

## REGIONAL GOVERNING BOARD

### REGION V SYSTEMS MINUTES

September 13, 2021  
Region V Services  
3600 Union Drive  
Lincoln, NE  
10:30 a.m.

**MEMBERS PRESENT:** Kenny Harre, Fillmore County; Dennis Byars, Gage County; Gale Pohlmann, Jefferson County; Christa Yoakum, Lancaster County; Dan Crownover, Otoe County; Jan Lang, Pawnee County; Janet Henning, Saline County; John Smaus, Saunders County; Misty Ahmic, Seward County; Dean Krueger, Thayer County; Bill Bamesberger, York County

**MEMBERS ABSENT:** Ryan Svoboda, Butler County; Jim Erickson, Johnson County; Larry Holtzman, Nemaha County; Jerry Westring, Polk County; John Caverzagie, Richardson County

**OTHERS PRESENT:** Tami DeShon, C.J. Johnson, Patrick Kreifels, Kim Michael, Gretchen Mills, Region V Systems

#### **OPEN MEETINGS ACT INFORMATION**

Byars noted the Open Meetings Act information is posted in the meeting room and reminded Board members that the meetings are open to the public and are audiotaped. The agenda is posted for public viewing at [region5systems.net](http://region5systems.net). Notification of this meeting and information regarding availability of the agenda was provided through a legal notice in the Lincoln Journal Star, published September 5, 2021.

#### **CALL TO ORDER / ROLL CALL / AGENDA**

Byars called the meeting to order at 10:49 a.m. followed by roll call.

**Present:** Fillmore County, Gage County, Jefferson County, Lancaster County, Otoe County, Pawnee County, Saline County, Saunders County, Seward County, Thayer County, York County

**Absent:** Butler County, Johnson County, Nemaha County, Polk County, Richardson County

Henning made a motion, seconded by Pohlmann, to approve the September 13, 2021, agenda. It was agreed that voting would be by consensus to facilitate the lengthy agenda. Voting aye were Fillmore County, Gage County, Jefferson County, Lancaster County, Otoe County, Pawnee County, Saline County, Saunders County, Seward County, Thayer County, York County; nays none. Motion carried.

#### **PUBLIC COMMENT**

None

#### **ACTION / PRIORITY ITEMS**

**Regional Governing Board Minutes – June 14, 2021:** Bamesberger made a motion, seconded by Harre, to approve the June 14, 2021, minutes as presented. Voting aye were Fillmore County, Gage County, Jefferson County, Lancaster County, Otoe County, Pawnee County, Saline County, Saunders County, Seward County, Thayer County, York County; nays none. Motion carried. Aye minutes approved

**Financial Report:** Copies of the Financial Report were available this morning. DeShon reviewed revenue and expenses through July 2021. With 8.33 percent of the fiscal year expended, expenditures are 8.16 percent, and \$9000.00 under budget. DeShon noted that a few line items are significantly over, due to them being paid on an annual basis, such as software. It is not anticipated that these will go over budget.

Lang made a motion, seconded by Smaus, to approve the Financial Report as presented. Voting aye were Fillmore County, Gage County, Jefferson County, Lancaster County, Otoe County, Pawnee County, Saline County, Saunders County, Seward County, Thayer County, York County; nays none. Motion carried.

**Contracts:** Johnson called attention to the background behind the reinvestment funds; with the implementation of Medicaid expansion, providers were not drawing down all their dollars, and the Region explored ways to reinvest the funds into the system. Evidence-based practices were explored and identified as a strong therapeutic approach with proven service deliveries. Dialectical Behavioral Health Therapy (DBT) and Motivational Interviewing (MI) were identified as the two proven therapies to move forward with training to network providers, using the reinvestment dollars.

- **The DBT Institute of Michigan:** Johnson stated that the Division of Behavioral Health has provided a Letter of Strategic Intent to utilize one-time dollars to support these training activities. As of right now, the Region doesn't know how much money the division will contribute. The contract with the DBT Institute of Michigan, for training over the course of a year will be up to \$170,250.00. Johnson said that the trainings are going to be in person and conducted locally. Kreifels explained that DBT has different modes including individual therapy, using techniques such as mindfulness, relationship repairing, group therapy, and individual coaching that is available 24/7. Individuals involved in this therapy will be able to reach out during a crisis and get a call back within a certain amount of time. The consumers utilizing this therapy will be those going through the emergency system with high suicidality, borderline personality disorder, and/or high substance use. Up to 100 people will obtain DBT training within seven agencies.

