

# NORTH SOUND MENTAL HEALTH ADMINISTRATION

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## ADVISORY BOARD MEETING AGENDA

February 2<sup>nd</sup>, 2016 1:00pm-3:00pm

o Tour of NSMHA's new building

1. Call to Order – Introductions
2. Revisions to the Agenda, Chair
3. Comments from the Public
4. Approval of the January Meeting Minutes TAB 1
5. Review upcoming March Pre-Meeting (HARPS) and identify questions TAB 2  
(Housing and Recovery through Peer Support)
6. Executive/Finance Committee Report TAB 3
  - a. Approval of the January Expenditures
7. Standing Board of Directors Committee Reports TAB 4
  - a. Planning Committee (no meeting in January)
  - b. Quality Management Oversight Committee (Available at Meeting)
8. Old Business TAB 5
  - a. Advisory Board Advocacy Priorities
    - i. Legislative Update on Speaking Points
    - ii. Children and Youth Services in the Region (Julie)
9. Executive Director Report --
10. Action Items Being Brought To The Board of Directors TAB 6
  - a. Action Items/ Memorandum
11. New Business TAB 7
  - a. New Name: North Sound BHO
  - b. Mileage Reimbursement Rates for 2016 (.54 cents per mile)
12. Report from Advisory Board Members TAB 8
  - a. Upcoming new Workshop from Beth Gould (CVAB) How to Help
13. Comments from County Advisory Board Representatives
  - a. Island
  - b. San Juan
  - c. Skagit
  - d. Snohomish
  - e. Whatcom
14. Other Business
15. Adjournment

NOTE: The next Advisory Board meeting will be **March 1st** in the NSMHA Conference Room Whatcom

**North Sound Mental Health Administration (NSMHA)**  
**MENTAL HEALTH ADVISORY BOARD**  
**January 5, 2016**  
**1:00pm – 3:00pm**

|                         |  |
|-------------------------|--|
| <b>Present:</b>         | <b>Island:</b> Candy Trautman<br><b>San Juan:</b><br><b>Skagit:</b> Faviola Lopez, Ron Coakley, Joan Lubbe<br><b>Snohomish:</b> Greg Wennerberg, Fred Plappert, Carolyn Hetherwick Goza (via phone), Jennifer Yuen, Carolann Sullivan, Marie Jubie, Joan Bethel<br><b>Whatcom:</b> David Kincheloe, Michael Massanari, Rachel Herman |
| <b>Excused Absence:</b> | <b>Island:</b><br><b>San Juan:</b> Peg Leblanc<br><b>Skagit:</b><br><b>Snohomish:</b><br><b>Whatcom:</b> Mark McDonald   |
| <b>Absent:</b>          | <b>Island:</b><br><b>San Juan:</b><br><b>Skagit:</b><br><b>Snohomish:</b><br><b>Whatcom:</b>   |
| <b>Staff:</b>           | Joe Valentine, Margaret Rojas, Joanie Williams recording, Maria Arreola  |
| <b>Guests:</b>          | Betty Rojers, Island County; Christine Morrow, Whatcom County  |

**MINUTES**

| TOPIC                                   | DISCUSSION   | ACTION        |
|---|--|---------------|
| <b>CALL TO ORDER AND INTRODUCTIONS</b>  |  |               |
| Chair                                   | David initiated introductions and asked Faviola Lopez to speak to the Board about her interest in being an AB Member. She spoke of her personal experience with NAMI, as well as her affiliation with Mental Health (MH) and Substance Use Disorder (SUD).   | Informational |
| <b>REVISIONS TO THE AGENDA</b>          |  |               |
| Chair                                   | David asked if there were any revisions to the Agenda; none were mentioned.  | Informational |
| <b>COMMENTS FROM THE PUBLIC</b>         |  |               |
| Chair                                   | Betty Rojers (guest) said she is joining the Board in April. Until then, she will continue to visit as a guest. <i>(She spoke more about her background at the end of the meeting; notes recorded below).</i>  | Informational |
| <b>APPROVAL OF THE DECEMBER MINUTES</b> |  |               |
| Chair                                   | David asked if there were any revisions to the December Minutes, there were none. Carolyn mentioned concern as to the verbiage on one of the documents in the packet which referenced the “deaf, blind and visually impaired”. Discussion followed about proper terminology and the ongoing deliberations on the subject. David spoke about “People First Language” regarding properly addressing individuals with a disability. |               |

