



North Sound Behavioral Health Advisory Board

Agenda

January 3, 2023

1:00 p.m. – 3:00 p.m.

Call to Order and Introductions

Revisions to the Agenda

Approval of December Minutes

Announcements

- Kimberly Nakatani - North Sound BH-ASO, Accountant
- Hannah Ordos, Whatcom County – Advisory Board Vote

Brief Comments or Questions from the Public

Behavioral Health Needs Assessment – Percival

Executive Committee Report

Executive Director's Report

Executive Director's Action Items

Old Business

- History of Advisory Board Site Visits – Margaret Rojas
- Legislative Discussion

New Business

Report from Advisory Board Members

Reminder of Next Meeting

Adjourn



North Sound Behavioral Health Advisory Board

December 6th, 2022

1:00 – 3:00

Meeting Minutes

Empowering individuals and families to improve their health and well-being

Members Present

- Island County: Candy Trautman, Chris Garden
- San Juan:
- Skagit County: Jere LaFollete, Deanna Randall-Seacrest
- Snohomish County: Pat O'Maley-Lanphear, Michele Meaker, Jack Eckrem
- Whatcom County: Kara Allen, Mark McDonald, Arlene Feld, Alan Friedlob

Members Excused:

- Island County:
- San Juan County:
- Skagit County:
- Snohomish County:
- Whatcom County:

Members Absent:

- Island County:
- San Juan County:
- Skagit County:
- Snohomish County:
- Whatcom County:

North Sound BH-ASO Staff: Joe Valentine, Executive Director; Maria Arreola, Advisory Board Coordinator, Lisa Hudspeth, Program Specialist; Charles DeElena, Business Improvement Manager/Compliance Officer; Noel Zak, Administrative Assistant II; Mandy Iverson, Program Specialist; Megan Drake, Quality Specialist.

Managed Care Organization Representation:

- United Healthcare: Stacy Lopez
- Coordinated Care:
- Molina Healthcare: Ashley Nelson
- Community Health Plan of Washington [CHPW]:

Guests: Hannah Ordos, Community Member; Michele Osbourne, DREI Consultant, Michael O'Brien, Snohomish County Human Services Specialist II; Joy Borkholder, The Daily Herald

Pre-Meeting Training

Pat Morris is a consultant with an extensive work history working crisis behavioral health field for 44 years. The ASO has contracted with Pat to figure out a methodology and process to get a regular customer service voice of individuals that have touched the crisis system. This is an opportunity to have the voices of others involved through the continuum which involves, hospitals, family members and law enforcement service deliveries.

This workplan is in the beginning phases. Pat and Michael gathered feedback from members. It was requested to provide updates as the workplan progresses.

Call to order and Introductions

The meeting was called to order by Chair O'Maley-Lanphear at 1:03 p.m.

Revisions to the Agenda

No revisions mentioned

Approval of November Minutes

Motion made for the approval November minutes as written. Motion seconded. All in favor, Motion carried.

Announcements

Brief Comments from the Public

Diversity, Racial, Equity and Inclusion Workgroup Update

- Diversity Racial Equity and Inclusion update was given by the ASO workgroup and consultants. The workgroup is developing a 3-year strategic plan for the North Sound BH-ASO.

Executive Directors Report

Joe reported on the following

- North Sound Behavioral Health Needs Assessment
- Closure of Pioneer Center North
- Extension of COVID Relief Federal Block Grant Funds Expenditure Period
- Crisis Services Update
- Update on Balance Billing Act – HB 1688

Approved by Advisory Board

- Behavioral Health Services Coordinating Council Discussion on Network Adequacy
- Update on Workforce Development Strategies
- Mount Vernon Police Co-Responder Project
- North Sound BH-ASO Fiscal Appointment
- End of State COVID Emergency Order

Executive Director's Action Items

Joe introduced the Action Items. Motion to move the Action Items forward to the Board of Directors for approval. Motion seconded, all in favor. Motion carried.

