



**Advisory Board  
Pre-meeting**

**June 1, 2010**

**12:15**

**Presented by**

**Jeanette Anderson**

**Former NSMHA poetry contest winner**

**And**

**Hilary Smith**

**Author of a recently published book for young people  
diagnosed with bipolar disorder**

## MEMORANDUM

DATE: May 25, 2010  
TO: NSMHA Advisory Board  
FROM: Chuck Benjamin, Executive Director  
RE: June 10, 2010, Board of Director's Agenda

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Please note as of May 25, 2010, I do not know of any items going before the Board of Directors at their June 10, 2010, meeting. If this changes, there will be a revised memorandum in your manila folders.

cc: Charles R. Benjamin  
County Coordinators  
NSRSN Management Team

# NORTH SOUND MENTAL HEALTH ADMINISTRATION ADVISORY BOARD MEETING

## Agenda

**June 1, 2010  
1:00 PM**

1. Call to Order - Introductions, Chair – 5 minutes
2. Revisions to the Agenda, Chair – 5 minutes
3. Approval of the May 2010 Meeting Minutes, Chair – 5 minutes
4. Ombuds Report
5. Brief Announcements – 3 minutes
6. Correspondence and Comments from the Chair – 5 minutes
7. New Business:
  - a. Walking in Recovery Video
8. Old Business:
9. Monthly Committee Reports
  - a. Executive Director's Report – Chuck Benjamin – 5 minutes
  - b. Finance Committee – 5 minutes
  - c. Executive Committee/Agenda Committee – 5 minutes
  - d. QMOC Report – 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 July 6, 2010, in the NSMHA Conference Room.

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

**May 4, 2010**

**1:00 – 3:00**

<b>Present:</b>	<b>Island:</b> <i>Candace Trautman and Terry Ann Gallagher</i> <b>Skagit:</b> <i>Mary Good, Joan Lubbe and Susan Ramaglia</i> <b>Snohomish:</b> <i>Arthur Jackson, Fred Plappert, Otis Gulley and Marie Jubie</i> <b>Whatcom:</b> <i>Dary Hocker, Russ Sapienza and Larry Richardson</i> <b>San Juan:</b> <i>Mary Ann Slabaugh</i>
<b>Absent:</b>	<b>Whatcom:</b> <i>Charles Albertson</i>
<b>Staff:</b>	<i>Chuck Benjamin, Margaret Rojas, Greg Long and Rebecca Pate, recording</i>
<b>Guests:</b>	<i>Laurel Britt, Chuck Davis and Ruth Bramall from council on aging</i>

**MINUTES**

<b>TOPIC</b>	<b>DISCUSSION</b>	<b>ACTION</b>
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**CALL TO ORDER AND INTRODUCTIONS**

Chair Jackson	The Chair convened the meeting at 1:00 and introductions were made. There was a pre-meeting by presentation by Pat Morris with Volunteers of America regarding services provided.	Informational
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**REVISIONS TO THE AGENDA**

Chair Jackson	The Chair asked for any revisions to the agenda and none were made.	Informational
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**APPROVAL OF MINUTES**

Chair Jackson	The Chair asked for any revisions to the April minutes. Larry made a motion to approve as amended, Candace seconded and motion carried.	Informational Motion carried
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**OMBUDS REPORT**

Chuck Davis	Chuck gave the Ombuds and Quality Review Team snapshot report. The report was included in members manila folder. There was some discussion regarding both Whatcom and Snohomish Program for Assertive Community Treatment (PACT) programs due to complaints Ombuds have received. Arthur said the Snohomish County Advisory Board would look into the concerns. Chuck B. stated NSMHA is aware of these concerns and are looking into them also.	Informational
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**BRIEF ANNOUNCEMENTS**

Russ Sapienza	Russ mentioned the article he wrote for the Cascadia Weekly and distributed copies for those that might not have received a copy at last month's meeting.	Informational
Susan Ramaglia	Susan said one of Skagit's "In Our Own Voice" speakers Hilary Smith has published a book called "Welcome to the Jungle..." and is available at Amazon and receiving great reviews. She distributed information about the book for anyone interested. Susan added Hilary is 23 and wrote this book for younger people dealing with Bi-Polar Disorder.	



