



North Sound Behavioral Health Advisory Board

Agenda

June 2, 2026

1:00 p.m. – 3:00 p.m.

Call to Order and Introductions

Revisions to the Agenda

Approval of Previous Meeting Minutes

Brief Announcements or Questions from the Public

Federal Block Grants Overview – Lisa Hudspeth, Contracts Manager

Executive Committee Report

Executive Director's Report

Executive Committee Action Items Recommendations

Old Business

None

New Business

- 1813 – New Organizational Chart
- Updated North Sound ASO Budget
- Summer Recess
- Advisory Board Art and Poetry Contest Update

Report from Advisory Board Members

Reminder of Next Meeting



North Sound Behavioral Health Advisory Board Minutes

March 3, 2026

1:00 p.m. – 3:00 p.m.

AB Members Present

- Kara Allen, Advisory Board Chair, Whatcom County
- Brian Estes, Whatcom County
- Michele Meaker, Snohomish County
- Chris Garden, Advisory Board Vice Chair, Island County
- Julie Melville, Island County
- Gay Lynn Beighton, Snohomish County
- Pat O'Maley Lanphear, Snohomish County
- Marie Jubie, Snohomish County
- Emily Wulff, Skagit County

AB Members Excused

- Cathie Murphey, Whatcom County
- Candy Trautman, Island County
- Mary Uri, San Juan County
- Fred Plappert, Snohomish County

Guests Present

- Cassandra Thorp
- Megan Sarver
- Jessi Beyer
- Jaquelyn Harmon

MCO Partners Present via Zoom

- Marci Bloomquist, CHPW
- Jennifer Emery, UHC

North Sound BH-ASO Staff Present

- Maria Arreola, NS BH-ASO
- Lindsay Lopes, NS BH-ASO
- JanRose Ottaway Martin, NS BH-ASO

Call to Order and Introductions

- Kara Allen, AB Chair, called the meeting to order and initiated introductions.

Revisions to the Agenda

- There were no revisions to the agenda.

Approval of Previous Meeting Minutes

- Brian moved a motion to approve the previous meeting minutes with mentioned revisions. Pat seconded the motion. All in favor. Motion carried.

Announcements

- No announcements were made.

Brief Comments or Questions from the Public

- No comments from the public were made.

Director's Report

- JanRose provided the report.

Executive Committee Action Items

- No action items were brought forth to the Full Board.

Executive Committee Report

- Chair Allen reviewed the February Expenditures.
- Gaylynn moved a motion to move the budget to the Board of Directors for final approval. Pat seconded the motion. All in favor. Motion carried.

New Business

2026 Strategic Plan

- JanRose reviewed the sections of the 2026 ASO Strategic Plan
- JanRose answered questions from members

2026 Advisory Board Art and Poetry Contest

- Members provided ideas of the theme
- The subcommittee will review the themes at the next scheduled meeting

Old Business

There was no old business to discuss

Report from Advisory Board Members

- None mentioned

Reminder of Next Meeting

The next meeting is Tuesday, April 7, 2026



North Sound Behavioral Health Organization

May 5. 2026

9:00 a.m. – 3:00 p.m.

Skagit Resort Conference Center, Bow, Washington

Advisory Board Retreat Meeting Notes

Members Present: Mary Uri, Marie Jubie, Kara Allen, Chris Garden, Michele Meaker, Gay Lynn Beighton, Cassandra Thorp, Emily Wulff, Brian Estes, Julie Melville

Staff: JanRose Ottaway Martin, Lindsay Lopes, Michael McAuley, Maria Arreola

Facilitator: Timothy Corey

Guests: Brad Banks, Will Johnson

Welcome/Introductions/Agenda Review

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

Before entering the agenda topics, Timothy guided an open conversation to have members share their personal success as individuals and as members on the Board.

The advocacy for the crisis system has been successful.

As members navigate through work in the community has helped JanRose to become part of meetings and boards which couldn't have been done without the members doing the advocacy in their communities.

Building relationships with Law Enforcement has become a success to help them understand the system and what is there to help them. Law Enforcement has become better advocates for mental health.

