



Pre-meeting Advisory Board

October 7, 2008

Presentation

12:15 pm

Anorexia, Bulimia and Co-Occurring Disorders Guidelines

By: NSMHA Quality Specialist Staff

MEMORANDUM

DATE: September 29, 2008
TO: NSMHA Advisory Board
FROM: Chuck Benjamin, Executive Director
RE: October 9, 2008 Board of Director's Agenda

Please find for your review and comment the following that will go before the Board of Directors at the October 9, 2008, NSMHA Board of Directors Meeting.

Action Items for Board of Directors meeting October 9, 2008

To approve DSHS-MHD-NSMHA-PATH 0869-47522-08-10 for the provision of outreach and engagement to the homeless population in Snohomish County. The term of this Agreement is October 10, 2008 through June 30, 2010 for a maximum consideration of \$129,003.

To approve DSHS-MHD-NSMHA-PATH 0869-47525-08-10 for the provision of outreach and engagement to the homeless population in Whatcom County. The term of this Agreement is October 10, 2008 through June 30, 2010 for a maximum consideration of \$42,250.

To approve NSMHA-COMPASS HEALTH-PATH-08-10 for the provision of outreach and engagement to the homeless population in Snohomish County. The term of this Agreement is October 10, 2008 through June 30, 2010 for a maximum consideration of \$129,003.

To approve NSMHA-Whatcom Counseling and Psychiatric Clinic-PATH-08-10 for the provision of outreach and engagement to the homeless population in Whatcom County. The term of this Agreement is October 10, 2008 through June 30, 2010 for a maximum consideration of \$42,250.

To approve the 7.01 Tribal Plan updated 8/12/08.

cc: Charles R. Benjamin
County Coordinators
NSRSN Management Team

**NORTH SOUND MENTAL HEALTH ADMINISTRATION
ADVISORY BOARD MEETING**

**North Sound Mental Health Administration
117 North First St., Suite 8
Mt. Vernon, WA 98273
September 9, 2008
1:00 PM**

Agenda

1. Call to Order - Introductions, Chair – 5 minutes
2. Revisions to the Agenda, Chair – 5 minutes
3. Approval of the August 2008 Meeting Minutes, Chair – 5 minutes
4. County Coordinator Report
5. Ombuds Report
6. Comments from the Public –5 minutes
7. Correspondence and Comments from the Chair – 5 minutes
8. New Business:
9. Monthly Committee Reports
 - a. Executive Director's Report – Chuck Benjamin – 5 minutes
 - b. Finance Committee – Mary Good – 5 minutes
 - c. Executive Committee/Agenda Committee – Charles Albertson – 5 minutes
 - d. QMOC Report – Mary Good – 5 minutes
10. Items To Be Brought Forward To The Board of Directors – Chuck Benjamin, Executive Director
 - a. Consent Agenda
 - b. Action Items
 - c. Introduction Items
11. Comments from County Advisory Board Representatives – 15 minutes
 - a. Island
 - b. San Juan
 - c. Skagit
 - d. Snohomish
 - e. Whatcom
12. Comments from Public – 5 minutes
13. Other Business
14. Adjournment

NOTE: The next Advisory Board meeting will be November 4, 2008, in the NSMHA Conference Room.

**North Sound Mental Health Administration (NSMHA)
MENTAL HEALTH ADVISORY BOARD**

August 5, 2008

1:00 to 3:00

Present:	Mary Good, Darcy Hocker, Joan Lubbe, Andrew Davis, James Mead, Marie Jubie, Charles Albertson, Arthur Jackson, Terry Ann Gallagher, Candace Trautman and Russ Sapienza
Excused Absence	Catherine Ellis
Absent:	
Staff:	Margaret Rojas, Greg Long, Cindy Ainsley, Catherine Loomis and Rebecca Pate, recording
Guests:	Laurel Britt, Jeanette Anderson, Otis Gulley, Susan Lange and Chuck Davis

