

**Behavioral Health Advisory Council  
Meeting Minutes  
September 5, 2018 – Blake West Building**

Mission Statement:

*The Behavioral Health Advisory Council mission is to advise and educate the Division of Behavioral Health and Recovery, for planning and implementation of effective, integrated behavioral health services by promoting individual choice, prevention, and recovery in Washington State*

<b>Present:</b>	<p><b>Attending in person:</b> Annabelle Payne, Becky Bates, Beth Dannhardt, Jeff Aldrich, Mary O’Brien, Myra Paull, Phillip Gonzales, Susan Kydd, Vanessa Lewis, Katie Mirkovich, Haley Tibbits, Pamal Sacks-Lawlar, Ruth Leonard, Tory Henderson, Dan Halpin, Jennifer Bliss, Jordan Rosa, Kathleen Murphy, Kim Wright, Sharon Shadwell, Camille Goldy, Janet Fraatz, Kara Panek, Trish Benshoof, Lois Williams, Sandra Mena Tyree, Kim Wright, Martha Williams, Michael Langer, Melodie Pazolt</p> <p><b>By Phone:</b> Shelli Young, Jim Leingang</p> <p><b>Visitors:</b> <i>Kathleen Murphy, Sharon Shadwell, Camille Goldy, Janet Fraatz</i></p>
<b>Members Excused:</b>	<p>Connie Batin, Linda Kehoe, Dennis Swennumson, Bryan Smith, Cary Retlin, Michael Reading, Ron Hertel, Jenni Olmstead</p>
<b>Not Present:</b>	<p>Cathy Callahan Clem, Carolyn Cox, Cary Brim Reid, Kimberly Miller, Kristina Sawyckyj, Moira O’Crotty, Jacqueline Cobbs, Teesha Kirschbaum, Sharon McKellery, Steve Kutz, Marci Arthur</p>
<b>Minutes taken by:</b>	<p>Lois Williams</p>
<b>Call to Order</b>	<p>The meeting was called to order at 9:10 a.m.</p>
<b>Welcome, Introductions, Review of agenda, Review July minutes, amendments, and approval of July minutes</b>	<p>A quorum was reached. Becky asked everyone, including those on the phone, to introduce themselves. The agenda was reviewed. Sandra asked for time for Kim Wright to review the travel requirements for the panel and to review the November meeting date with Martha Williams.</p> <p><b>Travel</b> – Kim introduced a new form for requesting travel and getting reimbursed. She provided a per diem map for the traveler’s reference. She reminded them to be very specific about their needs each time they request travel. Kim will email the travelers a new form for reimbursement that is autofill for the calculations. They only need a box checked for meals and they will be reimbursed the standard rate, no receipts are needed. Reimbursement will take about four weeks. New members need to register for reimbursement. There was a question about the June reimbursements and Kim said they are ready to be sent out. Becky asked about prepayment of expenses for those who need it. Sandra sympathized and said the transition to HCA has created changes and they will continue to look into options. She also reminded them that accurately filling out the forms will reduce the time needed to process. Jeff asked if the council had funds to help with participant travel. Annabelle said that change would need to go to the federal level. Tory said there might be other organizations that would help with travel. Sandra suggested that there also other options to participate in the meeting either by phone or Skype. Sandra said they will continue to research options for participation and reimbursement. Jordan asked how long the group had been in place and how often they meet. Sandra says the current group was created in 2012 to advise on the Block Grant and they meet every other month.</p> <p><b>November Meeting Date:</b> Martha said there are no rooms available for the current date and presented five options that are available. She asked the panel to provide her with one or two options to pursue. The panel requested</p>

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	<p>a Doodle Poll to be sent to the entire panel. Annabelle said she would send a poll out in the morning.</p> <p><b>July Minutes:</b> The panel reviewed the minutes and only a few members said that they remembered receiving an org chart that was going to be send out. Because there have been changes in the organization, it was requested that a new copy be sent. Also they would like more acronyms be defined. The minutes were universally approved. Tory asked about the peer certification background checks listed under topics for September and whether they are a barrier to employment. Beth said it is a problem for the SUD counselors also. Jennifer said we need to work with the Department of Health about the licensure requirements. Becky said there are ways to help clear the records. Becky said it needs to go on the November agenda. Also should look at CPS records.</p>
<p><b>New Members Recognized</b></p>	<p>Phillip asked the new members to introduce themselves.</p> <p><u>Jorden Rosa</u> said she is an adoptive parent of a special needs child and involved with the WISe system and joined to work with the frustrations she has with the system regarding reimbursement and training.</p> <p><u>Haley Tibbets</u> said she works for Telecare organization and joined because she feels Clark county needs to expand its services.</p> <p>Becky asked if the new members had received the BHAC manuals. They said they only got the appointment letter. Phillip will do an individual training with each of them.</p>
<p><b>East / West Teams: Peer Review Reports</b></p>	<p>Sandra said that the agency peer reviews are completed and ready for redaction. The redaction rules are different under HCA, so the reports need to be redacted by a HCA communication team. The reviews should be completed by mid-September. Sandra needs volunteers to do a review to make recommendations. The deadline will be in December because Kay needs the information for the 2020 application. The reviews and recommendations need to be independent of DBHR. Three to five volunteers are needed for each team. The recommendations also go the DBHR management team. Susan volunteered to coordinate the West team and Becky volunteered for the East team. Becky recommended it for new members to get involved. Members should contact the leaders to join a team. Sandra will send the reviewing information to all members to help develop the teams.</p>
<p><b>Strategic Plan Updates: Visibility &amp; Integration Teams</b></p>	<p>Susan shared how the panel is trying to increase visibility. She said they need more members for the team because only Jennifer and Susan are remaining on the team. They are trying to define what they want to share and identify their audience. They are looking at using newsletters, improving Website, webinars, present at conferences, and social media. They need tech resources. Jennifer asked if they can use HCA</p>

