

Region V Systems

Promoting Comprehensive Partnerships in Behavioral Health

Region V Systems: Level of Care Meeting

August 19, 2020

1:00 p.m.

Zoom Teleconference

Present: Meghan Leikam, Associates in Counseling and Treatment; Kim Scrivner Blue Valley Behavioral Health; Katie, The Bridge Behavioral Health; Shala Hartman, Stephanie McLeese, Jordan Wiedman, Centerpointe; Becca Meinders, Lancaster County Public Defender; Tim Kennett, Lincoln Police Department; Scott Etherton, Mental Health Crisis Center; Jill Kuzelka, Public Health Solutions; Natalya Young and Donna Gardner, St. Monica's; Amanda Tyerman-Harper & Gretchen Mills, Region V Systems

Welcome, Introductions, Announcements, Additions to the Agenda: Amanda Tyerman-Harper facilitated the meeting for Kristin Nelson. Introductions were conducted. There were no additions to the agenda.

Updates (general and Covid related):

- **Centerpointe:** In full operation throughout the pandemic, some services have been adjusted but none have been stopped. Individuals can walk in for therapy or crisis counseling. The residential capacities have been adjusted due to Covid social distancing. They are only down a few beds. They are the recipient of a Certified Community Behavioral Health Clinic (CCBHC) grant. They now offer basic medical services (STD testing, diabetes support, high blood pressure support) for consumers with connection to Centerpointe. Bluestem is partnering with the CCBHC to offer specialist referrals when appropriate. 17 staff have been added including APRN medical, Psych APRN (including youth 0+), Medical Care Coordinator, 3 Crisis Peer Supports, Peer Support and Case Manager for Youth and Family Services. They also have a larger Crisis Team, and the new Crisis Director is Amber Dirks. The Crisis Peer Supports are working with LPD, the crisis line, and with walk-in services.
- **Community Transitions:** Operating at 15 beds, have a male opening. Female opening is a few months wait. Consumers utilizing day services through Midpoint are doing the programming on site, rather than at Midpoint, due to Covid precautions.
- **P.I.E.R:** There are new safety precautions have been implemented, including Covid screenings. They are still in the community but have limited their transportation options. Phone services are ramped up due to consumer driven feedback. Operations are normal, there are new hires and they are actively bringing in new referrals, at least two per month since June. Capacity is 70 and they are at about 50. Consumers must be Medicaid eligible for services.
- **St. Monica's:** Currently experiences a low census with 8 consumers in short-term (usually 20). New Covid risk assessments have been developed by their medical team. People coming in have special precautions and their own room for a 10-day period until they are tested or display no symptoms. Consumers are doing groups by Zoom and using masks. Telehealth is on rise with outpatient consumers. They would eventually like to see the short-term capacity raise to 16.

- ***Mental Health Crisis Center:*** In full and normal operation, accepting admissions but backed up with patients. LRC is taking one admission that has been at the Crisis Center for 105 days. EPCs out-of-Region have not settled down. Mary Lanning is requiring Covid testing regardless of presenting symptoms or not.
- ***Lincoln Police Department:*** A new specialized Mental Health position has just been hired. This year marks the most mental health calls that LPD has ever experienced. People are more cognizant of others in distress, many family members/friends are calling in people experiencing crisis. Everything is backed-up, the Crisis Center is full. MHA and Centerpointe referrals are up. They are losing officers and not getting a lot of people to apply.
- ***Lutheran Family Services:*** Operations have continued as per normal with an increase in telehealth appointments. They are the recipient of a Certified Community Behavioral Health Clinic (CCBHC) grant. Through this they have hired an all-service medical director, more therapists, who will be able to go into the community, care managers, and a care coordination position. They are in receipt of a Care grant to provide relief to people experiencing financial needs due to Covid. The grant runs through December and provide monies to eligible people for rent/utilities/technology/incidentals. There will be an 800 number and an online application.
- ***The Bridge Behavioral Health:*** Near capacity, they are filling 18 out of 24 beds and have no triple rooms for Covid precautions. They are also asking that consumers stay for a week in respite/withdraw to mitigate Covid-related issues. All consumers wear a mask on the second floor unless they are eating or sleeping, and they are at 50 percent. AA/NA meetings are in the building and operating as per usual now. Everyone is required to wear a mask at meetings. Those participating in treatment now have a separate meeting to keep them contained due to Covid. The position for Respite/Withdraw Therapist is open and currently the nurse on duty will take referrals, there are no changes in the referral process.
- ***Associates in Counseling and Treatment:*** They have a new procedure in which consumers must come in to fill out paperwork first, then they can come in for services, typically within the same week. They are having more success with this model for meeting compliance. There is a new Intensive Outpatient Program (IOP) that meets in the evenings, it is almost full but there still are some openings.
- ***Blue Valley Behavioral Health:*** They are busy with referrals; services have maintained full capacity. Two new doctors have been hired along with additional community support staff.
- ***Region V Systems:*** In-office operations resumed in early August. Professional Partners continue to provide services via telehealth and Zoom, when appropriate. Jade Fowler is the new RAP Housing Specialist and has continued inspections throughout the pandemic. They've had an influx of 25 consumers and will begin a new recertification process. Jade will reach out to case managers within the next few months to talk about this new process, which will be beneficial to consumers and case workers. Inspections have been successful. DBH has provided the Region with a Covid Gap Funding grant available to providers available through October. The FEMA Crisis Counseling Program (not treatment) in response to Covid is up and running with

community workers doing outreach in our 16 counties. The Flood grant is providing training, crisis counseling, and treatment vouchers.

No upcoming trainings/events.

No Specific Case Discussion.

No Other Business.

Next Meeting

- September 16, 2020 via Zoom. Gretchen will send out invite reminders.

Meeting adjourned at 1:45 p.m.