MINUTES

<i>TOPIC</i>	DISCUSSION	<i>ACTION</i>
CALL TO ORDER, INTRODUCTIONS		
Chair Mead	The Chair called the meeting to order at 1:05 pm. Introductions were made. A pre-meeting presentation was given for Youth in Action by Tamara Johnson.	Informational
REVISIONS TO THE AGENDA		
Chair Mead	Chair Mead asked if there were any revisions to the agenda. Terry Ann wanted some time to discuss the posters. Margaret added Exhibit N under Other Business. James observed a moment of silence for the fallen Deputy Sheriff Ann Jackson and other victims of the Skagit tragedy.	Informational
APPROVAL OF MINUTES		
Chair Mead	The August minutes were reviewed. Russ said the Whatcom County Clubhouse tentative opening date is October 1 st instead of September 1 st . Terry Ann made corrections to the Island County report. A motion was made to approve the minutes as amended, seconded and motion carried.	Informational Motion carried
COUNTY COORDINATOR REPORT		
Margaret Rojas	Margaret read a report submitted by Rebecca Clark who was not present due to attending the memorial of Officer Ann Jackson. Skagit County Human Services will work with community partners to review the tragic events of last week and develop strategies to create more resources and prevent reoccurrence. Skagit County, NSMHA and Skagit Valley College are co-sponsoring a Mental Health/Chemical Dependency Summit on September 11. Providers of mental health and chemical dependency treatment services will meet	Informational

	<p>to review the current system, identify gaps and problem-solve initiatives to fill services gaps. A Community Forum will be held on November 20 to present the summit’s recommendations.</p> <p>Peer Counselor Training, offered through Skagit Valley College, was completed in July. Eight individuals graduated and were tested on September 5th. They are awaiting results. One individual has already received a job offer as a Peer Counselor.</p> <p>Requests for Proposals for millage funds for mental health programs were sent out in August. Proposals are due September 17th.</p>	
OMBUDS REPORT		
<p>Chuck Davis Susan Lange</p>	<p>Both Chuck and Susan presented the Ombuds Snapshot report. The report was included in members manila folder.</p>	<p>Informational</p>
COMMENTS FROM THE PUBLIC		
<p>Andrew Davis</p>	<p>Andrew said United for National Healthcare is holding a candlelight vigil in front of City Hall in Bellingham, September 26th in memory of individuals who have died due to inadequate healthcare insurance and he distributed flyers about the vigil.</p>	<p>Informational</p>
COMMENTS AND CORRESPONDENCE FROM THE CHAIR		
<p>Chair Mead</p>	<p>James said a copy of a letter of resignation was received from Tom Richardson via email to Chuck Benjamin addressed to Whatcom County Mental Health Advisory Board. His letter is effective October 1, 2008. James read the letter to the Board. James stated Tom has been very active for many years and has been a true advocate and will be missed. James suggested presenting Tom with a plaque. James suggested presenting Tom with a plaque. Russ made a motion to present Tom with a plaque, Andrew seconded and motion carried.</p>	<p>Informational</p> <p>Motion carried</p>
NEW BUSINESS		
<p>Andrew Davis</p>	<p>Andrew made a motion that United for National Healthcare give a pre-meeting presentation at the November 4th meeting. The motion was seconded and motion carried.</p> <p>Andrew asked about the exit interview regarding the state financial audit and what the results were. Greg said he understands there were two or three recommendations/findings and they would be discussed at the meeting Friday. Greg acknowledged that NSMHA has gone several years without any findings. Andrew asked if this was a public meeting and Greg said Andrew would be welcome.</p>	<p>Informational</p> <p>Motion carried</p>