Executive/Finance Committee Report

The November Expenditures were reviewed and discussed. Motion to move the Expenditures to the Board of Directors for approval. Motion seconded. All in Favor. Motion Carried.

The 2023 Advisory Board Proposed Budget was reviewed and discussed. Motion made to approve the proposed 2023 Advisory Board budget, motion seconded. All in favor. Motion carried.

Old Business

Vote of the 2023 Advisory Board Officers

It is a pleasure to announce Pat will resume Chair and Kara Vice Chair positions for the 2023 year.

2023 Proposed North Sound BH-ASO Operating Budget

Joe opened discussion for any concerns regarding the operating budget. No concerns or questions mentioned. Motion made to move the 2023 Proposed North Sound BH-ASO Operating Budget to the Board of Directors for approval. Motion seconded. All in favor. Motion carried.

2023 Site Visits and Training

The site visit and training document was reviewed. It was determined this be sent with the monthly meeting packets.

Joe will do research on the history of implementation of site visits. This will be brought back to the January meeting.

New Business

Advisory Board Official Vote – Rose Dennis, Island County

Rose has full support from Island County to proceed with the official vote. Motion made to approve Rose Dennis's appointment to the Advisory Board for Island County. Motion Seconded. All in favor. Motion carried.

Maria will be coordinating the official Advisory Board orientation with Joe, Pat and Kara.

Co-Occurring Disorders and Treatment Conference Report from Members

Members reported back the meaningfulness of the conference. The highlight was the studies presented on Fentanyl crisis in Washington State.

Report from Advisory Board Members

None

Reminder of Next Meeting

Tuesday, January 3rd, 2023

This will be a hybrid meeting. Those who are interested in attending please notify Maria.

Adjourn

Chair O'Maley-Lanphear adjourned the meeting at 3:04 p.m.

APPROVED

1. GOVERNOR INSLEE'S 2023-2025 RECOMMENDED BUDGET – BEHAVIORAL HEALTH

- The Governor's 2023-2025 recommended budget includes proposals related to behavioral health and BH-ASO services. Some of these are:
 - ✓ Enhance and expand mobile crisis services and crisis stabilization services in line with best practices;
 - ✓ Additional funding for BH-ASOs including a rate increase for non-Medicaid services;
 - ✓ Funding authorization for the new American Rescue Act Block Grant funds and to continue funding for programs that had been supported by Block Grant funds;
 - ✓ Increase Medicaid behavioral health provider rates again effective January 1, 2024. HCA will be required to use direct payments or other methodologies to “direct” the funding to behavioral health providers;
 - ✓ Funding for the operating costs of 10 behavioral health crisis facilities funded in the 2022 supplemental capital budget;
 - ✓ Establish a Substance Use Disorder [SUD] professional/peer scholarship program in BIPOC communities to address workforce shortages in disparately impacted communities.

2. WORKFORCE TRAINING AND EDUCATION BOARD: BEHAVIORAL HEALTH WORKFORCE 2022 REPORT






- The Washington Training and Education Board [WTEB] has released its 2022 report with updated recommendations for legislative action, see [[Behavioral Health Group | Washington Workforce Training & Education Coordinating Board](#)]
- Some of the key recommendations for the Legislature include:
 - ✓ Appropriate additional funds to support behavioral health loan repayment awards via the Washington Health Corps to address immediate retention challenges.
 - ✓ Appropriate funds to support the administration of the Washington Health Corps
 - ✓ Expand awareness of, and assistance with, the Public Sector Loan Forgiveness program to increase participation by behavioral health workers.
 - ✓ In addition to increasing Medicaid behavioral health rates, provide continuation funding to develop a sustainable, prospective payment system for comprehensive behavioral health services by refining the Certified Community Behavioral Health Clinic model [CCBHC].

3. NORTH SOUND BEHAVIORAL HEALTH NEEDS ASSESSMENT

- The final report of the North Sound Behavioral Health Needs Assessment, developed by Percival Health is ready for review. It will be presented at the January meetings of the Advisory Board and the Board of Directors.