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communications to develop resources. Kara said she would ask. Myra said first there is a need to look at how we want people to respond to the increased visibility. It is to teach people how to collaborate? How do people contact the panel about their key issues? The committee needs to have these discussions and make recommendations. Jeff and Katie and Mary volunteered to join the committee. Sandra has talked to HCA about adding the agendas and minutes to the BHAC page on the website. Susan would like to add additional information to the website.

Mary and Beth have been working on the **integration segment**. With healthcare going under one umbrella, there needs to be awareness. It was suggested to bring in the MCOs to make presentations and also to make presentations to them as to the nature of BHCA. Want representation from physical HC. Need a youth representative. Looking at continuing peer support involvement. Susan said the next step will be the strategic plan and she hopes to have it completed by November. The integration team will meet again and both teams will report back in November. Annabelle suggested keeping the group informed of meetings so more can participate. Beth said the big questions is where do we fit? Because BHAC can talk to the state, it is the conduit for those who also need to communicate with the state.

**Director's Update**

Michael welcomed the new members and shared that he is the acting director of DBHR because Chris Imhoff retired last month. He reviewed the changes due to the HCA integration. DBHR is now a division of HCA and will continue with the same programs. The division is moving to Olympia in December. He said the title of office chief is replaced by section manager and Diana Cockrell and Melodie Pazolt are the new section managers. Michael said a new org chart would be out soon.

There are new programs also starting. They are sending requests to the legislature and to the Governor's office to support continuing programs. The state opioids plan has been updated. Opioid issues are on the federal and state agendas. Recovery support is a big area of interest. Michael shared a chart of the federal grant activity for the panel's reference. Jeff shared that SUD peers still have a barrier to employment based on their background checks. Michael said they are still looking at that issue.

Susan asked about medically assisted treatment (MAT) and Michael said it has been used for about three years now. Most agencies now have some experience in working with MAT. Susan asked about sober housing. Michael says they work with the Oxford Houses on ways to work with those using MAT. She asked about MAT in jails. Michael says it needs a federal waiver and HCA is pursuing a waiver. There is a report available about the few jails that are offering MAT. The State Opioid Response (SOR) grant application for more options to fight the opioid epidemic was just submitted. There is movement toward opioid treatment networks to

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	<p>work with the jails to provide consistent care in and out of jail. The State Treatment Response to opioid disorders (STR) grant will probably end in April 2019.</p> <p>Pam asked about juvenile rehabilitation and if youth will have the same opportunities. She says that funding is needed to provide services that are currently coming out of other budgets. She would like to see the same services provided for youth that are provided in adult detention. Michael says that opioid use disorder is a big issue and needs to be addressed quickly. Michael said that in August there was a meeting in Seattle regarding treatment for pregnant mothers and their infants. It was mentioned that settlements with big pharmacy by other states included funds for care of the children of addicts. Some counties are looking into helping families care for the children of addicts. Beth also asked for more research into the effects on the infants born to addicted mothers. Michael said there is research being done, also following the babies for several years to see outcomes. Myra says the methadone babies are doing well if the family continues in treatment. Methadone research needs to be continued. Myra asked for more money for PACT teams. Shelley asked for status on the Hub and Spokes. Michael said the Hubs are selected and he will send out the information this afternoon. Michael says there will continue to be more information and programs coming.</p>
<p><b>Working Lunch: Office of Consumer Partnership</b></p>	<p>Jennifer shared about the Town Hall meetings that were provided across the state. They shared information and also gathered information. The NMCOs were very responsive to the problems revealed. She shared the notes from the Wenatchee Town Hall. Most reported that the integration was positive. There will be one more integration forum. Annabelle felt there needed to be more rural representation. Becky felt that the schools should be used more and meetings held at later hours to get more representation (other than providers, it is hard to get representation during the day). Jennifer will do more, even if it means smaller meetings. Webinars were suggested and Jennifer is providing that option. Summaries went to the MCOs. It was said that faith based can engage the local communities.</p> <p>Jennifer said she needs advocates. Shelli volunteered. They also need a peer on the state committee. She has gotten eight applications and would like to get one who has lived in a state hospital. She needs a peer voice on the May 9 Support for Advocacy. It was mentioned that Integration forums tend to lose people after the HCA presentation. Asked for suggestions on how to keep the group. It was suggested to change the order of the agenda.</p>
<p><b>Suicide Prevention</b></p>	<p>Camille shared about the work that OSPI does in suicide prevention. She reminded the group that schools are self-governing. Camille's role is from the legislature and she trains on best practices and maintains a web page and works on the board to certify educators on suicide prevention. She is</p>

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working with youth in three counties. They partnered on the suicide data from Health Youth Survey. It shows there are increases in mental health needs.