	<p>James said the bus chartered for the Co-Occurring Disorders Conference will cost \$2100 and the Finance Committee decided to cancel the bus and carpool since only seven people were going. A motion was made to cancel the bus, seconded and motion carried.</p> <p>James said he would like to recall the Advisory Board By-Laws subcommittee to review criteria around paying for attendees to go to conferences outside of the Board. James said this came about due to some confusion within the community. James, Margaret and Marie were on the original committee. James asked for another volunteer and Andrew volunteered. Margaret will arrange a meeting for sometime in October.</p> <p>Cindy introduced the new Quality Specialist, Catherine Loomis.</p>	<p>Motion carried</p>
<p>MONTHLY COMMITTEE REPORTS</p>		
	<p>Executive Director’s Report</p>	
<p>Greg Long Margaret Rojas</p>	<p>Greg reviewed the “State Only Funding Plan Mental Health Services” policy. He said NSMHA received an additional \$1.4 million of state only money as of July 1st. Greg said some of this money went to backfill areas that had been previously had funding cuts or significant increases in operating costs. Greg reviewed the policy with the Board. Greg said King County sent a letter to North Sound Mental Health Administration (NSMHA) stating they were going to submit a bill for NSMHA consumers utilizing their Evaluation and Treatment (E&T) facility and NSMHA is guessing this will cost about \$100,000/year. NSMHA has never been charged before and that is why a definitive amount is unknown. This is part of why this policy came about so agreements could be developed between Regional Support Networks (RSN) for billing purposes of consumers utilizing facilities in other regions. There will be reciprocal arrangements for out-of-network agencies that charge NSMHA and utilize our facilities. Greg said part of the funding will be used to convert Aurora House from a boarding home to a residential treatment facility, which will make Aurora House like Greenhouse where they will be able to house people with a higher level of acuity. This will help the region manage the Western State Hospital (WSH) census. The plan is to implement by October 1st and will allow the admittance of more non-Medicaid people into outpatient services. It would probably allow the admittance of approximately 16 non-Medicaid consumers a month, but they have to meet Access to Care Standards, and would be admitted for one year with the hope they would get better or get on Medicaid. Greg added the downfall to this is once admitted they are entitled to the full array of services. He added that individuals might reach the end of their</p>	<p>Informational</p>

	<p>year of service and not be ready for release but they cannot be transferred anywhere else so NSMHA wants providers to study this carefully. Greg said this is good but unfortunately will not meet the full need. Terry Ann said this is a step in the right direction and Greg agreed. He mentioned that External Quality Review Organization (EQRO) is coming in October and Chuck will sign this policy, which will be fast tracked, and go through the complete approval process at a later date.</p> <p>Andrew asked about homeless individuals. Greg said it would be hard to differentiate the homeless and this will be a difficult process to be sorted out as time goes along.</p> <p>Marie asked if this was involved with the Skagit County Prosecuting Attorney issues. Greg said this is related but different because that was around court filing fees.</p> <p>Margaret said most had received the allocation of funds. She said Federal Block Grant (FBG) dollars were put in local Advisory Board packets and were passed by this Advisory Board last month.</p> <p>She reminded all of the posters, cards and upcoming Recovery Conference.</p> <p>She added the Senior Behavioral Health Unit at United General is closing.</p> <p>She added WSH is closing three wards in 18 months with each ward containing 30 beds. Greg said one ward is scheduled to close October 1st. The next will close April or May of 2009 with the last one closing October 2009. He added that one ward at Eastern State Hospital (ESH) will be closing, which makes a total of four (4) wards with 120 beds. He said this is a package deal that went through the legislature, which resulted in the Program for Assertive Community Treatment (PACT) Programs. NSMHA received a 100 slot PACT program and lost 25 hospital beds. There was a 15-month lead time between PACT development and closing the beds at WSH to cushion the closing of hospital beds. Greg informed the Advisory Board that the Chief Operating Officer (CEO) of WSH was let go and believes this was due to a negative audit by Center for Medicaid and Medicare Services (CMS). CMS maintains there are too many people with dementia in the state hospitals. This is because these individuals become assaultive and the state hospitals are the only ones allowed to use restraints to control them.</p>	
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	Finance Committee	
Mary Good	<p>Mary stated they met and reviewed the request from Robin Segner for funding to attending the Recovery Conference. The committee voted to not approve this expenditure.</p> <p>Mary brought a motion forward recommending the expenditures be moved forward to the Board of Directors for approval, which was seconded and motion carried.</p> <p>Marie mentioned a taxi ride she mistakenly took and said she is willing to pay \$25/month if so directed. James said this will be discussed next month.</p>	Informational
	Executive Committee/Agenda Committee	
Charles Albertson	<p>Charles said they met and discussed the crane project with NAMI Whatcom that will be strung October 7th. He said they discussed the Co-Occurring Disorders (COD) Conference and Recovery Conference. The retreat was discussed and it was asked for everyone to give their lunch selections to Rebecca before you leave today. A motion was made to accept the report, seconded and motion carried.</p>	<p>Informational</p> <p>Motion carried</p>
	Quality Management Oversight Committee (QMOC) Report	
Mary Good	<p>August Quality Management Oversight Committee (QMOC) Brief</p> <p>The August draft minutes from the meeting are in your manila folder.</p> <ol style="list-style-type: none"> 1. The meeting was held August 27, 2008. 2. The July minutes were approved as amended. 3. Announcements (see draft minutes for details) <ol style="list-style-type: none"> a. Recovery Conference, October 14th, in McIntyre Hall at Skagit Valley College b. Eating Disorders Training, September 10-12 c. External Quality Review Organization (EQRO) coming October 20-24th 4. Reports given at the meeting (refer to draft minutes) <ol style="list-style-type: none"> a. QMOC Policy Subcommittee b. Integrated Crisis Response Services (ICRS) Policy Subcommittee c. Exhibit N d. Demographics/Penetration Rates for Minority Populations, Clinical Practice Guidelines, and NSMHA Snapshot 	Informational