Yoakum made a motion, seconded by Henning, to approve the DBT Institute of Michigan Contract as presented. Voting aye were Fillmore County, Gage County, Jefferson County, Lancaster County, Otoe County, Pawnee County, Saline County, Saunders County, Seward County, Thayer County, York County; nays none. Motion carried.

- **Motivate 2 Communicate, LLC:** Johnson explained that Motivational Interviewing (MI) is an evidenced-based practice, a mode you can use in therapy. It is a deliberate way of interacting with a consumer that avoids getting caught up in the minutia of issues. MI is very directional, moves people forward and does not focus on the past. This contract, up to \$18,000.00 involves five trainings (two basic and two advanced trainings).

Henning made a motion, seconded by Crownover, to approve the Motivate 2 Communicate, LLC Contract as presented. Voting aye were Fillmore County, Gage County, Jefferson County, Lancaster County, Otoe County, Pawnee County, Saline County, Saunders County, Seward County, Thayer County, York County; nays none. Motion carried.

**Medically Monitored Withdrawal RFQ/RFP:** Johnson explained that the Region contracts for social detox with The Bridge Behavioral Health, and historically consumers are released once BAC levels go down to zero. Medically Monitored Withdrawal is more intensive, and a Medicaid approved detox strategy. Often consumers need to go to the hospital for more intensive detox care and this is something that can be avoided, by offering Medically Monitored Withdrawal services within the network. Tyerman-Harper stated that since this is a new service definition this must have Request for Proposals. If there is more than one respondent, this will be brought back to the Board in November.

Pohlmann made a motion, seconded by Yoakum to move forward with the contract prior to the November RGB (if there is only one qualified applicant and that applicant is also an already existing Network Provider) as presented. Voting aye were Fillmore County, Gage County, Jefferson County, Lancaster County, Otoe County, Pawnee County, Saline County, Saunders County, Seward County, Thayer County, York County; nays none. Motion carried.

**FY 21-22 Risk Management Report:** Michael explained that the Risk Management Report is an annual report which identifies a potential loss or risk exposures for our organization. The report is broken down into organizational goals, management, people, and health and safety. An analysis is made on the severity and likelihood of the potential loss happening, and how/if we are prepared. The plan includes ongoing maintenance of what is being done to eliminate or reduce the loss or exposure, along with new action items. The strikeouts in the report are changes, red highlighted font illustrates new additions to the plan. This plan is completed to conform to CARF standards and a part of best practice.

Henning made a motion, seconded by Lang, to approve the FY 21-22 Risk Management Report as presented. Voting aye were Fillmore County, Gage County, Jefferson County, Lancaster County, Otoe County, Pawnee County, Saline County, Saunders County, Seward County, Thayer County, York County; nays none. Motion carried.

**Site Visit Report Summaries:** Tyerman-Harper explained that the current summaries include CenterPointe, HopeSpoke, and the Mental Health Association of Nebraska (MHA). Region V Systems conducts annual site visits with contracted providers, with a 2% sampling of all contracted units for billing.

- **CenterPointe:** CenterPointe had a Corrective Action of a Payback of \$7,504.50 for the units billed when no current financial eligibility documentation was in the file. A 5% re-audit took place and resulted in 100% compliance. CenterPointe demonstrates substantial compliance with Minimum Standards and contractual requirements. Fiscal audit is pending.
- **HopeSpoke:** HopeSpoke had a Medication Management Youth that was determined that insurance was not billed for a client; a Corrective Action Plan and a re-audit of the program will be required. There was also a Medication Management Adult that was determined that the insurance discounted the services to client copay (verses deductible) which the Region cannot pay. Payback was received and verified, a Corrective Action Plan was received, and a re-audit of these two programs will be scheduled. Fiscal audit is pending.
- **The Mental Health Association:** MHA demonstrated substantial compliance with Minimum Standards and contractual requirements with their milestones of Supported Employment. Fiscal audit is pending.

Smaus made a motion, seconded by Krueger, to approve the Site Visit Report Summaries as presented. Voting aye were Fillmore County, Gage County, Jefferson County, Lancaster County, Otoe County, Pawnee County, Saline County, Saunders County, Seward County, Thayer County, York County; nays none. Motion carried.