- The Executive Summary is attached. [Attachment 1]
- 4. UPDATE ON HOMELESS OUTREACH STABILIZATION TEAM [HOST]**
- Evergreen Recovery, the North Sound contractor for the HOST program, has been participating in monthly training sessions with other HOST teams state wide and engaging in one on one technical assistance trainings with Downtown Emergency Service Center (DESC) in Seattle.
 - As of November, they have 7 of 9 positions filled, and are working with the Everett PD Embedded Social Work program to identify outreach opportunities.
 - The HOST program is based on the model of homeless outreach services used by the Downtown Emergency Services Center in Seattle.
 - It uses a multi-disciplinary team to provide intensive outreach services to persons who are homeless and suffering from substance use or co-occurring substance use disorders and behavioral health conditions.
- 5. CRISIS SERVICES UPDATE**
- The Weekly Crisis Capacity Indicator snapshot through is attached [Attachment 2].
 - Also attached is the monthly Dashboard [Attachment 3].
- 6. NEW NORTH SOUND BH-ASO STAFF PERSON: ASSISTED OUTPATIENT TREATMENT COORDINATOR**
- We have appointed **Garrison Whaley-Sharp** to the new position of Assisted Outpatient Treatment Coordinator.
 - This position is separately funded by the legislature to establish an Assisted Outpatient Treatment [AOT] program in the region.
 - Garrison will be working with courts, counties, and providers to establish the program. We may have to start by piloting it in one or two counties to demonstrate to other stakeholders the benefits of the program.
 - Garrison has worked with Compass Health and VOA and has direct experience with the LRA system [Less Restrictive Alternative court orders].
- 7. END OF STATE COVID EMERGENCY ORDER**
- The Governor’s COVID Emergency Declaration ended October 31. Our Attorney has researched our options for continuing to use a “hybrid” model for Board of Director meetings under the Open Public Meetings Act since our current Interlocal Agreement only allows for voting in person.
 - He recommended that the interlocal agreement be modified to allow for voting on a virtual platform as well. He will be presenting the proposed modification at the January Board of Directors meeting.

**North Sound Behavioral Health Administrative Services Organization
Advisory Board Budget
December 2022**

		All Conferences	Board Development	Advisory Board Expenses	Stakeholder Transportation	Legislative Session
	Total	Project # 1	Project # 2	Project # 3	Project # 4	Project # 5
Budget	\$ 20,000.00	\$ 7,900.00	\$ 4,226.00	\$ 7,874.00		\$ -
Expense	(6,846.45)	(961.32)	(4,313.25)	(1,571.88)		
Under / (Over) Budget	\$ 13,153.55	\$ 6,938.68	\$ (87.25)	\$ 6,302.12	\$ -	\$ -
						
		All expenses to attend Conferences	Advisory Board Retreat/Summit	Costs for Board Members (meals mileage, misc.)	Non- Advisory Board Members, to attend meetings and special events	Shuttle, meals, hotel, travel

For Board Approval:

Health Care Authority (HCA)

Projects for Assistance in Transition from Homelessness (PATH)

- This is a renewal of the PATH contract, it is on the federal fiscal cycle, September through September. The program is in Snohomish County administered by Bridgeways.
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- The Lifeline Connections contract was approved in December 2022.

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North Sound County Authorities Operating Agreement

- At the Board of Directors direction, we reached out to our Attorney Philip Buri to update Article VII paragraph 7.7 to allow for continued virtual meeting and voting by Board members or their delegates. This change is in accordance with the Public Meetings Act.

Motion #XX-XX

To move the North Sound County Authorities Operating Agreement Amendment to the respective elected Councils and/or Commissions in Island, San Juan, Skagit, Snohomish, and Whatcom Counties for approval.