	<p>were postponed to next meeting due to time constraints.</p> <p>5. The next meeting will be September 24, 2008, in the NSMHA Conference Room South from 12:30 to 2:30 pm.</p>	
ITEMS BROUGHT TO THE BOARD OF DIRECTORS		
	Introduction and Action Items	
Margaret Rojas	<p>Margaret presented items going before the Board of Directors. Please see the memorandum for details.</p> <p>Margaret asked of approval for the action item to move forward to the Board of Directors (BOD), seconded and motion carried.</p> <p>Greg mentioned that Home and Community Services (HCS) was opening up nine more slots for individuals suffering with dementia. He said there is still a great need for more facilities for these type individuals. Greg said the new slots will be for this region.</p> <p>Margaret said the Prosecuting Attorney and Involuntary Treatment Act (ITA) discussions are continuing and hopefully a decision will be made by the BOD meeting on Thursday.</p> <p>The External Quality Review Organization (EQRO) review is coming up October 20-24 and NSMHA is preparing for the audit.</p>	<p>Informational</p> <p>Motion carried</p>
COMMENTS FROM COUNTY ADVISORY BOARD MEMBERS		
Island	<p>Terry Ann said she took James’s advice and contacted Clark County for information regarding Crisis Intervention Training (CIT) and information is coming to her. She said they are working on programs for the sales tax initiative funding. Candace said most of the meeting discussed new programs coming forth with the new funding.</p>	Informational
San Juan	No representative present.	Informational
Skagit	No report.	Informational
Snohomish	<p>Marie Jubie said they had a pre-meeting with Training Resources in Partnership (T.R.I.P.), which is a support program for parents of children with a mental illness. They discussed jail transitions services for youth. Marie attended the meeting regarding the sales tax initiative. James mentioned that Anne Deacon was terminated last week and 30 more are expected to be laid off. Susan Schoeld was also given notice but will be there through December. Otis mentioned the transfer program from Denny to the alternate program and said it is going well. Otis said the Wraparound Program was discussed.</p>	Informational

Whatcom	Russ said a committee has been established to decide how the sales tax initiative funds will be spent and a letter has been drafted. Russ said a group is meeting at the Health Department to discuss how the duties Gary Williams did will be dispersed. The Human Services Division of the Health Department gave a report. There will be an ad hoc committee to discuss issues regarding children with mental health illness and developmental disabilities and how to handle this.	Informational
COMMENTS FROM THE PUBLIC		
Otis Gulley	Otis announced that he will be officially nominated as a NSMHA Advisory Board member next month.	Informational
OTHER BUSINESS		
Diana Striplin	Diana presented the Exhibit N report to the Advisory Board that was included in their folder. Terry Ann asked what the Post Traumatic Stress Disorders (PTSD) Guidelines are and Margaret said they could be brought to the Board next month.	Informational
ADJOURNMENT		
Chair Mead	Darcy made a motion to adjourn the meeting, seconded and motion carried. The meeting was adjourned at 3:00 pm. The next meeting will be held on Tuesday, October 7, 2008, in the NSMHA Conference Room South.	Informational