacity on the front end

ACTION ITEMS

- Joe reviewed each of the Action Items with the Advisory Board
- A motion was made to move the Action Items to the Board of Directors for approval
Motion was seconded and approved
- Motion approved to forward the Action Items to the Board of Directors for approval

OLD BUSINESS

Advisory Board Advocacy Priorities

Tabled until May meeting

Poster Poetry Contest Theme Suggestions

- The contest will have a three tier prize. All were in agreement
- North Sound BHO will determine the prize based on previous years and put together the advertisement
- The Advisory Board will vote on submissions
- Following discussion, all are in agreement for the theme: "Together We're Better"
- Discussion took place regarding the Visual Art Winners picture/poster, etc., to be framed and placed in the corresponding North Sound BHO Conference Rooms

NEW BUSINESS

ANNOUNCEMENTS

- Carolyn Heatherwick Goza provided informational handouts regarding SMART 911
- Carolyn Heatherwick Goza spoke about the National Alliance on Mental Illness (NAMI) Basics Classes (6 week classes) beginning April 12, 2016. Informational flyers were provided
- As of April 1st North Sound Mental Health Administration became North Sound Behavioral Health Organization. Joe welcomed current and new Advisory Board Members to the new North Sound Behavioral Health Organization Advisory Board (North Sound BHO AB) Meeting.
He noted the importance of the Advisory Board regarding the government system and their valued voice on policy and budget changes. Changes are initially introduced to the Advisory Board for input, followed by the Board of Directors. Joe stated there are 2 seats for Advisory Board Members on the Board of Directors and 8 seats for Tribal Members.
The legal votes for the Board of Directors are divided between the region's five counties. Joe will be proposing the Advisory Board and Tribal Members have a vote.
The votes will be taken very seriously and will be recorded in the Minutes

AB MEMBERS INPUT ON MISSION STATEMENT

The Chair spoke regarding participation in the creation of the North Sound BHO mission statement

CONFERENCES

Discussion took place regarding the 2016 conferences. Advisory Board Members that are interested in attending the Behavioral Health Conference are: Fred, Joan B., Greg, and Mark. Scholarship application packets were handed out for outside individuals interested in attending the Behavioral Health Conference in June. Scholarships must be turned in by April 29th, 2016. The Washington Council for Behavioral Health is awarding up to 150 scholarships state wide for the conference on a first come, first serve basis

SCHOLARSHIP COMMITTEE

The Chair and Candy will review the scholarships and make determinations

ACTION ITEMS

Advisory Board Pre-Meeting Selections (New topics will be added to Pre-meeting Page)

- Involuntary Treatment
- Eating Disorders
- Lesbian, Gay, Bisexual, Transgender (LGBT Committee) Committee

DRAFT Not Approved by Advisory Board

- Joel's Law and Crisis Prevention and Intervention Teams (CPITs)
- Tribal Mental Health Overview
- Housing and Homelessness
- **Month: May**
 - **Pre-Meeting Topic: Housing and Homelessness**

Executive & Finance Committee

The March Expenditures were reviewed and discussed. A motion was made to move the Expenditure to the Board of Directors for approval. Motion was approved

ADVISORY BOARD MEMBERS' COUNTY REPORTS

Island

None

San Juan

None

Skagit

None

Whatcom

None

Snohomish

None

BRIEF COMMENTS OR QUESTIONS FROM THE PUBLIC
--

No comments mentioned

ADJOURNMENT

The Chair adjourned the meeting at 3:07 p.m.