DRAFT

North Sound BH-ASO Fall 2022 Assessment

Executive Summary

Contents: Exec Summary and Full Report

DRAFT



Demographics

Recent Volume
Trends and
Projected
Growth

Survey
Results

Provider
Inventory

Inpatient
Bed
Need
Analysis

Outpatient
Service
Analysis

Full report in development:

- ***Draft shared with NSBH-ASO (40+ pages)***
- ***Executive Summary/High Level Findings Shared Here***

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Current and Projected Demographics: Summary

Demographic Forecasts Overview:

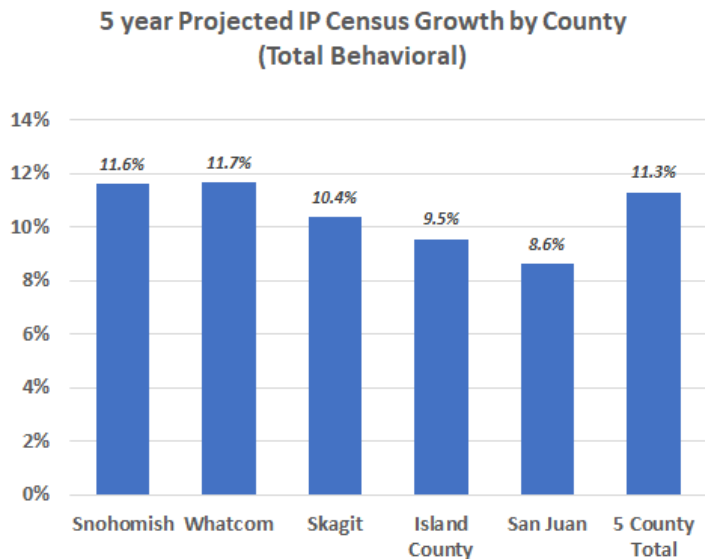
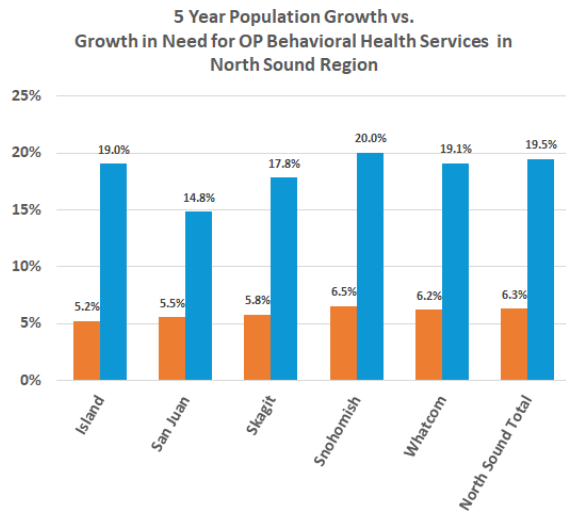
County	Population Growth by County				
	Total Population		5 Year Growth		
	2022	2027	No.	%	CAGR
Island	87,561	92,137	4,576	5.2%	1.0%
San Juan	17,745	18,727	982	5.5%	1.1%
Skagit	135,186	143,000	7,814	5.8%	1.1%
Snohomish	846,950	902,089	55,139	6.5%	1.3%
Whatcom	233,236	247,668	14,432	6.2%	1.2%
Total North Sound	1,320,678	1,403,621	82,943	6.3%	1.2%

Age Cohort	5 County Population Growth by Age Cohort				
	Total Population		5 Year Growth		
	2022	2027	No.	%	CAGR
0-17	280,722	294,521	13,799	4.9%	1.0%
18-44	475,579	485,127	9,548	2.0%	0.4%
45-64	330,469	341,183	10,714	3.2%	0.6%
65+	233,908	282,790	48,882	20.9%	3.9%
Total North Sound	1,320,678	1,403,621	82,943	6.3%	1.2%

Maps in the full report show much of this visually

- ▶ Medicare population (age 65+) will grow 20%+ over next 5 years
- ▶ The total numbers of **uninsured and Medicaid recipients is forecast to be fairly static** over the next several years – with declines in some areas
- ▶ **Growth in the pediatric population overall will be moderate** in coming years
- ▶ From an **absolute perspective, overall population growth will be concentrated in western Snohomish County**; From a **percentage perspective, overall population growth will be seen in pockets throughout the region – notably many island communities**
- ▶ The proportions of the population that are uninsured or Medicaid recipients increases as one moves north across the region

