



North Sound Behavioral Health Advisory Board

Agenda

September 6, 2022

1:00 p.m. – 3:00 p.m.

Call to Order and Introductions

Revisions to the Agenda

Approval of July and August Minutes

Announcements

— Molina Healthcare Representative – Ashley Nelson

Brief Comments or Questions from the Public

Office of Behavioral Health Advocacy

Executive Committee Report

Executive Director's Report

Executive Director's Action Items

Old Business

- WA Co-Occurring Disorders & Treatment Conference – Update
- Strategic Planning Ad Hoc Committee – Summary
- Advisory Board Community Contest

New Business

- Advisory Board Behavioral Health Needs Survey
- October Open for New Officers
- Legislative Planning

Report from Advisory Board Members

Reminder of Next Meeting

Adjourn



North Sound Behavioral Health Advisory Board
August 2, 2022
1:00 – 3:00
Meeting Minutes

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

Members Present on Phone Zoom Meeting Platform:

- Island County: Candy Trautman, Chris Garden
- San Juan:
- Skagit County: Jere LaFollete
- Snohomish County: Pat O’Maley-Lanphear, Jack Eckrem, Jennifer Yuen, Fred Plappert
- Whatcom County: Kara Allen, Alan Friedlob, Mark McDonald, Arlene Feld

Members Excused:

- Island County:
- San Juan County:
- Skagit County: Deanna Randall-Seacrest
- Snohomish County: Michele Meaker
- 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, Margaret Rojas; Assistant Director, James Dixon; Regional Recovery Navigator Coordinator, Lisa Hudspeth; Program Specialist

Managed Care Organization Representation:

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

Guests:

Michelle Osbourne and Nora Roberts, Consultants

Call to order and Introductions

The meeting was called to order by Chair O'Maley-Lanphear at 1:05 p.m.

Revisions to the Agenda

No revisions mentioned

Approval of May Minutes

Motion made for the approval of May meeting minutes as written. Motion seconded. All in favor, Motion carried.

Announcements

None

Brief Comments from the Public

None

Whatcom County Candidate – Cathie Murphy

Motion made to accept Cathie Murphy's seat on the Board for Whatcom County. All in favor. Motion Carried.

DREI Project Update

Michelle Osborne provided a brief update on the DREI project. Members were encouraged to attend the Lunch and Learn sessions. Maria will send out the informational poster.

Substance Use Block Grant and Mental Health Block Grant – North Sound BH-ASO, Lisa Hudspeth; Program Specialist, Margaret Rojas; Assistant Director

Lisa and Margaret reviewed the grants with the Board. Fred moved a motion to accept the grants to forward to Health Care Authority. Jack seconded. All in favor. Motion carried.

Maria will send the letter to Chair O'Maley-Lanphear to be signed. This letter will be turned into the Health Care Authority.

Executive Directors Report

Joe reported on the following

- Activation of State-Wide 988 Line
- ASO/County Behavioral Health Legislative Priorities for 2023
- Crisis Services Update
- Transition of the Ombuds Services Contract
- 2022 Strategic Plan Dashboard

Not Approved by Advisory Board

- Succession Planning
- Facility Needs Assessment
- Update on Request For Proposal for Children and Youth Mobile Crisis Teams
- Update on Recovery Navigator Program
- TEAMonitor Review

Executive Director's Action Items

Joe reviewed each action item. Motion seconded. All in favor. Motion carried.

Executive/Finance Committee Report

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

Old Business

Regional Recovery Navigator Program Update – North Sound BH-ASO; James Dixon, Regional Recovery Navigator Coordinator

Each county staffing were reviewed. Positions are being worked on to fill.

Advisory Board Bylaw Review

Bylaws were brought back to the Board with minor revisions. Jack moved a motion to accept the revised Bylaws. Fred seconded. All in favor. Motion carried.

New Business

Advisory Board Priority Planning

Executive Committee proposed to create an Ad Hoc Committee to begin discussion of the Strategic Plan for the Board.

Jere, Fred, Candy, Alan, and Pat were interested in participating. Maria will coordinate the first meeting.

It was discussed to begin focus on the below priorities

- Peer Support in the Workforce
- Network Adequacy

The Ad Hoc Committee will provide an update during the September meeting.

WA Co-Occurring Disorders and Treatment Conference

Conference will be held October 10-11 in Yakima. This conference will be held as a hybrid model. Members that are interested in attending are to contact Maria. Maria will coordinate registration, lodging and transportation if needed.

Advisory Board Retreat Reflection

Alan shared the impact of listening to other Members in strategic conversations. The retreat provided a stronger connection with other Members.

Arlene shared the importance and significance of face to face contact with people. She was appreciated to get to know other Members

Kara reflected on how Members shared opinions and values. Kara felt more encouraged to keep that drive to move forward.

Candy reflected on the strength of the stories shared and relationships built during the retreat.

Pat shared on the seeing the process unfold from start to finish. The energy built by asking questions and ideas. A lot of work was done in a short period of time.

Joe explained how the Board is where it is today due to individuals wanting to do something in society.