2016 Pre-Meetings, Site Visits, Conferences and Advocacy

Date	Pre-Meeting Topics	Note
January 5th, 2016	SUD Opioid Epidemic and Strategies	Dr. Gary Goldbaum
February 2nd, 2016	SUD/Juvenile Justice/Recovery Services	Lisa Tremblay and Lex Rivers
March 1st, 2016	Phoenix Recovery Center - SUD Services	Corky Hundahl
April 5th, 2016	Adult and Youth Access to Care Standards & SUD	Julie de Losada & Sharon Toquinto
May 3rd, 2016	Northwest Youth Services Housing/Homelessness	Riannon Bardsley
	Alternatives to Jail	Ron Coakley
	Tele-Psychiatry Webinar	
	Pioneer Center North (Focus on SUD)	
	Lummi and Tulalip Tribes BHO Programs	
	Dispute Resolution	Chuck Davis and Pat Morris
	Evergreen Detox Center	
	Tribal Centric Behavioral Health System	
	Qualifying Factors of a Co-Occurring Disorder	
	Center for Human Services (Children)	
	Phoenix Recovery Center	
	Therapeutic Health Services	
	Peer Support Model Presentation	
	Crisis Redesign	
	Everett De-Tox Center	
	Seamar Co-Occurring Compass	Toward the end of 2016
	Mulilteo E&T Remodel	Toward the end of 2016
	NSMHA Funded School Based MH Services	
	Co-Occurring Disorders	
	Eating Disorders	
	LGBT Committee	
	Tribal Mental Health Overview	
	Joel's Law	
	Involuntary Treatment Act	
	Peer Specialist and Recovery Coach Integration	
Date	Site Visits	Note
	Pioneer Center North	
	Lake Whatcom Treatment Center Site Tour	
Possibly June	Lake Whatcom Treatment Center/Picnic	
Date	Advocacy	Note
February 23 & 24	Legislative Session Visit	
Date	Conferences	Location
June 23-24	Behavioral Health Conference	Yakima
Sept. 30 - Oct. 2	NAMI Conference - The Road to Recovery: Mental Health Matters	Red Lion Hotel - Port Angeles
Sept. 7-8	Tribal Conference - Building Community Resiliency	Skagit - Bow
Oct. 3- 4	Co-Occurring Disorders Conference	Yakima

North Sound Behavioral Health Organization

Advisory Board

Advocacy Priorities 2016

Priority #1:

- Children, youth & adolescents
 - E&T (Evaluation and Treatment) for children & youth
 - RCW changes in ITA (Involuntary Treatment Act)
 - Provide awareness of services to children/youth
 - Treatment available in schools

Priority #2:

- Legislators, schools & colleges stigma reduction

Priority #3:

- Homeless of all ages, to include Vets
 - Attainment of housing
 - Community meals & shelter
 - Opportunities for engagement in services

		A	B	C	D	E	F	G
		Issues that result in the biggest impact for the people	Access to MH and CD services, e.g. transportation and Limited English Proficiency (LEP)	Legislative advocacy to increase targeted funding, e.g. Crisis Intervention Training (CIT)	Focus at the County or Community Level	Emphasis on rural health	Focus on wellness initiatives	What areas of advocacy are transferable to an integrated system?
3	Homeless of all ages, to include Vets; Attainment of housing; community meals & shelter; opportunities for engagement in services	* * * *						
4	Increase in Certified Peer Counselors & practitioners in Nursing Homes; Providing awareness of the benefits to peer support	* *						
5	Individuals with disabilities; Protection of Civil Rights	*						
6	Older adults, Accessibility; Transportation to health care facilities	* * *						

A		B		C		D	E	F	G
	Issues that result in the biggest impact for the people	Access to MH and CD services, e.g. transportation and Limited English Proficiency (LEP)		Legislative advocacy to increase targeted funding, e.g. Crisis Intervention Training (CIT)		Focus at the County or Community Level	Emphasis on rural health	Focus on wellness initiatives	What areas of advocacy are transferable to an integrated system?
11	Greater Community; Improvement in healthcare delivery; development, education and involvement of individuals/families in improving healthcare delivery; cultural awareness and sensitivity toward those experiencing disparities in care								
	*								
12	Traumatic Brain Injury; Support for individuals, family and caregivers								
13	Global Community; Research how other countries support individuals with mental illness and what we can learn								