Recent Trends and Projected Growth: Summary



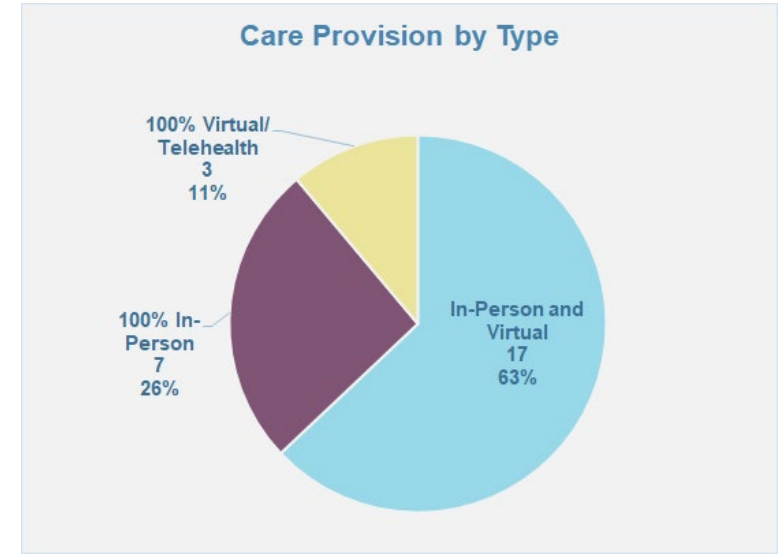
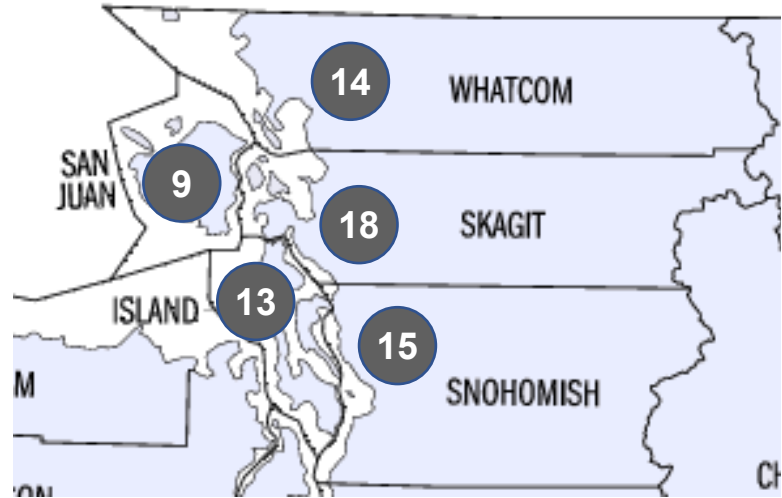
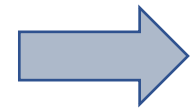
- ▶ A complete picture of recent trends in volume for crisis mental health services is difficult to paint given the lack of volume data made available by the Medicaid MCOs. **Available data for the last couple years from NSBH-ASO suggests overall increases in crisis services volumes** although the data is somewhat volatile.
- ▶ Survey Respondents indicate that recent volumes have shown increases and respondents are considering this **“the new normal”**
- ▶ **Overall growth and aging of the population suggests that the need for both inpatient and outpatient behavioral health services will increase at a higher rate than the population itself:**
 - Growth in **outpatient behavioral health modalities is projected to increase 15%+** across services over the next 5 years.
 - **Growth in inpatient behavioral health modalities is projected to increase ~10%** over the next 5 years.