	<p>an Implementation Committee was recommended by the Planning Committee and this committee will develop a plan of what will be implemented over the next four (4) years. The Implementation Committee will consist of two NSMHA reps (probably Chuck and Greg), the five County Coordinators, Crisis Providers (Volunteers of America, Whatcom Counseling and Psychiatric Clinic and Compass Health), one law enforcement rep and two or three consumers/advocates from different counties. He added the regions three largest counties are Snohomish, Skagit and Whatcom but he hopes the consumer/advocate representatives will also come from the smaller counties as well (San Juan and Island). Chuck said two counties are poised to move quicker because of developments that have already occurred within their county (Snohomish and Whatcom) due to 1/10 funding that has been spent and/or set aside. He said Skagit is poised to begin the process, but further out for the actual development of a Crisis Stabilization Unit (CSU). It was discussed that Skagit County develop a CSU in Western Washington (Anacortes) to be more readily available to San Juan and Island Counties.</p> <p>One recommendation is to develop CSU (perhaps in Snohomish, Whatcom and Skagit County) with Designated Crisis Responders (DCR) housed at the CSU. He added with this recommendation the current 40 DCRs would go down to 15 because of being housed at the CSU and a shift toward early intervention. The benefit of this would be the development of “Early Intervention Outreach Units (EIOU) comprised of Mental Health Professionals (MHP) and Peers to go out into the field for early intervention and diversion of hospitalization. If DCRs have to go out, it would be to “read the rights”, which could aggravate people. The hope is the EIOU will be able to de-escalate the situation out in the field, but if unsuccessful the individual would be transported to the CSU where, if necessary, they can stay voluntarily or be detained by a DCR. This <b>does not</b> mean the DCR would not perform outreach. A geriatric regional outreach team was recommended and would be modeled after King County to work 8-5 Monday through Friday with Peer Support Specialists. The geriatric team would work with Nursing Home, skilled nursing facilities and other elderly facilities to come help an individual to de-escalate and allow the person to remain in the facility. A children’s regional outreach team was also discussed. He said Children’s Administration, Snohomish County and NSMHA already had a pilot team in Snohomish County with only 32 slots at a cost of over \$700,000. It was realized there would not be near enough funding available to run an adequate children’s regional outreach team. It was recommended the children’s mobile outreach not be funded but be assured children will still receive crisis intervention through the crisis system. Chuck emphasized a lot more work is needed and there are risks</p>	
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	<p>involved, which NSMHA is looking at very closely. Chuck said it will be critical for tight monitoring for whatever is put into place because of funding that is at stake. Chuck said if the bottom line is better service for consumers he is willing to take the risk.</p> <p>Rebecca was asked to put Advisory Board representation for the Implementation Committee on the agenda for discussion next month. Chuck emphasized he wants representation from at least three different counties.</p>	
	<b>Finance Committee</b>	
Mary Good	<p>Mary stated the committee met, reviewed the expenditures and they were pretty straightforward. The committee was presented with data regarding the expense reimbursement for travel/food policy, per a request by the Board of Directors (BOD). Mary said a motion is being brought forward to present expenditures to the BOD for approval and motion carried.</p> <p>Arthur mentioned taxi transportation for an individual to attend the Tribal Conference was requested. The committee is bringing a motion forward for approval of transportation costs to the Tribal Conference and motion carried.</p>	<p>Informational</p> <p>Motion carried</p> <p>Motion carried</p>
	<b>Executive/Agenda Committee</b>	
Chair Jackson	The meeting was brief and no items needed approval by the full Board.	Informational
	<b>Quality Management Oversight Committee (QMOC) Report</b>	
Otis Gulley	<p>Otis presented the QMOC report.</p> <ol style="list-style-type: none"> <li>1. The meeting was held April 28, 2010, and the March summary was approved as amended</li> <li>2. The following announcements were made: <ol style="list-style-type: none"> <li>a. The Crisis Review System final report is in circulation and is scheduled as a 4-year ongoing plan.</li> <li>b. <i>Bridgenways</i> is having a manufacturing open house Wednesday, May 12<sup>th</sup> from 11 – 12:30 at 5801 23<sup>rd</sup> Drive; Aaron Reardon will be a speaker and lunch will be provided.</li> <li>c. Greg mentioned mental health funding came out pretty well with the state budget.</li> <li>d. Greg mentioned NSMHA went through their audit last week and all went well with only one recommendation of getting people into ongoing services within 28 days.</li> <li>e. Kay Burbidge said Lake Whatcom has some apartments available if anyone would like to refer someone.</li> <li>f. Anne Deacon mentioned Whatcom County is offering several one day trainings to get law enforcement educated.</li> <li>g. Chuck Davis mentioned Natalie Gauteron, Jim Bloss</li> </ol> </li> </ol>	Informational

	<p>and he have been invited to speak at the Crisis Intervention Training (CIT) course in Snohomish County in June.</p> <p>h. David Small mentioned some staff changes occurring at their Lynnwood office.</p> <p>3. Bill Brackin was present to provide some information and education about the 211 system.</p> <p>4. The following Quality Issues were discussed:</p> <ul style="list-style-type: none"> <li>a. Clinical Policy 1550.00 – Early Periodic, Screening and Diagnostic Treatment (EPSDT) was presented for approval but tabled due to some concerns raised. Will be presented again next month for approval.</li> <li>b. Clinical Policy 1576.00 – Medicaid Personal Care (MPC) was presented for approval. It was approved as amended.</li> <li>c. Integrated Crisis Response System (ICRS) Policy 1722.00 – Inpatient Involuntary Treatment (Detention) Placement was presented for approval. It was approved as amended.</li> <li>d. A letter received from provider Quality Managers was presented and discussed.</li> </ul> <p>5. The next meeting will be May 26, 2010, from 1-3.</p>	
<b>ITEMS BROUGHT TO THE BOARD OF DIRECTORS</b>		
<b>Introduction and Action Items</b>		
<p>Chuck Benjamin</p>	<p>Chuck said the only thing that would be presented to the Board of Directors (BOD) was the Crisis Review System report and the Advisory Board policies mentioned last month. Chuck said the Advisory Board could recommend acceptance of the report as presented along with the development of the Implementation Committee to the BOD for approval. Candace made a motion to recommend acceptance of the report and development of the Implementation Committee, Fred seconded. Arthur asked Chuck to amend his suggestion to state the Advisory Board will be considering how to choose stakeholders at their next meeting. Candace agreed to accept the suggested amendment, Otis seconded and motion carried.</p>	<p>Informational</p> <p>Motion carried</p>
<b>COMMENTS FROM COUNTY ADVISORY BOARD MEMBERS</b>		
<p>Island</p>	<p>Candace said at their last meeting a 2009 year-end report was given. The newest 1/10 program “Island County Community Counseling Connection” is in operation. This is for people that do not have Medicaid and have no access to mental health services. There are 13 therapists/providers that have contracts involved in the program. They held their 5<sup>th</sup> annual Island County Children’s and Youth Summit last week with about 65 people present.</p> <p>Terry Ann added Jackie told her powers that be are interested in sending law enforcement to Crisis Intervention Training (CIT)</p>	<p>Informational</p>