Advisory Board Advocacy Priorities

	A	B	C	D	E	F	G
	Issues that result in the biggest impact for the people	Access to MH and CD services, e.g. transportation and Limited English Proficiency (LEP)	Legislative advocacy to increase targeted funding, e.g. Crisis Intervention Training (CIT)	Focus at the County or Community Level	Emphasis on rural health	Focus on wellness initiatives	What areas of advocacy are transferable to an integrated system?
1	Non-English speakers; navigating the healthcare system; accessibility and assistance in resource attainment.	**					
2	Children, youth & adolescents E&T for children & Youth; RCW changes in ITA; provide awareness of services to children/youth; treatment available in schools	***** *					
	Issues that result in the biggest impact for the people	Access to MH and CD services, e.g. transportation and Limited English Proficiency (LEP)	Legislative advocacy to increase targeted funding, e.g. Crisis Intervention Training (CIT)	Focus at the County or Community Level	Emphasis on rural health	Focus on wellness initiatives	What areas of advocacy are transferable to an integrated system?
3	Homeless of all ages, to include Vets; Attainment of housing; community meals & shelter; opportunities for engagement in services	****					
4	Increase in Certified Peer Counselors & practitioners in Nursing Homes; Providing awareness of the benefits to peer support	**					
5	Individuals with disabilities; Protection of Civil Rights	*					
6	Older adults, Accessibility; Transportation to health care facilities	***					
	A	B	C	D	E	F	G
	Issues that result in the biggest impact for the people	Access to MH and CD services, e.g. transportation and Limited English Proficiency (LEP)	Legislative advocacy to increase targeted funding, e.g. Crisis Intervention Training (CIT)	Focus at the County or Community Level	Emphasis on rural health	Focus on wellness initiatives	What areas of advocacy are transferable to an integrated system?

Advisory Board Advocacy Priorities

7	Individuals involved in the criminal justice system; Mental health court	**						
8	Incarcerated individuals; availability of treatment while in jail; support for family members	*****						
9	Individuals who have attempted suicide; Research and education in suicidality							
10	Legislators, schools & colleges; Stigma reduction	*****						
	A	B	C	D	E	F	G	
	Issues that result in the biggest impact for the people	Access to MH and CD services, e.g. transportation and Limited English Proficiency (LEP)	Legislative advocacy to increase targeted funding, e.g. Crisis Intervention Training (CIT)	Focus at the County or Community Level	Emphasis on rural health	Focus on wellness initiatives	What areas of advocacy are transferable to an integrated system?	
11	Greater Community; Improvement in healthcare delivery; development, education and involvement of individuals/families in improving healthcare delivery; cultural awareness and sensitivity toward those experiencing disparities in care	*						
12	Traumatic Brain Injury; Support for individuals, family and caregivers							
13	Global Community; Research how other countries support individuals with mental illness and what we can learn							