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|  | <p>A motion was made to approve the minutes as written, motion was seconded and approved.</p> <p><b>Select Pre-Meeting for February and Identify Questions:</b></p> <p>David led the Board in conversation regarding the February Pre-Meeting speaker options.</p> <p>It was decided to invite the Skagit County Youth Recovery Court. Joe said they are funded by NSMHA (Medicaid) and Skagit County.</p> <p>Joanie will work with Ron Coakley to invite the individuals. A motion was made to approve the above selection for the February Pre-Meeting, motion was seconded and approved.</p> <p>Additional conversation took place regarding other topics the Board is interested in, to include the Children and Youth Wraparound with Intensive Services (WISe) Program. Greg suggested Julie deLosada show the WISe video when she presents.</p> <p>Joe noted NSMHA will soon have new Substance Use Treatment Providers which include Evergreen Detox, Phoenix Recovery and Visions. He said it may be useful for the Board to hear presentations from them, one at a time.</p> <p>David talked about integration of Mental Health Peer Specialists and Peer Recovery Coaches. He said there is training and curriculum to create Behavioral Health Peer Specialists. Joanie will add this topic to the Pre-Meeting Page as well.</p> <p>David asked AB Members to determine Pre-Meetings for the next two months. Discussion followed.</p> <p>March: Carolann suggested Housing and Homelessness (HARPS Program).</p> <p>April: It was suggested by Greg that Julie present on the WISe Program in April.</p> <p>There was motion to approve the selection of Pre-Meetings as decided above, motion seconded and approved.</p> | <p>Motion approved:<br/>December Minutes as written</p> <p>Motion approved to have Skagit County Youth Recovery Court present during the February Pre-Meeting</p> <p>Motion approved to forward the March and April Pre-meetings as selected</p> |
| <b>EXECUTIVE/FINANCE COMMITTEE</b>   |  |  |
|  | <p><b>Approval of the December Expenditures:</b> The December Expenditures were reviewed and discussed. David noted there will be future expenditures for the lapel name tags, as well as an upcoming expense for a tribute plaque for a past AB member. The Board would like to award him the plaque during the February meeting.</p> <p>A motion was made to move the expenditures to the Board of Directors for approval. Motion approved.</p>  | <p>Motion approved to forward the December Expenditures to the BOD for approval</p>  |
| <b>STANDING BOARD OF DIRECTORS COMMITTEE REPORTS</b>   |  |  |
|  | <p><b>Planning Committee</b> <i>(no December meeting, no Brief)</i></p>  | <p>Informational</p>   |
|  | <p><b>Quality Management Oversight Committee (QMOC) Report</b><br/><i>(no December meeting, no Brief)</i></p>  | <p>Informational</p>   |
| <b>OLD BUSINESS</b>  |  |  |
| <p><b>Legislative Session Visit:</b> David asked Marie, (Legislative Sub-Committee Chair) to speak about the progress regarding the visit to the Legislative Session. She noted she will begin making appointments with the Legislators or the Aids. David said the group will piggy-back on some of ARC's Logistics on the same Legislative</p> |  |  |

Day as their visit, while reflecting NSMHA's priorities.

- i. **Date(s):** David lead the discussing on the proposed dates with the AB Members who are interested in attending the Legislative Session in Olympia. Proposed dates are February 23<sup>rd</sup> and 24<sup>th</sup>. The dates were approved and confirmed.
- ii. **Headcount:** A headcount was requested: Marie, Joan, Fred, Carolyn and Greg would like to attend. Carolyn requested her husband attend. (She noted he will cover his own expenses). Mark called Joanie after the meeting and voiced interest in attending, although he was unable to attend the meeting today. The total number of attendees is 6 Advisory Board Members, one guest and 3 NSMHA Staff. Joe will be attending on the 23rd only.
- iii. **Development of Speaking Points:**  
David spoke about the Position Paper which the NSMHA AB Members will leave behind with the Legislators or Aids. He also asked each Legislative Session Attendee to work on a Personal Interest Statement, (relating to the Position Paper). He noted the statements should be no longer than one minute each. Joanie will send out reminders. David requested that Joe to speak to the AB about his knowledge of the Legislative Session and the Policy Bills. Joe replied stating this year is short session and he doesn't anticipate many Policy Bills. The State will introduce a bill to clean up the Revised Code of Washington (RCW)s. The State may introduce a bill for secure detox as well. NSMHA is anticipating advocating for the bill. The Adult Behavioral Health Services Task Force submitted final recommendations regarding building a workforce (supporting more mental health and chemical dependency professionals). NSMHA is hoping to support this recommendation as well. Joe suggested the issues the Advisory Board wishes to advocate toward at the Legislative level should be kept in front of the Legislators, in this session and the next.  
David recommended AB Members advocate with the Legislators *prior* to the Legislative Session visit.

The Speaking Points for the Legislative Session Visit will be built around the speaking points below. The Legislative Sub-Committee will be meeting following today's meeting to build on topics identified below.

- 1) **Supported Housing and Homelessness (PORCH Program):** *Regarding Supported Housing; members noted there are barriers and lack of tenant right enforcement policies (Housing Authority and Housing Case Management needs reform).*
- 2) **Children and Youth** with psychiatric or mental health issues need better access to care, special education classes and early intervention.

Additional discussion took place regarding individual housing issues with some of the AB Members. Joe suggested one of the Tenant Right Organizations present to the AB in 2016, noting they could speak about their actions in supporting tenant rights.

David went on to say the Legislative Session Attendees will be transported by Joanie and Maria. He noted there should be money left over for a second Legislative Advocacy trip of some sort. Marie informed the group she would much rather take the shuttle so there is more seating room for members.

David pointed out the paperwork included in each member's packet which covered the NSMHA Regional Territory and the Legislative District of the respective AB Members.

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| <b>Executive Director's Report</b> |  |
|------------------------------------|--|

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| <p>Joe spoke about NSMHA becoming a Limited Liability Corporation (LLC); he noted additional members may be able to be added to the Board in February versus April, in the event the Behavioral Health Organization (BHO) LLC is finalized this month. The Advisory Board's new name would be the North Sound BHO Advisory Board.</p> |
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| <p>He went on to talk about NSMHA receiving the Final Rates (Capitated Payments) for Mental Health and Substance Use Disorder Treatment.</p> |
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| <p>He gave details on the payments, policies, managed care systems, grievance processes and funding. Joe noted that Public Information Materials will be developed for Hospitals, Law Enforcement and Social Service Agencies</p> |
|---|

