

**NORTH SOUND MENTAL HEALTH ADMINISTRATION  
BOARD OF DIRECTORS MEETING  
March 14, 2013  
1:30 PM**

**AGENDA**

Page #/Tab

1. **Call to Order; Introductions – Vice Chair Dahlstedt**
2. **Revisions to Agenda – Vice Chair Dahlstedt**
3. **Approval of Minutes– Vice Chair Dahlstedt Motion #13-007**
  - **To review and approve the minutes February 14, 2013..... 3-5**
4. **Comments & Announcements from the Chair**
5. **Reports from Board Members**
6. **Comments from the Public**
7. **Presentation of Strategic Priorities Survey – David Jefferson ..... Tab 1**
8. **Report from the Advisory Board – Candy Trautman, Chair**
9. **Report from the Executive/Personnel Committee – Vice Chair Dahlstedt**
10. **Report from the Quality Management Oversight Committee – Rebecca Clark, Chair**
11. **Report from the Planning Committee – Anne Deacon, Chair**
12. **Report from the Executive Director – Joe Valentine, Executive Director..... Tab 2**
13. **Report from the Finance Officer – Bill Whitlock, Fiscal Officer ..... Tab 3**
14. **Report from the Finance Committee – Ken Stark, Chair**
15. **Consent Agenda – Finance Committee Motion #13-008**

<p>All matters listed with the Consent Agenda have been distributed to each Board Member for reading and study, are considered to be routine, and will be enacted by one action of the Board of Directors with no separate discussion. If separate discussion is desired, that item may be removed from the Consent Agenda and placed on the Regular Agenda by request of a Board Member.</p>
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To review and approve North Sound Mental Health Administration’s claims paid from February 1, 2013 through February 28, 2013 in the amount of \$4,618,169.56. Payroll for the month of February in the amount of \$124,985.16 and associated employer paid benefits in the amount of \$61,628.62.

**16. Action Items**

**Professional Service Contract**

To approve NSMHA-SUNRISE SERVICES-PSC-12-13 AMENDMENT 1 for the purpose increasing the budget for the development of an electronic health record by \$15, 540 in Medicaid funds which will cover 84% of the request received by Sunrise Services. The new maximum consideration on this contract is \$87,757 with the term of this agreement expiring on December 31, 2013.

**17. Introduction Items**

**17.1 Award Recommendations for the 2013 RFQ for Mental Health Services..... Tab 4**

The award recommendations for the 2013 RFQ for Mental Health Services are being introduced to the Board for review. The final recommendations will be presented to the Board at its April 11 meeting for approval. The Services being funded include: Outpatient and Medication Services for all ages, Intensive Services for Children and Youth in San Juan County only, Intensive Outpatient Services for Adults and Older Adults; and operation of the Mukilteo Evaluation & Treatment Facility. The proposed funding awards and the process and criteria used are behind Tab 4.

**17.2 RFP for Federal Mental Health Block Grant**

NSMHA will be releasing the Mental Health Block Grant (MHBG) Request for Proposals (RFP) during the month of March. The RFP is being designed around the top 3-6 strategic goal strategies identified in the Strategic Plan Goals Survey which was conducted during the month of January. The RFP will be broken out by county, with the top strategies for the respective counties identified as priority funding categories. Additionally, DBHR requires we align our MHBG plan with the State Plan. Fortunately, our Strategic Plan Strategies will align well with the State Plan, such as priority funding for Health Care Reform, Supported Employment and Housing. NSMHA is anticipating the release of the Division of Behavior Health and Recovery (DBHR) State Plan during March and submitted to the Federal Government on or before April 1, 2013. The 2013 MHBG will run on a 2 year cycle.

We do anticipate a cut to the grant due to sequestration, however, it's unclear at this time how much of the local grants will be cut.

**18. Adjourn**

Next Meeting: April 11, 2013

**NORTH SOUND MENTAL HEALTH ADMINISTRATION  
BOARD OF DIRECTORS MEETING  
Cotton Tree Inn Convention Center  
February 14, 2013  
1:00 PM**

**MINUTES**

**Board Members Present:**

Dave Gossett, Snohomish County Council member, NSMHA Board of Directors Chair  
Ken Dahlstedt, Skagit County Commissioner, NSMHA Board of Directors Vice Chair  
Kathy Kershner, Whatcom County Council member  
Jamie Stephens, San Juan County Council member  
Jill Johnson, Island County Commissioner  
June LaMarr, designated alternate for Sheryl Fryberg, The Tulalip Tribes  
Regina Delahunt, designated alternate for Whatcom County Executive, Jack Louws  
Cammy Hart-Anderson, designated alternate for Snohomish County Executive, Aaron Reardon  
Candy Trautman, NSMHA Advisory Board Chair  
Mark McDonald, NSMHA Advisory Board Vice Chair

**NSMHA Staff Present:**

Joe Valentine, Bill Whitlock, Michael White, Lisa Grosso, Margaret Rojas, Sandy Whitcutt, Annette Calder

**Guests:**

Sam Magill, Jennifer Kingsley, Rebecca Clark, Barbara LaBrash, Jackie Henderson,

**1. Call to Order; Introductions – Chair Gossett**

Dave Gossett opened the meeting at 1:00 and welcomed everyone; introductions were made.

**2. Revisions to Agenda – Chair Gossett**

Chair Gossett asked if there were any changes to the agenda; there were none.

