

## **BEHAVIORAL HEALTH ADVISORY COMMITTEE**

### **MINUTES Hybrid Meeting**

April 27, 2022  
10:00 a.m.  
Region V Systems, 1645 N Street

**MEMBERS PRESENT:** Karen Helmberger, Stephanie Knight, Jill Kuzelka, Barbara Murphy, Lucinda Mesteth, Laura Osborne, Gale Pohlmann, Darla Winslow

**MEMBERS ABSENT:** Christine Cooney, Greg Janak, Corrie Kielty, Rebecca Meinders

**OTHERS PRESENT:** C.J. Johnson, Tami DeShon, Patrick Kreifels, Kim Michael, Sandy Morrissey, Amanda Tyerman-Harper, Marti Rabe, Region V Systems

#### **HOUSEKEEPING AND INTRODUCTIONS**

Osborne called the meeting to order at 10:03 a.m. followed by rollcall.

#### **ADDITIONS / CHANGES TO AGENDA**

There were no changes to the agenda.

#### **OPEN MEETING ACT INFORMATION**

Osborne noted that Open Meeting Act information is posted at Region V Systems as required by the Open Meetings Act. Notification of this meeting and information regarding availability of the agenda was provided through a legal notice in the Lincoln Journal Star, published April 13, 2022.

#### **PUBLIC COMMENT**

There was no Public Comment.

#### **CONSENT AGENDA ITEMS**

Pohlmann made a motion, seconded by Kuzelka, to approve the Consent Agenda (Minutes – March 30, 2022, FY 21-22 Compliance Management Report, RGB Report) as presented. Voting aye: Helmberger, Knight, Kuzelka, Mesteth, Murphy, Osborne, Pohlmann, Winslow. Motioned carried.

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

**April Contract Shifts:** DeShon presented contracts shifts from two agencies:

- Blue Valley Behavioral Health: Request to shift \$20,000 from Adult Mental Health / Outpatient (MH/OP) to Children's MH/OP.
- HopeSpoke: Request to move \$35,000 from Children's OP / Substance Use Disorder (SUD) to Children's Assessments and \$7,500 from Children's OP / SUD to Therapeutic Community.

Helmberger made a motion, seconded by Winslow, to recommend the Board approve the April Contract Shifts. Voting aye: Helmberger, Knight, Kuzelka, Mesteth, Murphy, Osborne, Pohlmann, Winslow. Motion carried.

**FY 22-23 Strategic Plan:** Johnson reviewed the FY 22-23 Strategic Plan noting that it is a CARF requirement and is reviewed and updated annually. There are six overarching goals with three of them being organizational goals and the other three being system goals relating to the provider network. Johnson then reviewed the six goals and

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objectives pointing out rationale for any changes to those objectives, which were highlighted. There were no changes to the goals themselves, as the specific activities conducted by the Region are prescriptive. In most cases changes related to eliminating redundancy and / or adding or updating language based on current activities. Pohlmann made a motion, seconded by Winslow, to recommend the Board approve the FY 22-23 Strategic Plan as presented. Voting aye: Helmberger, Knight, Kuzelka, Mesteth, Murphy, Osborne, Pohlmann, Winslow. Motion carried.

**2022 Network Provider Survey Results and Comparison:** Johnson presented the 2022 Network Provider Survey Results noting that these surveys are conducted annually. Additional surveys are also sent to the Board, Region V employees, guests, and visitors. The Region also receives survey data from Best Places to Work. The Network Survey results were reviewed with the Network Providers and there were no areas of concern that required action. Mesteth made a motion, seconded by Kuzelka, to recommend the Board approve the 2022 Network Provider Survey Results and Comparison report as presented. Voting aye: Helmberger, Knight, Kuzelka, Mesteth, Murphy, Osborne, Pohlmann, Winslow. Motion carried.

**2022 BHAC Survey Results and Comparison:** Johnson presented the 2022 BHAC Survey Results and Comparison noting there were no comments requiring action. In addressing comments for questions 8 and 9, Johnson briefly discussed the communication cycle prior to the current system. At one time the Board acted on various motions, and then the information was relayed to the BHAC and Network Providers. The current system allows the Board members to feel comfortable approving motions for areas where they may not have a great deal of experience or expertise because they are assured that knowledgeable individuals have had an opportunity to review the motion items and offer input. Winslow and Pohlmann provided comments reflecting the value of the BHAC's input in their decision making. Knight made a motion, seconded by Winslow, to recommend the Board approve the 2022 BHAC Survey Results and Comparison report. Voting aye: Helmberger, Knight, Kuzelka, Mesteth, Murphy, Osborne, Pohlmann, Winslow. Motion carried.