regarding access to Substance Use Disorder Services. Joe will be asking the Advisory Board’s input. He noted NSMHA will be meeting with the Drug Courts and expanding services. He gave details. Policies will be updated; collaboration with Tribes will be taking place, in addition to contracting for Residential Treatment Services. A long range goal is to have more local capacity for treatment, versus travel to Spokane. Joe spoke about the State terminating the lease on the Sedro Woolley property in June 2018. The Evaluation and Treatment Center will need to be moved. Planning in under way; Joe provided specifics. Talks are in place regarding the Denney Youth Center in Snohomish County to convert a portion of their facility into an Adult Residential Treatment Facility. A Community Stake Holder Meeting will take place in all five counties regarding future needs for the Behavior Health Facilities; the Advisory Board will be invited. The Request for Proposal (RFP) has been released for a Tele-Psychiatry System; several major national firms are interested. NSMHA is moving into their new building on January 19<sup>th</sup>. An Open House invitation will be sent out to the Advisory Board. The Open House will be in conjunction with the February Board of Directors Meeting. It was also noted the next Advisory Board Meeting (February) will be held at the new location. The address was provided. Joe spoke about Joanie getting a recent promotion at NSMHA. He noted she will Supervising the Administrative Staff and Maria will assist her with Advisory Board tasks.

**ACTION ITEMS BEING BROUGHT TO THE BOARD OF DIRECTORS**

|                           |   |   |
|---------------------------|---|---|
| <b>Executive Director</b> | Joe reviewed each of the Action Items. A motion was made to move the Action Items to the Board of Directors for approval. Motion was seconded and approved. | <b>Motion approved to forward the Action Items to Board of Directors for approval</b> |
|---------------------------|---|---|

**NEW BUSINESS**

- a. **2016 Peer Center Contract Requirements:** This topic was moved to next month due to time constraints. David noted more information will be gathered.
- b. **Identify Site Tours relating to Substance Use Disorder (SUD):** Joe spoke about the Substance Use Providers in the NSMHA Region. The Advisory Board engaged in discussion regarding the various services. It was decided the Board Members will look at the tour options provided in their packets and bring back their selections to discuss at the February Meeting. This topic will be on the February Agenda. Ron suggested visiting an In-Patient Facility, such as Pioneer Center North, as well as an Out-Patient Facility. Detox options were suggested by Joe. Ron noted the AB can tour the jail as well, should they be interested.
- c. **Report from Advisory Board Members**
  - i. **Greg W: FYSPRT Update:** Greg spoke about the Family, Youth, System, Partner, Round Table program resulting from the TR Lawsuit (TR vs. Dreyfus) *regarding intensive children’s mental health services*. He informed the AB that he holds a seat on the FYSPRT Committee as an Advisory Member. Various types of data on services will be gathered and sent to the State. NSMHA is contracting with FYSPRT. Greg gave additional details.
- d. **Prospective Nominees:** David noted the County Coordinators are currently appointing Members to fill open seats on the NSMHA Advisory Board. The Executive Finance Committee (EFC) spoke about this in detail. It was decided each potential member should observe a meeting, at least once, prior to becoming a member. They also should have the option to visit as many times as they feel necessary, prior to committing to become a member. The prospective member will be asked to introduce themselves and speak to their individual interest in becoming a North Sound BHO AB Member. He asked the Board how they felt about this approach, all were in favor. An additional conversation took place regarding “Comments from the Public Agenda Item” being moved to the end of the Agenda. This will be addressed in the next EFC Meeting (February).

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| <p>A motion was made to approve the decision for potential members to attend at least one meeting prior to commitment. Board Members were encouraged to be open and accepting. Motion was seconded and approved.</p>  |  |               |
| <p><b>REPORT FROM ADVISORY BOARD MEMBERS</b></p>  |  |               |
| <p><b>COMMENTS FROM COUNTY ADVISORY BOARD REPRESENTATIVES</b></p>   |  |               |
| Island  | none   | Informational |
| San Juan  | none   | Informational |
| Skagit  | none   | Informational |
| Snohomish   | <p>Fred handed out documents from NAMI, as well as a Calendar for the Growth, Recovery, Opportunity, Wellness, Trust and Hope (GROWTH) Center, previously known as the Bailey Peer Center.</p> <p>David asked Fred to present on the Bailey Center alterations during the February meeting when the Peer Centers are discussed. Fred will talk about the changes made and his opinion on whether they are focused on recovery.</p> <p>Marie spoke about the inspection of the trains in Snohomish County, which she felt was encouraging regarding community safety.</p> <p>Greg spoke about the Snohomish County Children’s Wellness Fair in May. He will bring a flyer as the time draws nearer.</p> | Informational |
| Whatcom   | none   | Informational |
| <p><b>OTHER BUSINESS</b></p> <p>David asked Betty Rojers to voice her interest in becoming an Advisory Board Member. She talked about her affiliation with SUD and MH, which said compliments her contribution as a member on the Board. David asked Betty to sit at the table with the other members at the next meeting. Joanie and Maria will make her a name plate and member binder.</p> <p>David asked Christine Morrow to speak about herself. She spoke of her affiliation with NAMI Whatcom, her applicable background, and potential interest in becoming a Board member.</p> |  |               |
| <p><b>ADJOURNMENT:</b> The meeting adjourned at 2:55pm</p>  |  |               |