Relationship Building with North Sound Legislators Throughout the Year – Brad Banks

Brad Banks, North Sound BHASO Lobbyist provided legislative highlights in Olympia. It is important to make connections with legislators that put interest in the ASO system support.

Being active as an ASO can lead as an example to other ASOs to be more active.

Hosting the annual North Sound Legislative Summit has become an integral part of continuing that connection through the year. The platform allows legislators to hear from the 5 counties and seeing particular barriers from each region. This summit has a significant role in moving the needs forward in this platform as well as hill visits.

North Sound has active and supportive legislators which carries significant power to push the needs in the North Sound region.

It is important to see Legislators will be pushed and pulled from each side and even be challenged within their own party. This is something to consider when you look at their political party.

Do research and educate yourself on how to approach the legislator. Don't get discouraged.

It is important to talk to both parties. Each legislator has their own active agenda. Don't neglect a legislator based on their political party. You may miss opportunities that you may not know that exist for the legislator.

Snohomish County Chief Diversity, Equity and Inclusion Officer – Will Johnson

Will provided an educational presentation that explored the tools, knowledge, positive impacts and valuable insight. The presentation focused on supporting individuals who are often misunderstood, outcasted and who may be struggling or suffering within our communities. Through education and awareness, the goal is to foster understanding, compassion, collaboration, and meaningful solutions that promote inclusion and well-being.

Business Meeting

The Advisory Board Policies were reviewed. A motion to approve the policies as written and with the policies with minor reviews was made. Motion was seconded. All in favor. Motion carried.

The Advisory Board Bylaws was reviewed. A motion to approve the Bylaws with a minor change was made. Motion was seconded. All in favor. Motion carried.

The March and April Advisory Board budgets and expenditures were reviewed. A motion was made to move the budgets to the Board of Directors for final approval. Motion was seconded. All in favor. Motion carried.

A motion was made to approve Cassandra Thorp's membership to the Board. Motion was seconded. All in favor. Motion Carried.

1813 and Fiscal Issues on the Horizon

Many moving pieces are starting to happen with contracts and adding setting state metrics that we can meet.

A projected budget increase is expected. We will be looking into modeling or piloting frame works as we get into setting the pieces into our network.

Finalizing the Work of the board

As the Board continues to grow in areas through the year, some key elements were highlighted as future advocacy

- Get to people before the crisis
- Do better for the next generation
- Promote the programs more to the community
- Selfcare for service providers and peers
- Marijuana in adult brain development
- Prevention of youth to access Marijuana – Prevention
- The mental health impacts of social media and AI
- The new HB 2720
- Youth Mental Health care – extreme public health crisis
- Advocate for lowering prescription prices

Question and Answer Session/ Wrap Up

As the meeting came to a close, the powerful impact of advocacy within the North Sound Behavioral Health system was highlighted. The Board remains committed to keeping the system person-centered and serving as a strong voice of the often overlooked and underserved populations.



Mental Health Block Grant 2026-27

Summary of Changes

Introduction

The below is an overview of the changes for the 2026-27 North Sound Behavioral Health Administrative Services Organization (North Sound BH-ASO) *Mental Health Block Grant (MHBG) Plan* in comparison to the 2025-26 MHBG Plan. There is a total of **\$1,238,532** MHBG funds for the 2026-27 plan. This is a decrease of **\$22,500**, which is specifically from the co-responder category.