#### **OTHER UPDATES / LEGISLATION / INFORMATIONAL ITEMS**

- **Behavioral Health / Legislative Updates:** Johnson mentioned that there are legislative reviews going on right now with Senator Flood (LR 203 – an interim study to examine Medicaid expansion and behavioral health) and Senator Stinner (LR 163 – an interim study to examine the mental and behavioral health needs of Nebraskans, assess the shortages of providers, and determine what is needed to ensure an adequate behavioral health service delivery system) and he will keep everyone updated as it progresses. He would like to thank the executive committee for participating in two statewide calls with other regions.
- **Funding Updates – SAMHSA Emergency Grant:** Tyerman-Harper explained that the SAMHSA Emergency grant just ended, in the amount of \$313,000, which was specific for COVID-19 related services for outpatient, medication management, and peer support. Most providers did not utilize this grant. Integrated Behavioral Health Services did contract for this grant, but they did not experience any

draw down of this grant and had no utilization. IBHS concluded that this was due to Medicaid Expansion, and consumers presenting were eligible for Medicaid. The State continues to have this grant available, but Region V doesn't have an award under that.

- **Funding Updates – State Opioid Response:** Johnson stated that the State Opioid Response is continuing and maintaining supplies of NARCAN (a prescription nasal spray used for the treatment of a known or suspected opioid overdose emergency) and making NARCAN available in communities. Region V continues to get the NARCAN to first responders and treatment providers. Members of the public can go to local pharmacies to pick up NARCAN if they have family members and/or friends who are addicted to opioids; however, they are seeing that in rural areas people are hesitant to go to a local pharmacy to obtain a supply of NARCAN. Prevention is working on destigmatizing this. Currently there are two participating pharmacies in Lincoln, and they have expanded the program to include Beatrice, Waverly, York, and Seward.
- **Alternative Service Delivery:** During the pandemic, telehealth and telephonic services were included in alternative service deliveries, which are now extended through December 2021, have proven to be beneficial to mental health providers. The behavioral health field has seen a considerable drop in no-shows.
- **COVID-19 Operational Updates:** Prior to the current mask mandates in Lancaster County, most providers had moved back to masking within their organizations. There has not been any reduction in capacity.

#### **Emergency System:**

- **Lincoln Regional Center Renovation / Staffing Impact:** Johnson reported that after a SAMSA visit, the Regional Center had to commit to an 8-million-dollar renovation to remove ligature dangers (areas that presented a danger of where a consumer could harm themselves via hanging or cutting). They are also dealing with a workforce issue, which is also statewide, and it is impacting the Regional Center as they do not have enough techs and nursing staff. It is difficult to get a consumer on a hold into the center. Senator Stinner is having a hearing on LR 163 on Wednesday, September 14, 2021, and Patti Jurjevich, the Regional Administrator of Region 6 will testify.
- **988 Planning:** Boys Town currently operates the Suicide hotline, and due to a national initiative by Congress, a new emergency number will be implemented by July 2022. This number will divert the number of mental health crisis calls away from law enforcement. The expectation is that trained therapists will talk to consumers in crisis and determine the need for emergency response. Boys Town will most likely operate the 988 line for the state. It remains unknown if and when Federal funding will help pay for the additional services.

**Prevention:** No other updates.

**Agreement of Strategic Intent: DBT and MI EBP Training and Implementation:** Included for Informational Purposes.

**Wellbeing Initiative Quarterly Report:** Included for Informational Purposes. Johnson reminded the board that this group now is contracted for consumer coordination functions and is working out very well promoting consumer involvement. They have statewide reach as well as contracts with the federal and state governments.

#### **Network Continuous Quality Improvement:**

- **FY 20-21 Regional Data Overview Report Q4:** This report covers the areas of efficiency, effectiveness, access, and satisfaction. It illustrates areas using, stability in living, employment, priority populations,

emergency protective custody, discharge noncompliance, service enhancement metrics, observations, and some of the activity's providers are employing to help achieve targets.

**Year-end FY 20-21 Capacity Utilization Summary Reports:** Included for informational purposes. Johnson addressed the carryover being due to Medicaid expansion. He stated that in July there was a week-long series of meetings with law enforcement, educators, diversion, jail, and public health staff that helped the region identify gaps in the system where funds should be reinvested. The result of these meetings was a 30-page document. The Region is now in the process of looking at this community-driven input, coupled with input from network providers and creating plans of action for reinvestment.

**FY 20-21 Network Provider Management Report:** Included for informational purposes.

**FY 21-22 Training Plan:** Included for informational purposes.

#### **OTHER BUSINESS**

Johnson mentioned that CARF will be reviewing Region V Systems, virtually. He stated that Kim Michael leads on CARF and pulls the documentation together, and several staff assist her with this process.

#### **IMPORTANT DATES**

- September 20 – Network Provider Meeting
- October 27 – BHAC Meeting – 10:00 a.m.
- November 8 – RGB Meeting – 10:30 a.m.

#### **ADJOURN**

There being no further business the meeting adjourned at 11:57 p.m.