Advisory Board Conference Cost Estimate Sheet 2015

Name of Conference	Date(s) of Conf.	Location	Reg . Fee	Mileage (approx) and cost of driving your own car. Reimbursement Rate: 57.5 cents per mile	Bus or Train Cost or Shuttle	Taxi Cost (approx) from Everett	Conference Hours (in regard to additional meal expenses)	Add'l Meals *B=Breakfast *L=Lunch *D=Dinner	Hotel Cost	Number of Advisory Board attendees interested in attending	Number of Outside Scholarships to be approved	Total approx. Cost per Person Driving Own Car	Total approx. Cost Per Person Taking Bus, Train and/or Taxi costs approximately \$2.50 per mile
System of Care Institute (SOCI)	May 5th and 6th 2015	Everett Holiday Inn, 3105 Pine St. 98201	N/A Scholarships from SOCI	33.5 miles one way; 67 Miles round trip from NSMHA \$38.53 x 2 days = \$77.06	N/A Conference is local	\$2.50 per mile + \$2.50 to ride + wait time	N/A Conference is local	Folks staying the night: one dinner reimbursement @ \$31.00 pp	\$214.00 for 2 nights	Fred, Candy, Greg, Carolann, Jeannette-hotel, Mark-hotel, Peg-hotel	N/A no scholarships for SOCI	Candy: \$77.06 CarolAnn: \$77.06 Jeannette: \$283.53 Mark: \$283.53 Peg: \$283.53 Total: \$1,004.71	Greg: approx. \$27.50 round trip: \$27.50 Fred: 27:50 Total: \$55.00 Grand Total: (Approx): \$1,159.71
Tribal Conference	May 12th and 13th	Bow 5984 Darrk Ln, Bow, WA 98232 @ the Skagit Casino	\$125.00	10.5 miles one way; 21 Miles round trip from NSMHA \$12.08 x 2 days = \$24.16	N/A Conference is local	\$2.50 per mile + \$2.50 to ride + wait time 43 miles one way; 86 round trip \$215.00 round trip	N/A Conference is local	Folks staying the night: one dinner reimbursement @ \$31.00 pp	\$79.00 for one night	Candy, Jeannette, Carolann, Joan, Lubbe, Greg, Fred, Jennifer, Mark, Marie, Joan, B: hotel	N/A no scholarships for Tribal Conference	Candy: \$149.16 Jeannette: \$149.16 Carolann: \$149.16 Joan Lubbe: \$149.16 Jennifer: \$262.20 Mark: \$262.20 Total: \$1,112.04	Greg: \$419.00 Fred: \$419.00 Marie: \$419.00 Joan: \$419.00 Total: \$1,676.00 Grand Total (Approx): \$2,797.04 before dinner reimbursement
Behavioral Health Conference www.wcmhcnet.org	June 17, 18 & 19	Vancouver 301 West 6th Street 98660 @ the Hilton	N/A Scholarships given	254 miles one way; 508 miles round trip \$292.10	AMTRAK \$112.00 round trip (No shuttle available due to US Golf Open June 15-21)	TBD	Thurs: 8:30-5:15pm Friday: 9-3pm	Lunch 6/17 \$15 Dinner 6/17 \$31 Dinner 6/19 \$31 Total Cost: \$77.00	\$226.00 for 2 nights	*Candy -cancelled *Joan Bethel *Marie *Mark *Fred *Jeannette-cancelled *Greg-cancelled *Carolyn HG-cancelled	Scholarships: Wanda Waters, Bobbie Pereira, Nancy Storm, Marilyn Plappert, Beverley Smissaert cancelled	Approx Cost per person driving: \$595.10	Approx Cost per person taking train: \$415.00 (before Taxi charges)
NAMI www.namiwa.org	August 21st-23rd	Tri-Cities Shilo Inn 50 Comstock St., Richland 99352	\$185.00 (approx. cost)	256 miles one way; 512 Miles Round Trip \$294.40	GREYHOUND bus drops 22 miles from conference location \$177.00 round trip	TBD	TBD: Last year's hours were Fri: 11:30-8:30pm; Sat: 8:00am-8:30pm; Sunday: 8am-12:00	Dinner: 8/20 \$31 8/23 Lunch: \$15 8/23 Dinner: \$31 Total: \$77.00	Approx \$300.00 for 3 nights	Mark, Jeannette, Greg, W.	No outside scholarships awarded	Approx Cost per person driving: \$856.40	Approx Cost per person taking bus: \$739.00 (before Taxi charges)

SCHEDULE

Registration: 8:00 AM – 9:30 AM (Main Lobby)
Free Continental Breakfast: 8:30 AM – 9:30 AM (Room 139)

Keynote Speaker

9:30 AM – 10:30 AM

Jim Vollendroff – Divisions Director at the King County Mental Health and Substance Abuse Division. With special guest Serena McDonald

Student Center

Break

10:30 AM – 10:40AM

Workshop Session 1

10:40 AM – 11:50 AM

Emotional Dysregulation /ADHD – With Dr. Mustafa and Dr. Ahmed, both practicing psychiatrists specializing in child and adolescent psychiatry and neurology.

Student Center

Daddy, What do I do? – With Ace Bulger a father and a suicide survivor. Ace has 25 years as a principal, athletic director, teacher, coach and consultant.