## 2016 Pre-Meetings, Site Visits, Conferences and Advocacy

| Date               | Pre-Meeting Topics                             | Note                         |
|--------------------|--|------------------------------|
| January 5th, 2016  | SUD Opioid Epidemic and Strategies             | Dr. Gary Goldbaum            |
| February 2nd, 2016 | SUD/Juvenile Justice/Recovery Services         | Lisa Tremblay and Lex Rivers |
| March 1st, 2016    | HARPS program                                  | To Be Determined             |
| April 5th, 2016    | WISe   | Julie de Losada              |
| May 3rd, 2016      | Youth/MH Intake Assessment Process             | Julie de Losada              |
|                    | Alternatives to Jail                           | Ron Coakley                  |
|                    | Tele-Psychiatry Webinar                        |                              |
|                    | Pioneer Center North (Focus on SUD)            |                              |
|                    | Lummi and Tulalip Tribes BHO Programs          |                              |
|                    | Dispute Resolution                             | Chuck Davis and Pat Morris   |
|                    | Evergreen Detox Center                         |                              |
|                    | Tribal Centric Behavioral Health System        |                              |
|                    | Qualifying Factors of a Co-Occurring Disorder  |                              |
|                    | Center for Human Services (Children)           |                              |
|                    | Phoenix Recovery Center                        |                              |
|                    | Therapeutic Health Services                    |                              |
|                    | Peer Support Model Presentation                |                              |
|                    | Crisis Redesign                                |                              |
|                    | Everett De-Tox Center                          |                              |
|                    | Seamar Co-Occurring Compass                    | Toward the end of 2016       |
|                    | Mulilteo E&T Remodel                           | Toward the end of 2016       |
|                    | NSMHA Funded School Based MH Services          |                              |
|                    | Co-Occurring Disorders                         |                              |
|                    | Peer Specialist and Recovery Coach Integration |                              |
| Date               | Site Visits                                    | Note                         |
|                    | Pioneer Center North                           |                              |
|                    |  |                              |
|                    | Lake Whatcom Treatment Center Site Tour        |                              |
| Possibly June      | Lake Whatcom Treatment Center/Picnic           |                              |
| Date               | Advocacy                                       | Note                         |
| February 23 & 24   | Legislative Session Visit                      |                              |
|                    |  |                              |
| Date               | Conferences                                    | Location                     |
| Potentially Sept.  | Tribal Conference                              | Skagit Casino, Bow           |
| June 23-24, 2016   | Behavioral Health Conference                   | Yakima                       |
| TBD                | NAMI Conference                                | Tri-Cities/Richland          |
| TBD                | Co-Occurring Disorders Conference              | Yakima                       |
|                    |  |                              |
|                    |  |                              |

## Advisory Board Budget January 2016

|                       | All Conferences |              | Board Development |              | Advisory Board Expenses |             | Stakeholder Transportation |  | Legislative Session |  |
|-----------------------|-----------------|--------------|-------------------|--------------|-------------------------|-------------|----------------------------|--|---------------------|--|
|                       | Total           | Project # 1  | Project # 2       | Project # 3  | Project # 4             | Project # 5 |                            |  |                     |  |
| Budget                | \$ 42,000.00    | \$ 16,736.00 | \$ 1,910.00       | \$ 19,329.00 | \$ 225.00               | \$ 3,800.00 |                            |  |                     |  |
| Expense               | (1,065.45)      |              |                   | (1,065.45)   |                         |             |                            |  |                     |  |
| Under / (Over) Budget | \$ 40,934.55    | \$ 16,736.00 | \$ 1,910.00       | \$ 18,263.55 | \$ 225.00               | \$ 3,800.00 |                            |  |                     |  |

| BHC, NAMI, COD, OTHER | BOARDS SUMMIT (RETREAT) | Costs for Board Members (meals mileage, misc.) | Non-Advisory Board Members, to attend meetings and special events | Shuttle, meals, hotel, travel |
|-----------------------|-------------------------|--|---|-------------------------------|
|                       |                         |  |   |                               |



**North Sound Mental Health Administration**  
**Warrants Paid**  
**January 2016**

|                       | Type | Date       | Num           | Name              | Memo           | Amount                 |
|-----------------------|------|------------|---------------|-------------------|----------------|------------------------|
| <b>Advisory Board</b> |      |            |               |                   |                |                        |
| <b>Supplies</b>       |      |            |               |                   |                |                        |
| Total Supplies        | Bill | 01/12/2016 | 99733-Dec2015 | Haggen Inc        | Batch # 112841 | 281.02                 |
|                       |      |            |               |                   |                | <u>281.02</u>          |
| <b>Travel</b>         |      |            |               |                   |                |                        |
| Total Travel          | Bill | 01/07/2016 | December2015  | AA Dispatch       | Batch # 112781 | 679.25                 |
|                       | Bill | 01/20/2016 | December2015  | McDonald, Mark    | Batch # 113008 | 72.63                  |
|                       |      |            |               |                   |                | <u>751.88</u>          |
| <b>Miscellaneous</b>  |      |            |               |                   |                |                        |
| Total Miscellaneous   | Bill | 01/26/2016 | 546600        | Mister T Trophies | Batch # 113072 | 32.55                  |
|                       |      |            |               |                   |                | <u>32.55</u>           |
| Total Advisory Board  |      |            |               |                   |                | <u>1,065.45</u>        |
|                       |      |            |               |                   |                | <u>1,065.45</u>        |
|                       |      |            |               |                   |                | <u><u>1,065.45</u></u> |

Advocacy Topics for Legislature

Legislative Agenda Sub-Committee Meeting 10/6/2015

Draft Notes

**Advocacy Item #1:** Supported Housing: PORCH Program: Housing Case Management: Needs more funding

**Advocacy item #2:** School children with psychiatric issues to have access to special education classes.

**Advocacy item #3:** Early identification, awareness and referral for kids with mental health issues, better strategies for parents.

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\* Considering asking NWESD to do a Pre-Meeting describing how children in the schools access services.