Stakeholder Survey: Summary

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27 Respondents

Counties Served by Respondent:
(Respondents could select more than one geography)



Key Themes:

- ▶ **Staffing, Staffing, Staffing:** staffing across all levels/licensed clinician staffing
- ▶ **Inpatient/Residential Bed** available is frequently mentioned
- ▶ **SUD Service Expansion**
- ▶ Other needs mentioned by survey recipients included: **Outpatient service availability, transitional housing options, care coordination/follow up**
- ▶ **Transition to Medicaid MCOs** has generally added unwanted complexity to system

Provider Inventory: Summary

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Key Themes:

- ▶ Provider profile very different county-to-county in the North Sound Region
- ▶ Some areas are clear destinations for care; some areas show relatively little available services
- ▶ Maps created with facility profiles – shown in full report

Island

- ▶ Island County has no Inpatient Facilities
- ▶ OP facilities are concentrated in Oak Harbor and Coupeville

San Juan

- ▶ San Juan County has no IP Facilities
- ▶ OP facilities on three different islands

Skagit

- ▶ Behavioral health facilities are predominantly centered on I-5 Corridor with others along Rte 20 from Sedro-Wooley to Anacortes

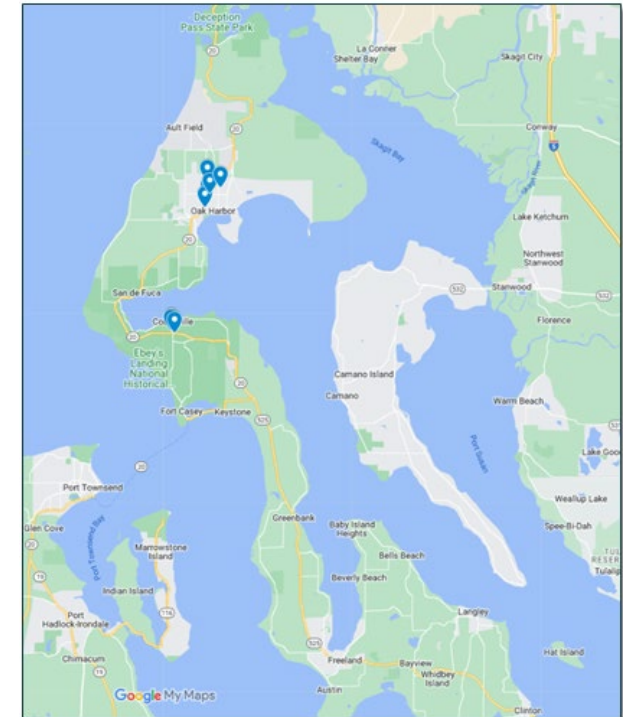
Snohomish

- ▶ There are a larger number of facilities in Snohomish County (reflecting its larger population)
- ▶ Facilities are distributed geographically across the county

Whatcom

- ▶ IP/OP behavioral facilities are concentrated in and around Bellingham with some located North and West

 = Behavioral Health Facility



Sample Map (Island County)

Inpatient Bed Need Analysis: Supply vs. Demand

DRAFT

- ▶ There are **currently deficits in both Mental Health and Substance Use Disorder** beds in the 5-County region in total
- ▶ Although demand is projected to grow, the anticipated new beds coming online should largely equalize bed supply and demand for Mental Health, although **Substance Use Disorder will still show deficits**
- ▶ Estimated market demand for **Pediatric beds is growing and is more than twice the current supply in the region** (detail in full report)