**OTHER UPDATES/INFORMATION**

**Behavioral Health/Legislative Updates/Reinvestment Funds/ARPA Funds:** Johnson reported on the following, stating that funding is very complicated at this time.

- Medicaid expansion has resulted in less drawdown from initial Network Provider contracted allocations. The resulting "leftover" funding is referred to as reinvestment funds. The Region has been exploring innovative programming to bring up in the Region. A team has been meeting regularly to determine how best to move forward based on the results from several surveys, focus groups and other input which have identified various needs in the system.
- The State has also seen an influx of ARPA funds totaling 1.2 billion dollars. The funds distributed to counties can be used for capital construction which has opened the door for new projects. Inability to pay for capital construction has been a barrier to bringing up new services.
- The State also received one-time mental health and substance use disorder block grants. The Legislature has passed a bill specifying how those funds should be spent.
- Covid also had a strong negative impact on Network Providers, particularly those providing residential care, as capacity was reduced. The Legislature passed a bill that would provide a 15 percent rate increase in provider rates "across the board."
- The Region has also sought emergency funding to ensure that those providers which are struggling financially for a variety of reasons will be able to continue to operate. Staffing shortages as well as Covid restrictions have led to reduced capacity.
- The Region is in the process of sorting through all these funding streams and their various restrictions and guidelines. Currently there is a difference of opinion between the Division and the Regions about the interpretation of the 15% rate increase. The Division's interpretation is that the money that won't be drawn

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down for the current contracts will be required to be used to fund the rate increases, which would eliminate investment in some of the projects under consideration.

- An amendment to LB921 has set aside beds at Lincoln Regional Center (LRC) for the Regional system. Over the years the system has seen a dramatic decrease in the number of beds available. This bill will allow Regions to know what the capacity is at any time, and to manage those beds as needed. An outside consultant will be brought in to determine what the bed capacity should be for our state given that the beds are used for restoration and evaluation as well for persons committed for sexual offenses.

### Emergency System:

- Because of the challenges related to LRC, a series of meetings are being held to try to re-establish an allocation system so each Region would know how many beds are available for their clients. “Owning” those beds would allow Region V to admit a Region V individual when discharging a consumer, improving the flow through the emergency system. While the consultant will focus on inpatient beds, it is likely that they will also look at the entire emergency system,
- 988: Johnson explained that 988 is not just a number to call. Rather, it’s a way to create a robust emergency system which may include creating additional social detox capacity, and possibly walk-in services.

### Prevention: Morrissey reported the following:

- Coalitions are in the final months of spending down their federal block grants.
- June Jam is coming up. It is hoped that attendance and interest in these types of prevention activities will rebound after the Covid-induced slowdown.
- Preparation is underway for the next year of Zero Suicide training. Data is being collected and a new academy will be starting soon. Contact Morrissey for an application.
- In a recent policy shift, since there are now more pharmacies providing Narcan, the Region will only be distributing Narcan to first responders, and unfortunately our Network Providers will have to use the pharmacies for their supply.

### BHAC Membership / Attendance:

- Several BHAC members are or may be at risk of falling below the 50% attendance required to maintain membership. Last year the Board was asked to provide a blanket approval for BHAC members in that situation, recognizing that there have been various challenges to attendance this year. A similar request may be made this year.
- The Terms of Service chart will be included in the packet for the June meeting so BHAC members can see when their current term ends.

**FY 22-23 Meeting Schedule (draft):** Included for informational purposes. BHAC members were asked to get the meetings on their calendars. The first meeting for the 2022-2023 fiscal year is August 31.

**FY 22-23 Site Visit Schedule (draft):** Included for informational purposes.

**Network Continuous Quality Improvement:** Kreifels stated that reports regarding evaluation of Dialectical Behavior Therapy (DBT) and Motivational Interviewing (MI) training as well as Zero Suicide will be available for the next meeting cycle.

**Capacity Utilization Summaries:** These summaries were not included in the packet because the March summaries have not been completed. They will be emailed when available. There was brief discussion regarding not including these documents in the packets.

**FY 21-22, FY 22-23 Training:** The training plan is included for informational purposes. BHAC members were encouraged to review the training plan to see if they might be able to identify someone who could take advantage

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of the training. The mini-BETA training scheduled for May has had a good response and registration is closed. A four-day BETA training is scheduled for July.

**IMPORTANT DATES**

- May 9 – 10:30 a.m. – RGB Meeting – at Region V Services
- May 12 – 9:00 a.m. – Regional Prevention Coalition
- May 16 – 9:00 a.m. – Network Providers Meeting
- June 1 – 10:00 a.m. – BHAC Meeting

**ADJOURN**

- There being no further business the meeting was adjourned at 11:05 a.m.