

BEHAVIORAL HEALTH ADVISORY COMMITTEE

MINUTES Hybrid Meeting

June 1, 2022

10:00 a.m.

Region V Systems, 1645 N Street

MEMBERS PRESENT: Karen Helmberger, Greg Janak, Corrie Kielty, Stephanie Knight, Jill Kuzelka, Rebecca Meinders, Laura Osborne, Gale Pohlmann

MEMBERS ABSENT: Christine Cooney, Lucinda Mesteth, Barbara Murphy, Darla Winslow

OTHERS PRESENT: Michele Vana, BHAC Applicant; C.J. Johnson, Tami DeShon, Patrick Kreifels, Sandy Morrissey, Marti Rabe, Region V Systems

HOUSEKEEPING AND INTRODUCTIONS

Osborne called the meeting to order at 10:04 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 May 18, 2022.

PUBLIC COMMENT

There was no Public Comment.

CONSENT AGENDA ITEMS

Janek made a motion, seconded by Helmberger, to approve the Consent Agenda (Minutes – April 27, 2022, FY 21-22 Compliance Management Report, RGB Report) as presented. Voting aye: Helmberger, Janak, Kielty, Knight, Kuzelka, Meinders, Osborne, Pohlmann. Nays none. Motion carried.

ACTION / PRIORITY ITEMS

Election of Officers for FY 22-23: Johnson presented the slate of current officers. Knight made a motion, seconded by Pohlmann, to approve the slate of officers for FY 22-23 contingent on their willingness to serve. Officers are Chair, Laura Osborne; Vice Chair, Jill Kuzelka; and Members at Large, Greg Janak and Christine Cooney. Voting aye: Helmberger, Janak, Kielty, Knight, Kuzelka, Meinders, Osborne, Pohlmann. Nays none. Motion carried.

FY 22-23 Contractual Agreements: DeShon reviewed the FY 22-23 contracts by category as follows:

- Division of Behavioral Health: The following DHHS contracts are amounts that come to the Region for provision of various services and trainings. Contracts with DHHS include the State-to-Region contract (\$20,586,283), contract for Mental Health First Aid (\$22,183), Prevention activities (\$326,190), Opioid use reduction (\$197,655), and Projects for Assistance in Transition for Homelessness (PATH) (\$65,000). Pohlmann made a motion, seconded by Kielty, to recommend the Board approve these contracts with DHHS. Voting aye: Helmberger, Janak, Kielty, Knight, Kuzelka, Meinders, Osborne, Pohlmann. Nays none. Motion carried.
- Disproportionate Share Hospital Contract: This contract with DHHS is intended to facilitate the intergovernmental transfers of funds to hospitals outside of Region V. There are no funds attached to this contract as the dollars are passed through from the Region to DHHS and on to the hospital. Janak made a

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motion, seconded by Kuzelka, to recommend the Board approve this contract with DHHS. Voting aye: Helmberger, Janak, Kielty, Knight, Kuzelka, Meinders, Osborne, Pohlmann. Nays none. Motion carried.