North Sound - 5 County Region
Inpatient Behavioral Health Supply vs Demand

	Bed Demand		Bed Supply		2022 Surplus (Deficit) Current Demand vs. Current Supply <i>(c - a)</i>	2027 Surplus (Deficit) Future Demand vs. Future Supply <i>(b - d)</i>
	2022 <i>(a)</i>	2027 <i>(b)</i>	Current <i>(c)</i>	Future* <i>(d)</i>		
Mental Health						
Evaluation & Treatment	114.8	126.6	60.0	106.0	(54.8)	(20.6)
Mental Health Triage	52.0	57.2	42.0	90.0	(10.0)	32.8
Subtotal	166.8	183.8	102.0	196.0	(64.8)	12.2
Substance Use Disorder						
Intensive Inpatient	162.3	191.9	123.0	123.0	(39.3)	(68.9)
Long-Term Residential	53.9	63.6	16.0	32.0	(37.9)	(31.6)
Recovery House	62.4	73.7	32.0	48.0	(30.4)	(25.7)
Acute Detox	72.3	85.4	50.0	66.0	(22.3)	(19.4)
Subtotal	278.6	329.3	221.0	269.0	(57.6)	(60.3)
Other						
Pregnant and Parenting Women	25.4	27.9	21.0	21.0	(4.4)	(6.9)
Total	470.7	541.0	344.0	486.0	(126.7)	(55.0)

(a) Estimated for this engagement using bed to population ratios adjusted for anticipated utilization
 (b) Estimated for this engagement using bed to population ratios adjusted for anticipated utilization
 (c) As provided by NSBHO - includes only currently active beds (as of October, 2022)
 (d) Includes projected/approved beds currently expected to come on line over next 2-3 years

Note on Co-Occurring Services:

- Bed demand models make clear distinction between mental health and substance use disorder services (with realization than many patients may require/receive services for both)
- Bed supply for these services is place in the SUD Intensive Inpatient Category.

Outpatient Service Analysis: Summary - Part 1

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At a high level, the outpatient service analysis suggest the following:

- ▶ For most of the more prevalent services, San Juan, Skagit, and Whatcom Counties are generally near or above the state average in per-capita service availability. However, **the 5-County total is less than the state in nearly every prevalent category.**
- ▶ There are important differences county by county: For example - **Despite having the largest number of services/population, Snohomish County trails Whatcom and Skagit counties in per-capita availability in a number of services** (county level detail provided in full report)

Sample Analysis:

OP Mental Health Services: **5 County Total**

Outpatient Service Inventory	5 County Total		Wash State Total	
	5 County Total	Wash State Total	5 County Total	Wash State Total
Mental Health Services	Number of Centers Who Offer This Outpatient Service		Facilities per 100,000 Population	
✓ Individual Treatment	100	648	7.6	8.3
✓ Group Therapy	91	566	6.9	7.2
✓ Rehabilitative Case Management	78	502	5.9	6.4
✓ Psychiatric Medication and Medication Support	73	470	5.5	6.0
✓ Family Therapy	64	492	4.8	6.3
✓ LRA or Conditional Release Support	55	282	4.2	3.6
✓ Brief Intervention Treatment	50	372	3.8	4.7
✓ Peer Support	46	442	3.5	5.6
✓ Crisis Outreach	19	217	1.4	2.8
✓ Wraparound Facilitation	15	123	1.1	1.6
✓ Problem and Pathological Gambling	9	90	0.7	1.1
✓ Crisis Peer Support	9	111	0.7	1.4
✓ Applied Behavior Analysis (ABA)	9	58	0.7	0.7
✓ Day Support	8	126	0.6	1.6
✓ Crisis Stabilization	4	113	0.3	1.4
✓ Adult Evaluation and Treatment	4	36	0.3	0.5
✓ Voluntary Triage	3	6	0.2	0.1
✓ Crisis Telephone Support	3	136	0.2	1.7
✓ Clubhouse	2	12	0.2	0.2
✓ Involuntary Triage	1	2	0.1	0.0
✓ Youth Evaluation and Treatment	1	8	0.1	0.1

Outpatient Service Analysis: Summary - Part 2

Analysis done at the county-level; sample from Island County shown here

- ▶ There are a number of outpatient services for which Island County has does not have a facility (the dashes in the table at right)
- ▶ In this example, specific services that are relatively prevalent state-wide that Island County has **less availability include Family Therapy and Peer Support**
- ▶ The county-by-county detail provides a good starting point for focusing analysis on service availability

Sample Analysis:

OP Mental Health Services in **Island County**

Outpatient Service Inventory	Island County		Wash State Total	
	Island County	Wash State Total	Island County	Wash State Total
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