\*ARC, Advocacy for the Rights of Children with Disabilities: Marie would like to go to the Legislative Session when ARC is there. Civil Rights Day (February 24).

\*Joe noted the purpose of the visit and pre-work needs to be well organized, with the hand out document ready to go, along with the confirmed appointment for the Legislator or the Aid. *He noted preparation impresses the Legislative folks and shows diligence.*

\*Joanie will ask Julie to attend the AB Meeting and speak about the issues in the schools once a decision is made to move forward with additional Children's issues.

\*No Mental Health Bills as of yet, possibly in December or January.

\*Joe noted the Legislative Sub-Committee will report their progress to the Advisory Board.

\*The Legislative Sub-Committee asked Joe to attend Legislative Session with the Advisory Board.

\*Marie has concerns about too many AB members attending.

\*Next meeting will have more bullet points identified, to include housing issues.

*January Draft Notes are on page 2 ...*

## Draft Notes from the January 5, 2016 Meeting

\*David asked each member to tell their individual story in short form, written out, no more than one minute for each story. David asked each person rehearse their story.

\*Marie noted she has 22 years of experience in Legislative Advocacy.

\*Marie will make the appointments with all 5 counties, if she can, and let Joanie know the time and date for each, which Joanie will add to the NSMHA AB Legislative Session Trip Agenda.

\*David reiterated the importance of a united purpose, reflecting NSMHA's Advisory Board as a whole.

\*Marie noted each person need be clear and concise when in the room with the Legislator and/or the Aid.

\*Joe said there may or may not be a bill referencing the issues. But the AB can still speak to issues regardless.

\*David asked Marie to take on a mentoring role by asking each attending member to have their personal story statement ready, as well as the NSMHA's AB priority statement/issues ready (Housing /Homelessness and Children/Youth, are the most critical issues).

\*Greg mentioned the importance of visiting the Legislative Session year over year and building relationships over time.

- **Below is a list of topics identified during today's meeting that will be added to the "Leave Behind Paper"**

### Housing Issues

- More supportive Housing for people coming out of institutions
- Stronger tenant rights for people with disabilities in existing housing
- Housing Case Management to work with Landlords and Property Management Firms to help folks be successful in their housing endeavors
- Housing Authorities need to embrace the mission
- More affordable housing, low barriers to getting in
- Supported Housing that actually works

### Children and Youth Issues

- More funding for early intervention and treatment
- More Support for working with Parents and Special Education Programs

- More Support for Babies and Toddlers

\*The leave-behind paper will be copied on Lavender paper, NSMHA Letter head with the Advisory Board sub-heading added.

\*All attendees will represent the NSMHA Advisory Board, not individual Agendas

\*Joe noted if Carolyn HG intends to testify, she needs to let the Advisory Board know, or choose to testify on her own.

\* \*David spoke about the option of emailing the papers, as well to the Legislator.

\*Fred mentioned being the voice for the

\*Additional itinerary items during the visit: Attend the Floor Session, Bill Room, Committee Hearings and Hiding Places 😊

\*Committee Sessions getting added daily and canceled daily, so we must check on them regularly.

\*Hotel and shuttle is available, Shuttle parking is available.

\*Wear rain gear, warm clothes and layered clothing. Wear tennis shoes (lots of walking).

\*Joanie will get the address and “gathering place” which should be the hotel. Joanie will send get this to everyone driving; Joanie, Maria, Joe and Carolyn

\*February 23<sup>rd</sup>, arrive around 1:00pm; Joe and Carolyn are driving separately.

\*ARC is February 24<sup>th</sup>, which is day 2 of the trip, which starts at 10:00am and ends at 12:00pm. Leave from there and go the Committee. Marie will get the address where they start out and get it to Joanie so she can add it to the Agenda.

\*Greg mentioned interest in speaking to *individual* Legislators and dropping off the papers to all of the Legislators in the NSMHA Region. Marie spoke about the importance of sticking together and not getting separated if this takes place.

\*Joanie and Marie will meet to finalize loose ends.

\*All attendees should wear lapel name tags.

\*Joanie will send all information via email to Legislative Sub-Committee Member

\*Joanie and Maria will book hotels and get all travel information to attendees.

**Attendees:** Marie, Greg, Joan B, Carolyn, Carolyn's Husband, Fred, *(Mark called Joanie later and said he was interested in attending. He will connect with Marie).*

NSMHA Staff: Joe, Joanie and Maria. Joanie and Maria are the carpool drivers and will assist however needed; to include making reservations and purchasing meals at restaurants and booking hotels, and other duties as needed. *(It was noted that NSMHA Staff need not go into the meetings with the Legislators or Aids since the rooms are very small).*

**\*\*\*DAVID NOTED THAT ALL LEGISLATIVE SESSION ATTENDEES WILL REVIEW THIS AND GIVE JOANIE THEIR FEEDBACK, ASAP. JOANIE WILL COMPILE THE ADDITIONAL INFORMATION, IF ANY, AND GET IT DAVID FOR FINAL APPROVAL. DAVID WILL REVISE IT AND SEND IT BACK TO JOANIE TO BE PRINTED ON LAVENDAR PAPER WITH NSMHA LETTERHEAD with AN AB SUB-HEADER ADDED. THIS WILL TAKE PLACE PRIOR TO THE TRIP. \*\*\***

**\*JOANIE WILL ADD THE FINAL DOCUMENT TO THE FEBRUARY AGENDA FOR THE FULL BOARD TO REVIEW.**

**\*\*\*SHOULD INDIVIDUALS DESIRE TO TELL THEIR OWN STORY, THEY SHOULD BEGIN WORKING ON IT\*\*\***

## MEMORANDUM

February 2, 2016

TO: NSMHA Advisory Board

FROM: Joe Valentine, Executive Director

RE: February Board of Director's Agenda

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Please find for your review the following that will go before the NSMHA Board of Directors at the February 11<sup>th</sup> Board of Director's Meeting:

### **COUNTY**

SKAGIT COUNTY-North Sound BHO-INTERLOCAL WISE-16 for the purpose of providing local funds to support Non-Medicaid child/youth participants in the WISE program in Skagit County. The maximum consideration on this agreement is \$29,167 with a term of October 1, 2016 through March 31, 2016.