Room 141

Lunch

11:50 AM – 1:00 PM

Workshop Session 2

1:00 PM – 2:10 PM

Co-Occurring Disorders in Youth and Young Adults – With Andrew Galbreath, Substance Abuse and Mental Health Specialist.

Student Center

The Intersection of Trauma and Youth Homelessness – With Mimi Daniels, Program Manager for Friends Of Youth, and Ryan Wiedmaier, Safe Place Coordinator with Youthcare.

Room 141

Break

2:10 PM – 2:20 PM

Workshop Session 3

2:20 PM – 3:30 PM

Essential-Self Care for Caregivers – With Dr. Butterfield, a licensed mental health counselor and founder of Our New Experience (O.N.E).

Student Center

Gender Diversity – With Aidan Key, author of *Trans Bodies, Trans Selves: Child Chapter* and co-author of *Gender Cognition in Transgender Children*.

Room 141

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: "Improving the behavioral health and wellbeing of the individuals and families in our communities."

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 a consumer'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 consumers 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 388-865-0222 (2)], of the North Sound BHO AB membership will be comprised of people who are consumers, 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 a consumer. 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 consumers being served.

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 (50%) 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.



**2016 North Sound Behavioral Health Organization
Visual Art and Poetry Contest**

Theme: "Together We're Better"

Who is eligible to enter:

Current and former recipients of behavioral health services in the North Sound region (Island, San Juan, Skagit, Snohomish, and Whatcom counties)

Requirements for ALL entries:

- ✓ The entry must be an original (created completely by you)
- ✓ The entry must be unframed and un-mounted
- ✓ The entry must have your name, address and telephone number on the back
- ✓ You may submit more than 1 entry
- ✓ EACH entry (poem or visual art) that you submit MUST be accompanied by its own entry form (which is also the copyright release) — e.g., 3 entries = 3 entry forms
- ✓ All entries MUST be received by DATE

Additional Requirements for VISUAL ART entries:

- ✓ Visual Art must be 11" x 17" (for reproduction as a poster)
- ✓ Visual Art may be a painting, a collage, a drawing, a photograph, etc.
- ✓ Visual Art must be suitable for printing as a poster

Additional Requirements for POETRY entries:

- ✓ Poem must be no more than 100 words
- ✓ Poem must be typed or very clearly written on 8.5" x 11" paper

**Mail or Deliver to:
Visual Art / Poetry Contest
c/o North Sound Behavioral Health Organization
301 Valley Mall Way, Suite 110
Mount Vernon, WA 98273**

Awards:

**First Prize — \$150 gift certificate/card*
Second Prize — \$100 gift certificate/card*
Third Prize — \$50 gift certificate/card***

**A total of 6 prizes will be awarded:
A first, second, and third prize for
Visual Art
A first, second, and third prize for
Poetry**

***For use at the winner's chosen
retailer**

**North Sound Behavioral Health Organization
2016 Visual Art & Poetry Contest**

Entry Form

(Please submit one copy of this form with *each* entry)

Entries Must Be Received by

Title of Entry: _____

Date: _____

Name: _____

Street Address: _____

City, State, Zip: _____

Phone: _____

Provider (if applicable): _____

Permission to Reproduce, Display, and Distribute this entry in print and online

I understand that the purpose of this contest, and of the many uses to which the winning entries will be put, is to help promote understanding of, and reduce stigma toward, people who have lived experience with behavioral health illnesses.

If this entry is awarded the first, second or third prize, I hereby give my permission to have it professionally prepared, displayed and distributed online and in print (edited, if necessary). I understand that once my original entry is reproduced, it will be returned to me by mail, and I will have no further rights to the reproductions and displays made from this original entry, nor to their distribution, nor to uses made therefrom.

I declare that this entry is my original work, and that it contains no previously copyrighted material.

I understand all of the above, and hereby give my permission to use my entry if I become a winner in the 2016 Visual Art & Poetry Contest: "Together We're Better."

Signature

Name (PRINTED)

Date