	but funding is lacking for this endeavor.	
San Juan	<p>Mary Ann said the lengthy report is provided to members in their manila folder to read at their leisure. She highlighted significant items.</p> <p>It was mentioned the Crisis Review report will be presented to the NSMHA Planning Committee on April 16<sup>th</sup>. The Federal Block Grant (FBG) proposals will also be presented. Concerns were expressed again about the serious shortage of Chemical Dependency (CD) professionals in the field. The San Juan staff is working with Department of Social and Health Services (DSHS) staff, Compass Health and NSMHA in an attempt to provide local access to mental health evaluations for persons applying for general assistance. The local school-based mental health program is up and running and services are being provided.</p>	Informational
Skagit	<p>Susan stated the 1/10 committee met and new positions to be added to the Allocations Committee were discussed, including housing, hospice beds, law enforcement and education. At another meeting it was discussed to also add provider representation. Commissioner Dalstadt attended the meeting and reported on the building at Northern State. He mentioned asbestos and American Disabilities Act (ADA) problems exist at the building and they are discussing other options with the State. He added the county is not interested in owning housing but might be able to use the housing reserve money set aside with the 1/10 funds. Volunteers of America (VOA), Compass Health NSMHA, Skagit Valley Hospital and community services provided a second two hour training to about 20 Skagit County Sheriff's deputies about the crisis system. Community Services staff met to discuss how to provide community wellness program services to seniors at the Senior Center. The Mental Health Court Advisory Committee met to discuss some revisions to the program. Some concern about recent referrals in terms of limited numbers and non-viable candidates. There was a recommendation to create longer observation times before a candidate signs in with a minimum of 30 days or longer, as needed. She added if a client has restitution to pay, which must be paid prior to graduation; a payment plan should be established before the client signs into the court.</p>	Informational
Snohomish	<p>On April 7<sup>th</sup>, representatives from Snohomish County Human Services and regional DSHS offices met with DSHS Secretary Susan Dreyfus to discuss county and state coordination. Issues such as consolidating contracts, maximizing coordination of resources, improving local accountability and insuring elected officials are aware of how DSHS serves their community, and the counties use of the Washington State's Integrated Database were all discussed at the meeting.</p>	Informational

	<p>The Involuntary Treatment Act program has hired on a new Lead to assist with administrative, program coordination and coverage/consultation needs of the program. Tracey Rainey was the successful applicant, and has been with the ITA program for 4 years.</p> <p>This year's Project Homeless Connect event is scheduled for June 29 from 9:00 to 3:00. Providers will be available on site to assist homeless individuals and family's access needed services. Providers participating cover a wide range of services/needs: mental health, chemical dependency, haircuts, housing, DSHS benefits screening, medical/dental/vision/hearing, veterans, youth, pets, and more.</p>	
Whatcom	<p>Larry said they had no meeting last month but will be meeting next week jointly with Substance Abuse (SA). He said 1/10 money is being collected and spent in proposed programs from the first go around. Whatcom is starting to look ahead to the next go around.</p> <p>Russ added the meeting is May 10<sup>th</sup> at noon at St. Luke's education center. He added they conducted a resource fair at Western Washington University campus with over 300 people show up. NAMI Whatcom has their regular education forum at St. Luke's education center on Thursday, May 13<sup>th</sup>. Will Rice will be speaking on SA &amp; Mental Health.</p>	Informational
<b>COMMENTS FROM THE PUBLIC</b>		
Chair Jackson	The Chair asked for any comments and none were mentioned.	Informational
<b>OTHER BUSINESS</b>		
Otis Gulley	Otis invited anyone to attend the NAMI walk at Magnuson Park on May 15 <sup>th</sup> . Fred said if you want to volunteer they are still needed.	Informational
<b>ADJOURNMENT</b>		
Chair Jackson	Marie made a motion to adjourn, seconded and motion carried. The meeting was adjourned at 2:24 and the next meeting will be June 1, 2010.	Informational