NORTH SOUND BHO-SKAGIT COUNTY-PLANNING PSC-15-16 Amendment 2 for the purpose of increasing funding by \$25,000 for the regional consultation services of Deanna Vander Hoot. The new maximum consideration is \$225,000 with the term of the agreement remaining the same, October 1, 2016 through December 31, 2016.

### **SUBSTANCE USE DISORDER (SUD) ADMINISTRATIVE CONTRACTS**

NORTH SOUND BHO-PHOENIX RECOVERY-PSC-16 for the purpose of providing administrative funds to build the infrastructure and capacity to provide Medicaid funded SUD services in the region. The maximum consideration on this contract is \$ with the term of the agreement February 15, 2016 through June 30, 2016.

NORTH SOUND BHO-EVERGREEN RECOVERY-PSC-16 for the purpose of providing administrative funds to build the infrastructure and capacity to provide Medicaid funded SUD services in the region. The maximum consideration on this contract is \$ with the term of the agreement February 15, 2016 through June 30, 2016.

NORTH SOUND BHO-THERAPEUTIC HEALTH SERVICES-PSC-16 for the purpose of providing administrative funds to build the infrastructure and capacity to provide Medicaid funded SUD services in the region. The maximum consideration on this contract is \$ with the term of the agreement February 15, 2016 through June 30, 2016.

## **INTRODUCTION**

The following contracts are establishing the BHO services going forward, April 1, 2016 through September 30, 2017.

### **Evaluation and Treatment Center**

NORTH SOUND BHO-COMPASS HEALTH-E&T-16-17 for the purpose of providing E&T services in Snohomish County. The maximum consideration on this agreement is \$ with a term of April 1, 2016 through September 30, 2017

### **Crisis/Triage Centers**

NORTH SOUND BHO-COMPASS HEALTH WHATCOM-CRISIS CENTER-16-17 for the purpose of providing integrated behavioral health services. The maximum consideration on this agreement is \$with a term of April 1, 2016 through September 30, 2017.

NORTH SOUND BHO-COMPASS HEALTH SNOHOMISH-TRIAGE CENTER 13-15 16-17 for the purpose of providing integrated behavioral health services. The maximum consideration on this agreement is \$with a term of April 1, 2016 through September 30, 2017.

NORTH SOUND BHO-PIONEER HUMAN SERVICES-16-17 for the purpose of providing integrated behavioral health services. The maximum consideration on this agreement is \$with a term of April 1, 2016 through September 30, 2017.

### **Program for Assertive Community Treatment (PACT)**

NORTH SOUND BHO-COMPASS HEALTH –SKAGIT PACT-16-17 for the purpose of providing PACT services in Skagit County. The maximum consideration on this agreement is \$with a term of April 1, 2016 through September 30, 2017.

NORTH SOUND BHO-COMPASS HEALTH-SNOHOMISH PACT- 16-17 for the purpose of providing PACT services in Snohomish County. The maximum consideration on this agreement is \$with a term of April 1, 2016 through September 30, 2017.

NORTH SOUND BHO-LAKE WHATCOM CENTER-PACT-16-17 for the purpose of providing PACT services in Whatcom County. The maximum consideration on this agreement is \$ with a term of April 1, 2016 through September 30, 2017.

## **WISe**

Contract details for Motion #15-81:

NORTH SOUND BHO-COMPASS HEALTH-WISe-16-17 for the purpose of providing WISe services in Snohomish County. The maximum consideration on this agreement is \$ with a term of April 1, 2016 through September 30, 2017.

NORTH SOUND BHO-CCSNW-WISe-16-17 for the purpose of providing WISe services in Skagit and Whatcom Counties. The maximum consideration on this agreement is \$ with a term of April 1, 2016 through September 30, 2017.

## **Integrated Dual Disorder Treatment (IDDT)**

NORTH SOUND BHO-SUNRISE SERVICES-IDDT-16-17 for the purpose of providing integrated behavioral health services in Skagit and Snohomish Counties. The maximum consideration on this agreement is \$ with a term of April 1, 2016 through September 30, 2017.

## **Ombuds Services**

NORTH SOUND BHO-SKAGIT COMMUNITY ACTION-16-17 for the purpose of providing regional Ombuds services. The maximum consideration on this agreement is \$ with a term of April 1, 2016 through September 30, 2017.

## **Jail Transition Services**

NORTH SOUND BHO-ISLAND COUNTY-JAIL SERVICES-16-17 for the purpose of providing jail transition services. The maximum consideration on this agreement is \$ with a term of April 1, 2016 through September 30, 2017.

NORTH SOUND BHO-SKAGIT COUNTY-JAIL SERVICES-16-17 for the purpose of providing jail transition services. The maximum consideration on this agreement is \$ with a term of April 1, 2016 through September 30, 2017.

NORTH SOUND BHO-SNOHOMISH COUNTY-JAIL SERVICES-16-17 for the purpose of providing jail transition services. The maximum consideration on this agreement is \$ with a term of April 1, 2016 through September 30, 2017.