The legislature is trying to increase treatment but unfunded mandates. There are now standards about teaching prevention. Schools are required to develop suicide prevention plans. How to recognize and do intervention. Can OSPI track compliance? No, OSPI does not have the ability to force the schools to comply. Need to communicate the need for more support. The question was asked as to who will pay for treatment the student may need? OSPI provides guidance to the schools to create realistic programs. Another question was about what happens to kids who do not attend school? Camille said the survey does not reach those students. It was stated that the Every Student Succeed act should address suicide. School counselors cannot address the problems. The discussion centered on mental health. It was said that chronic absenteeism is a measure of mental health. Most communities have other options available. Kids who are suspended are not always counted. Need to know why kids are absent. Special education students have different needs. Are homeschoolers included? Not all school districts are included.

Schools are trying to move to a multi-tier model to create a better support. HB1377 provided for school districts to provide more education to the school counselors. Lighthouse districts were created to designate time for counselors, but no funding included. Some districts only have Medicaid coverage for treatment. One school district contracted with BHO to provide. There are two pilot projects to access the supports provided by school district. There was some small funding provided by legislature, but hoping for more for training. 2779 was the legislation for social and mental health. Project Aware providing more free training. Mental health first aid is provided in schools. Shelli suggests case management in schools and it was tried by a grant in Snohomish and was very successful and is going to other counties. Case management can deal with many issues and connect the student to services.

**Housing and Supported Employment**

Melodie has used many programs to help provide supported housing and supported employment. 1115 provided funding and many options. Using Medicaid funds for additional programs. Supported employment was the most used at first, and now using more supported housing. Supported housing is gaining stronger partnerships. Peers are providing most of the support for housing.

They are working with residential patients to link to them to housing on release. 1100 people have been housed since the inception. They are using the BEST grant for supported employment. Using grants to get started. The 1115 waiver is managed by third party administrator, Amerigroup. They are using to target the most likely to benefit. There is various criteria used to determine need. DBHR monitors the quality of their services.

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	<p>Fidelity reviews are provided to help agencies to improve their services. They are training teams how to do fidelity reviews.</p> <p>Melodie will send out a new report shows the data since January. The funding sources for the supported services are shown. Tory said she appreciated seeing how Melodie has grown these programs over the years. Melodie is pleased with the unexpected response to supported employment. There is a need to share the success stories from this demonstration. Need to get the support of the legislature to provide funding.</p>
<b>Infant Mental Health</b>	<p>Janet said that HB 1713 supports Early Learning within the new department of Children, Youth, and Families. Sharon works on intervening early to prevent mental health issues. Janet asked that the group reflect on a family with concerns about difficult behaviors in a child, what is it like to be that child, that parent, that one involved. What is needed for that child? A child needs the opportunities to form relationships, express emotions, and explore environment. They need the capacity to grow well and love well. Caretakers need to get them ready for the rest of their life.</p> <p>Early development is rapid, so trauma has a greater effect. Early relationships are the most formative. How is the problem detected in a small child - disruptive behaviors, failure to connect? Encourage the caretaker to consider behaviors - what is the child trying to tell me. Importance of the caretaker's perceptions of the behavior. Child care providers need training in what to expect from different age children. Uphold the providers of care with reflective supervision and consultation. They are working to provide promotion of health environments, prevention, and treatment. The earlier support is provided, the better the outcomes will be.</p>
<ul style="list-style-type: none"> <li>• <b>Topics for November</b></li> </ul>	<ul style="list-style-type: none"> <li>• November: Peer Respite presentation (requesting 1 hr.) – contact: Cindy Olejar at cindyolejar@yahoo.com</li> <li>• DOH licensing or Director's update to talk about background checks and effect on employment.</li> <li>• Strategic Planning</li> <li>• Peer Review Outcomes</li> <li>• Testing strips for determining drug – Tom Fuchs</li> <li>• State Hospital staff – safety, Civil Commitment - Margo</li> </ul>
<b>Adjourn</b>	The meeting was adjourned at 3:10 p.m.
	<ul style="list-style-type: none"> <li>•</li> </ul>

#Action Item

Assigned To:    Date Assigned:    Date Due:    Status

Background checks and their effect on employment

Doodle Poll to determine the date of the November meeting      Annabelle      9/5      9/6

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Send out new org chart

Provide a BHAC manual and training to the new members Phillip 9/5

Teams to start the reviews of the Peer Reviews. Susan will lead the West team and Becky will lead the East team. Sandra will send out the information Sandra,  
Susan,

Becky 9/5

Inquire if HCA communications can help to develop visibility resources for BHCA. Kara 9/5

Draft