Summary of Changes

Category	Subcategory	2026-27 Allocation	2025-26 Allocation	Overview
Engagement Services	Outreach	\$877,655	\$725,000	- This is an increase of \$152,655 - Increase in funding is specifically for the new BH Co-responder in San Juan county and to maintain funding for City of Mount Vernon Police Department (see Co-Responder category below). - Funding is for co-responder programs in Island, San Juan, Skagit, and Snohomish Counties. - Whatcom county funding is for the Alternative Response Team (ART) program.
Community Support (Rehabilitative)	Traditional Healing Services	\$94,850	\$94,850	- No change in funding - Services continue to be provided by Family Haven of the Tulalip Tribes.
Outpatient Services	Individual Evidenced-Based Therapies	\$138,527	\$0	- This is an increase of \$138,527 - Funding will be utilized for outpatient services for youth within the 220 – 400% federal poverty level (GF-S funds cannot be used for individuals over 220% FPL)
Out of Home Residential Services	Crisis Residential/Stabilization	\$0	\$291,182	- This is a decrease of \$291,182 - Funds have been shifted to the following: - Engagement Services - Outreach in the amount of \$152,655. - Outpatient Services - - Services will continue to be provided using General Funds – State.
Co-Responder	N/A	\$127,500	\$150,00	- This is a decrease of \$22,500 - Funds are used for the City of Mount Vernon Police Department Co-Responder

				▪ North Sound BH-ASO will not change funding amount City of Mount Vernon Police Department receives
Total		\$1,238,532.00	\$1,261,032	▪ Overall decrease of \$22,500



Substance Use Prevention Treatment and Recovery Support Services Block Grant 2026-27

Summary of Changes

Introduction

The below is an overview of the changes for the 2026-27 North Sound Behavioral Health Administrative Services Organization (North Sound BH-ASO) *Substance Use Prevention Treatment and Recovery Support Services (SUPTRS) Block Grant* in comparison to the 2025-26 SUPTRS Plan. There is a total of **\$3,071,498** SUPTRS funds for the 2025 – 2026 plan. This is a decrease of **\$7,500**, which is specifically from the co-responder category.

Summary of Changes

Category	Subcategory	2026-27 Allocation	2025-26 Allocation	Overview
Prevention & Wellness	Outreach to Individuals Using Intravenous Drugs (IUID)	\$1,342,314	\$1,342,314	No change in funding
Engagement Services	Engagement & Referral	\$1,221,684	\$1,121,684	- This is an increase of \$100,000 - Increase in funding is specifically for the new BH Co-responder in San Juan county. Funding is for co-responder programs in Island, Skagit, and Snohomish Counties - Whatcom county funding is for the Alternative Response Team (ART) program
Outpatient Services	Medication Assisted (MAT) – Opioid Substitution Treatment	\$65,000	\$165,000	- This is a decrease of \$100,000 \$100,000 moved to <i>Engagement Services</i> for San Juan County BH Co-Responder - GF-S funds will be used to pay for MAT – Opioid Substitution Treatment as needed
Other Support (Habilitative)	PPW Housing Support Services	\$400,000	\$400,000	No change in amount
Co-Responder	N/A	\$42,500	\$50,000	- This is a decrease of \$7,500 - Funds are used for the City of Mount Vernon Police Department Co-Responder - North Sound BH-ASO will not change funding amount. City of Mount Vernon Police Department receives
Total		\$3,071,498	\$3,078,998	Overall decrease of \$7,500

North Sound Behavioral Health Administrative Services Organization
Advisory Board Budget
May 2026

		All Conferences	Board Development	Advisory Board Expenses	Stakeholder Transportation	Legislative Session	Community Projects
Total		Project # 1	Project # 2	Project # 3	Project # 4	Project # 5	Project # 6
Budget	\$ 20,000.00	\$ 5,000.00	\$ 4,500.00	\$ 4,000.00	\$ 800.00	\$ 5,000.00	\$ 700.00
Expense	5,908.09		\$ 1,100.00	\$ 1,911.44		\$ 2,896.65	
Under / (Over)							
Budget	\$ 14,091.91	\$ 5,000.00	\$ 3,400.00	\$ 2,088.56	\$ 800.00	\$ 2,103.35	\$ 700.00
							
		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	

Please note that overall expenditures decreased by \$291.04 from the April 2026 budget due to the reallocation of legislative expenses.

NORTH SOUND BH-ASO
AdBoard Transaction Detail By Account
May 1 - 31, 2026

Type	Date	Num	Name	Memo	Account	Amount
56433 · Public Education						0.00
5643300 · Advisory Board						0.00
TOTAL						0.00