NORTH SOUND BHO-WHATCOM COUNTY-JAIL SERVICES-16-17 for the purpose of providing jail transition services. The maximum consideration on this agreement is \$ with a term of April 1, 2016 through September 30, 2017.

## **Medicaid**

NORTH SOUND BHO-BRIDGWAYS-MEDICAID-16-17 for the purpose of providing Medicaid funded behavioral health services. The maximum consideration on this agreement is \$ with a term of April 1, 2016 through September 30, 2017.



NORTH SOUND BHO-CATHOLIC COMMUNITY SERVICES-MEDICAID-16-17 for the purpose of providing Medicaid funded behavioral health services. The maximum consideration on this agreement is \$with a term of April 1, 2016 through September 30, 2017.

NORTH SOUND BHO-CENTER FOR HUMAN SERVICES-MEDICAID-16-17 for the purpose of providing Medicaid funded behavioral health services. The maximum consideration on this agreement is \$with a term of April 1, 2016 through September 30, 2017.

NORTH SOUND BHO-COMPASS HEALTH-MEDICAID-16-17 for the purpose of providing Medicaid funded behavioral health services. The maximum consideration on this agreement is \$with a term of April 1, 2016 through September 30, 2017.

NORTH SOUND BHO-INTERFAITH-MEDICAID-16-17 for the purpose of providing Medicaid funded behavioral health services. The maximum consideration on this agreement is \$with a term of April 1, 2016 through September 30, 2017.

NORTH SOUND BHO-LAKE WHATCOM CENTER-MEDICAID-16-17 for the purpose of providing Medicaid funded behavioral health services. The maximum consideration on this agreement is \$with a term of April 1, 2016 through September 30, 2017.

NORTH SOUND BHO-SEA MAR-MEDICAID-16-17 for the purpose of providing Medicaid funded behavioral health services. The maximum consideration on this agreement is \$with a term of April 1, 2016 through September 30, 2017.

NORTH SOUND BHO-SNOHOMISH COUNTY-MEDICAID-16-17 for the purpose of providing Medicaid funded behavioral health administrative services. The maximum consideration on this agreement is \$with a term of April 1, 2016 through September 30, 2017.

NORTH SOUND BHO-SUNRISE SERVICES-MEDICAID-16-17 for the purpose of providing Medicaid funded behavioral health services. The maximum consideration on this agreement is \$with a term of April 1, 2016 through September 30, 2017.

NORTH SOUND BHO-VOLUNTEERS OF AMERICA-MEDICAID-16-17 for the purpose of providing Medicaid funded behavioral health access and crisis line services. The maximum consideration on this agreement is \$with a term of April 1, 2016 through September 30, 2017.

### **Medicaid Substance Use Disorder Services (new providers)**

NORTH SOUND BHO-PHOENIX RECOVERY-MEDICAID-16-17 for the purpose of providing Medicaid funds to provide Medicaid funded SUD services in the region. The maximum consideration on this contract is \$ with the term of the agreement April 1, 2016 through September 30, 2017.

NORTH SOUND BHO-EVERGREEN RECOVERY-MEDICAID-16-17 for the purpose of providing Medicaid funds to provide Medicaid funded SUD services in the region. The maximum consideration on this contract is \$ with the term of the agreement April 1, 2016 through September 30, 2017

NORTH SOUND BHO-THERAPEUTIC HEALTH SERVICES-MEDICAID-16-17 for the purpose of providing Medicaid funds to provide Medicaid funded SUD services in the region. The maximum consideration on this contract is \$ with the term of the agreement April 1, 2016 through September 30, 2017

### **State**

NORTH SOUND BHO-BRIDGWAYS-SMHC-16-17 for the purpose of providing State funded behavioral health services. The maximum consideration on this agreement is \$with a term of April 1, 2016 through September 30, 2017.

NORTH SOUND BHO-CATHOLIC COMMUNITY SERVICES-SMHC-16-17 for the purpose of providing State funded behavioral health services. The maximum consideration on this agreement is \$with a term of April 1, 2016 through September 30, 2017.

NORTH SOUND BHO-CENTER FOR HUMAN SERVICES-SMHC-16-17 for the purpose of providing State funded behavioral health services. The maximum consideration on this agreement is \$with a term of April 1, 2016 through September 30, 2017.

NORTH SOUND BHO-COMPASS HEALTH-SMHC-16-17 for the purpose of providing State funded behavioral health services. The maximum consideration on this agreement is \$with a term of April 1, 2016 through September 30, 2017.

NORTH SOUND BHO-INTERFAITH-SMHC-16-17 for the purpose of providing State funded behavioral health services. The maximum consideration on this agreement is \$with a term of April 1, 2016 through September 30, 2017.

NORTH SOUND BHO-LAKE WHATCOM CENTER-SMHC-16-17 for the purpose of providing State funded behavioral health services. The maximum consideration on this agreement is \$with a term of April 1, 2016 through September 30, 2017.

NORTH SOUND BHO-SEA MAR-SMHC-16-17 for the purpose of providing State funded behavioral health services. The maximum consideration on this agreement is \$with a term of April 1, 2016 through September 30, 2017.

NORTH SOUND BHO-SNOHOMISH COUNTY-SMHC-16-17 for the purpose of providing State funded behavioral health ITA and administrative services. The maximum consideration on this agreement is \$with a term of April 1, 2016 through September 30, 2017.

NORTH SOUND BHO-SUNRISE SERVICES-SMHC-16-17 for the purpose of providing State funded behavioral health services. The maximum consideration on this agreement is \$with a term of April 1, 2016 through September 30, 2017.