**3. Approval of Minutes– Chair Gossett**

- **To review and approve the minutes January 10, 2013**

Chair Gossett asked if there were any changes to the minutes of January; there were none. Mr. Dahlstedt moved approval, seconded by Ms. Delahunt, all in favor, **motion carried, motion #13-004.**

**4. Comments & Announcements from the Chair**

None

**5. Reports from Board Members**

None

**6. Comments from the Public**

None

## 7. Report from the Executive Director – Joe Valentine, Executive Director

Joe directed the group to Tab 6 of the meeting packet and reported:

### **RFQ for Outpatient Services and the Evaluation and Treatment Facility**

We received a total of 11 proposals in response to our RFQ for Outpatient Services and to operate the E&T facility. The breakout by service area is shown below. 3 of these were from providers outside our region. The Scoring Teams met and rated the proposals on Monday, Tuesday, and Wednesday of this week.

The results of the ratings will be introduced to the Planning Committee on February 22, the Advisory Board on March 5, and the Board of Directors on March 14. Final approval would take place at the April 11 Board of Directors meeting [see attached chart].

<b>Service Area</b>	<b># of Proposals</b>
Adult and Child/Youth Outpatient and Medication Services	8
Child/Youth Only Outpatient and Medication Services	3
Adult Intensive Outpatient Services	5
Child/Youth Intensive Outpatient Services in San Juan County	2
Evaluation and Treatment Facility	2

### **Federal Mental Health Block Grant**

A survey was sent to over 200 persons asking them to prioritize strategies to be funded with NSMHA's next allocation of Federal Mental Health Block Grant funding. 208 responses were received. The top 3 priorities noted by respondents were: supporting the sustainability of recovery oriented services such as housing and supported employment; developing regional strategies to improve the integration of health care, behavioral health, and long-term care services; and developing strategies to reduce staff turnover. The survey will results will be used to develop the NSMHA RFP and the plan to be submitted to the state. A more in-depth briefing will be provided to the Board at its March 11 meeting.

### **Regional Health Alliance**

The Regional Health Alliance Steering Committee held its 3<sup>rd</sup> meeting on February 8. The Committee identified a tentative list of projects to begin with.

### **Tribal Centric Mental Health**

I have been asked to represent the Western Washington RSNs on the state wide Tribal Centric Mental Health workgroup. The workgroup is working on policy and system design that would increase the cultural competence of the existing RSN system in meeting the mental health service needs of Native Americans as well as strengthen and expand an alternative treatment system operated by Tribal Behavioral Health programs. Creating equal access to services is a key goal of these efforts. Within North Sound, I meet quarterly with Tribal representatives on our "7.01 Plan" which lists the goals and activities we are pursuing to improve coordination of and access to mental health services within the North Sound region. Our most recent meeting and update of the plan took place last week on February 6.

### **Pending Legislation**

A number of bills are being introduced this legislative session regarding mental health in particular and behavioral health more broadly. Two key areas of focus are establishing stronger performance measures and revising involuntary commitment laws. NSMHA and the other RSNs support the DSHS proposed legislation to strengthen performance measures and expand the use of Evidence Based Practices. We have cautioned however, that the cost estimates for both of these changes need to be realistic. We have some concerns about some of the proposed Involuntary Commitment changes if they will result in increased

hospitalizations with no corresponding increase in resources for diversion alternatives. A partial list of some of the mental health related legislation is attached.

Joe was thanked for his report.

#### **8. Report from the Finance Officer – Bill Whitlock, Fiscal Officer**

Bill directed the group to Tab 7 and reported:

- Monthly vouchers, payroll for January 2013.
- We filed the quarterly report with the state for the July 1, 2012 to December 31, 2012 period. We had 80% of the operating reserve allowed by contract for the state funds. We had 97% of the operating reserve allowed by contract for the Medicaid funds. This report includes the funds set aside for all of the contracted fund balance proposals and the \$5.7 million (\$4.7 in Medicaid funds and \$1 million in state funds) set aside for a new RFQ process in December by the Board of Directors.

Bill was thanked for his report.

#### **9. Consent Agenda – Finance Committee Motion**

All matters listed with the Consent Agenda have been distributed to each Board Member for reading and study, are considered to be routine, and will be enacted by one action of the Board of Directors with no separate discussion. If separate discussion is desired, that item may be removed from the Consent Agenda and placed on the Regular Agenda by request of a Board Member.

To review and approve North Sound Mental Health Administration's claims paid from January 1, 2013 through January 31, 2013 in the amount of \$5,782,323.38. Payroll for the month of January in the amount of \$129,174.27 and associated employer paid benefits in the amount of \$65,831.80.

Ken Dahlstedt moved approval, seconded by Jill Johnson, all in favor, **motion carried, #13-005.**

#### **10. Action Items**

In pursuing NSMHA's Strategic Goal of expanding the use of evidence-based practices, NSMHA is requesting \$21,000 to provide year-long telephone consultation calls focusing on implementing Illness Management and Recovery (IMR), a SAMHSA approved evidence-based practice.

9 programs at 4 provider agencies have committed to participating in this training. There will be three consultation groups consisting of bi-weekly phone calls for six months and then monthly phone calls. This funding will train approximately 36 staff in this practice. The training will be provided by Susan Gingerich, MSW who is one of the founders and nationally recognized trainers on IMR. Ms. Gingerich successfully conducted 2.5 days of training on IMR in November 2012 for the Region.

#### **Motion #13-006**

NSMHA-GINGERICH-PSC-13-14 for the provision of providing consultation to our provider network on the implementation of Illness Management Recovery (IMR). The maximum consideration on this Agreement shall not exceed \$21,000 and the term of this Agreement expires on December 31, 2014.

Joe provided an explanation of motion #13-006. Ken Dahlstedt moved approval, seconded by Barbara LaBrash, all in favor, **motion carried.**

Dave said he would not be present for the next meeting on March 14 and noted that Ken Dahlstedt would chair the meeting.

#### **11. Adjourn**

The meeting was adjourned at 1:13 p.m.

Next Meeting: March 14, 2013