Advisory Board Community Contest

Tabled until the September meeting due to time

Report from Advisory Board Members

None

Reminder of Next Meeting

Tuesday, September 6th, 2022

This meeting will be hybrid. Members that are interested in attending in person are to notify Maria.

Adjourn

Chair O'Maley-Lanphear adjourned the meeting at 2:59 p.m.



North Sound Behavioral Health Organization

Advisory Board

July 26th, 2022

8:00 a.m. – 2:30 p.m.

Skagit Resort Conference Center, Bow, Washington

Advisory Board Retreat Meeting Notes

Members Present: Pat O'Maley-Lanphear, Kara Allen, Arlene Feld, Alan Friedlob, Michele Meaker, Fred Plappert, Mark McDonald, Cathie Murphy, Candy Trautman, Jennifer Yuen

Staff: Joe Valentine, Michael McAuley, Maria Arreola

Facilitator: Timothy Corey

Guests: Michelle Osbourne

Welcome/Introductions/Agenda Review

Pat welcomed the North Sound Behavioral Health Advisory Board Members to the July Retreat and introductions were made.

Joe spoke on the impact of advocacy by creating a better system of care for the needs of individuals in our communities.

Timothy Corey facilitated the Retreat by guiding the Advisory Board in conversation, via a graphic representation of the role Advisory Boards Strategic Planning

Before entering the agenda topics, Timothy guided a framework of the importance the today's discussions. The outcome is to build a strong foundation for the Strategic Planning

North Sound BH-ASO Strategic Plan

Joe gave a brief overview of the 2022 Strategic Plan

- Goal #1 Remain fully compliant with the Health Care Authority Behavioral Health Administrative Contract
 - AB input: Administrative Responsibility
- Goal #2 Support continuous process improvement of the crisis system
 - AB input: Support the chronic crisis system users, expand the Co-Responder teams, look at the data and see where the trending rises are
- Goal #3 Implement of the updated Quality Management Plan
 - AB input: Continue to monitor data for measure, there are system wide issues, manage the risks i.e. data attacks
- Goal #4 Support regional and state planning efforts to improve access to care for behavioral health services
 - AB input: Access to care and capacity issues
- Goal #5 Develop and implement a plan to address social inequity and systemic racism
 - AB: Input DREI project to educate and develop a strong plan for the ASO. Trauma impacts the system
- Goal #6 Advocate for funding to meet the behavioral health needs of all at-risk persons

Each goal Members provided input to provide feedback to assist the North Sound BH-ASO in their goals.

What is being seen in the community

Points were voiced of the changes in the community. The eyes in the community are critical to help inform the ASO of what data will not show. The change in the community reflects what the system strong thriving points are and what needs to be improved.

- What is working are new treatment options for opioids
- The need for affordable housing
- Homelessness continues to be on the rise
- Varied responses by law enforcement on crisis services calls
- Not enough support for youth

- Individuals are not being held accountable or no consequences for drug use

Priorities and Legislative Goals

Legislative Priorities

- Involuntary Treatment Act Funding
- Streamline funding opportunities
- Managed Care Organization reporting
- Network advocacy standards

Advisory Board Priorities

- Improve service delivery
- Reduce stigma
- Invest in communication deficit within county leadership, human resource and community groups
- Social breakdown in communities
- Moving behavioral health from law enforcement
- Workforce shortage
- Creating a diverse Board

Crisis Services

Michael McAuley, North Sound BH-ASO, Clinical Director provided an in-depth update on the crisis services in the North Sound region.

- 2021 Annual Crisis Assessment – Key Opportunities
- North Sound Care Crisis Continuum of Care
- Crisis Services 24/7 Urgent Care
- What are the barriers for providers implementing ‘optimal’ models or enhances service capacity?
- Crisis prevention/early intervention strategies
- Responding to community needs
- Co-responder programs
- Care Management and Coordination
- 988 and Regional Crisis Line (RCL)
- Individual’s experience with crisis services

Budget Meeting

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

Members reviewed the draft Bylaws. It was determined to move to the Full Board in August for approval.

Diversity Racial Equity Inclusion Update

Michelle Osbourne joined the Board to educate on ways to bridge gaps in equity. The Board is supportive in creating a diverse board and building true relationships.






Question and Answer Session/ Wrap Up

A vision is to see communities to be healthier and lives improved by having a system that keeps the system person centered. All individuals are focused on not just those on Medicaid. The system should be honest and be receiving of the needs of communities to help provide the quality of life all individuals need.

Joe wrapped up the retreat by giving his appreciate for sharing ideas and thoughts through the day.

Pat closed the meeting addressing the work ahead.

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

	Total	All Conferences	Board Development	Advisory Board Expenses	Stakeholder Transportation	Legislative Session
		Project # 1	Project # 2	Project # 3	Project # 4	Project # 5
Budget	\$ 20,000.00	\$ 7,900.00	\$ 4,226.00	\$ 7,874.00		\$ -
Expense	(4,678.54)		(4,313.25)	(365.29)		
Under / (Over) Budget	\$ 15,321.46	\$ 7,900.00	\$ (87.25)	\$ 7,508.71	\$ -	\$ -
						
		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