NORTH SOUND BHO-VOLUNTEERS OF AMERICA-SMHC-16-17 for the purpose of providing State funded behavioral health access and crisis line services. The maximum consideration on this agreement is \$with a term of April 1, 2016 through September 30, 2017..

**State Substance Use Disorder Services (new providers)**

NORTH SOUND BHO-PHOENIX RECOVERY-BHSC-16-17 for the purpose of providing State funds to provide State funded SUD services in the region. The maximum consideration on this contract is \$ with the term of the agreement April 1, 2016 through September 30, 2017.

NORTH SOUND BHO-EVERGREEN RECOVERY-BHSC-16-17 for the purpose of providing State funds to provide State funded SUD services in the region. The maximum consideration on this contract is \$ with the term of the agreement April 1, 2016 through September 30, 2017

NORTH SOUND BHO-THERAPEUTIC HEALTH SERVICES-BHSC-16-17 for the purpose of providing State funds to provide State funded SUD services in the region. The maximum consideration on this contract is \$ with the term of the agreement April 1, 2016 through September 30, 2017

**PATH**

DSHS-DBHR-NORTH SOUND BHO-PATH-16-17 for the purpose of providing PATH funding for PATH services in Snohomish County. The maximum consideration on this agreement is \$ with a term of April 1, 2016 through September 30, 2017.

DSHS-DBHR-NORTH SOUND BHO-PATH-16-17 for the purpose of providing PATH funding for PATH services in Whatcom County. The maximum consideration on this agreement is \$ with a term of April 1, 2016 through September 30, 2017.

NORTH SOUND BHO-COMPASS HEALTH-PATH-16-17 for the purpose of providing PATH funding for PATH services in Snohomish County. The maximum consideration on this agreement is \$ with a term of April 1, 2016 through September 30, 2017.

NORTH SOUND BHO-COMPASS HEALTH WHATCOM-PATH-16-17 for the purpose of providing PATH funding for PATH services in Whatcom County. The maximum consideration on this agreement is \$ with a term of April 1, 2016 through September 30, 2017.

# North Sound Mental Health Administration

Regional Support Network for Island, San Juan, Skagit, Snohomish, and Whatcom Counties

117 North First Street, Suite 8 • Mount Vernon, WA 98273 • 360.416.7013  
800.684.3555 • Fax 360.416.7017 • TTY 360.419.9008 • Email [nrsrn@nrsrn.org](mailto:nrsrn@nrsrn.org) • Web Site <http://nsmha.org>

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## INTEROFFICE MEMORANDUM

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**TO:** ALL NSMHA STAFF  
**FROM:** JOE VALENTINE ✓  
**SUBJECT:** MILEAGE REIMBURSEMENT  
**DATE:** 1/4/16

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Mileage reimbursement for travel after January 1, 2016 will be paid at the rate of 54.0 cents per mile. This rate is accordance with current IRS guidelines.

If you have any questions, please contact the fiscal department.

# HOW TO HELP

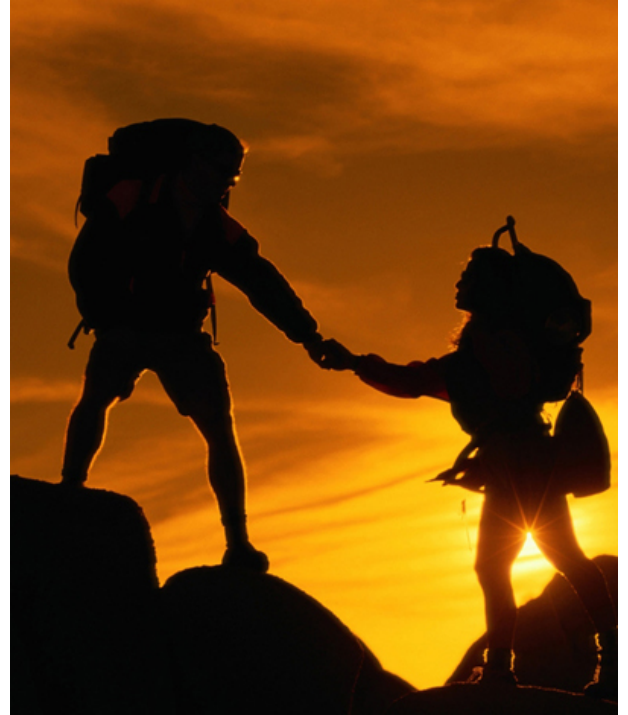
A WORKSHOP FOR PEER COUNSELORS,  
CAREGIVERS, AND THOSE WHO CARE

Friday, February 26, 2016

9:00 a.m. to 12:00 noon

Mount Vernon Senior Center  
1401 Cleveland Avenue  
Mount Vernon WA

**Greater Vision Life Coaching** presents a  
workshop for caregivers, peer counselors,  
and those who care.



This 3 hour interactive workshop includes lots of information about how to help other people, whether they are living with mental health issues, drug or alcohol addiction, or simply recovering from life. You will learn how to:

- Break the bonds of co-dependence
- Say NO with confidence and compassion
- Communicate courageously

Your presenter: **Beth Handewith Gould** is a Certified Peer Counselor and Life Coach.

Call to register: 360-445-5103

Cost: \$20.00 • *Scholarship available. Please call for details.*

**Greater Vision Life Coaching**

Email: [visioninmotion@earthlink.net](mailto:visioninmotion@earthlink.net) • Website: [geratervisionlifecoaching.com](http://geratervisionlifecoaching.com) • Phone: 360-445-5103