- Projects for Assistance in Transition for Homelessness (PATH). This contract for \$65,000 is passthrough funding from the Division to CenterPointe, which provides these services. Kielty made a motion, seconded by Helmberger, to recommend the Board approve this contract. Voting aye: Helmberger, Janak, Kielty, Knight, Kuzelka, Meinders, Osborne, Pohlmann. Nays none. Motion carried.
- Emergency Protective Custody (EPC): The Region contracts with the 15 rural counties of Region V Systems as well as Lancaster County Community Mental Health Center for stabilization services. These services are billed per consumer day. Pohlmann made a motion, seconded by Meinders, to recommend that the Board approve the EPC contracts as presented. Voting aye: Helmberger, Janak, Kielty, Knight, Kuzelka, Meinders, Osborne, Pohlmann. Nays none. Motion carried.
- Network Provider: These contracts are agreements with agencies that provide behavioral health services in the Region V geographical area. Providers and contract amounts are: Associates in Counseling and Treatment, \$81,914; Blue Valley Behavioral Health, \$1,233,916; The Bridge Behavioral Health, \$980,687; CenterPointe, \$1,250,621; PIER, \$216,444; HopeSpoke, \$789,474; Houses of Hope, \$223,270; TASC, \$1,653,250; Touchstone, \$180,323; Integrated Behavioral Health Services, \$86,848; Lutheran Family Services, \$1,063,327; Mental Health Association of Nebraska, \$677,518; Mental Health Crisis Center, \$1,241,397; St. Monica's, \$383,591; and Telecare, \$36,974. Meinders made a motion, seconded by Knight, to recommend the Board approve these contracts with Region V's Network Providers. There was brief discussion regarding how the allocations are made and DeShon noted that Covid, Medicaid expansion, and workforce issues have all played a role in determining allocations for this year and described the process for determining allocations. Voting aye: Helmberger, Janak, Kielty, Knight, Kuzelka, Meinders, Osborne, Pohlmann. Nays none. Motioned carried.
- Prevention Federal Block Grant Recipients: These contracts are with the various county coalitions that receive block grant dollars for their activities. The funds are used to address substance abuse prevention, related risk factors, and mental health problems using the SAMHSA strategic prevention framework. Contracts include: Butler Believes in Youth, \$6,500; Fillmore County Coalition, \$6,500; Four County Collaborative, \$58,000; Gage County MAPS, \$6,500; Jefferson County Prevention Coalition, \$6,500; Laura Osborne, \$5,000; Lincoln Medical Education Partnership (LMEP), \$50,000; Polk Substance Abuse Coalition, \$5,000; Saline County Prevention Coalition, \$6,500; Saunders County Prevention Coalition, \$6,500; Seward County Prevention Coalition, \$6,500; Thayer County Healthy Community Coalition, \$6,500; and York County Drug Prevention Taskforce, \$6,500. The contract with Osborne is for her role in entering multi-county data for the Nebraska Prevention Information and Reporting System. Pohlmann made a motion, seconded by Kielty, to recommend the Board approve the Prevention Federal Block Grant Recipient contracts as presented. Voting aye: Helmberger, Janak, Kielty, Knight, Kuzelka, Meinders, Pohlmann. Nays none. Abstention by Osborne. Motion carried.
- Strategic Prevention Framework – Partnerships for Success: These twelve sub-contracts with various entities and individuals are for the purpose of providing a variety of prevention activities and include such things as WRAP training, providing Creating Lasting Family Connections, education, and leadership training, among many others. Entities include the Asian Center, \$30,000; Brooke Fullerton, \$2,000; Derek Effle, \$12,000; Gage County MAPs, \$20,000; KidGlov, \$70,000; Laura Osborne, \$1,000; LMEP, \$600; Lincoln Police Department, \$7,000; Lincoln Public Schools, \$12,000; Mental Health Association, \$11,000; Partners for Insightful Evaluation, \$10,000; Southeast District Health Department, \$50,000; and Starfish Enterprises, Ltd, \$12,000. Osborne provides Responsible Beverage Server training. Kielty made a motion, seconded by Helmberger, to

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recommend the Board approve these subcontracts as presented. Voting aye: Helmberger, Janak, Kielty, Knight, Kuzelka, Meinders, Pohlmann. Nays none. Abstention by Osborne. Motion carried.

- Mental Health First Aid (MHFA): These contracts are pass-through dollars from the Division and provide MHFA training. Trainers are Cheryl Turner, Francisca Peterson, Janelle Moore, Jeri George, Jill Kuzelka, Maria Elena Villasante, Nebraska Children and Families Foundation and St. Monica's. Trainers are paid \$400 for each eight-hour training provided. Pohlmann made a motion, seconded by Janak, to recommend the Board approve these contracts as presented. Voting aye: Helmberger, Janak, Kielty, Knight, Meinders, Osborne, Pohlmann. Nays none. Abstention by Kuzelka. Motion carried.
- Evidence-Based Practice Contracts: These contracts with Intuitive Mind Training and Consulting (\$144,940) and Motivate 2 Communicate (\$43,451) are for the purpose of providing training and consultation to implement Dialectical Behavior Therapy and Motivational Interviewing respectively. These trainings were introduced this year. Kuzelka made a motion, seconded by Pohlmann, to recommend the Board approve these evidence-based contracts as presented. Voting aye: Helmberger, Janak, Kielty, Knight, Kuzelka, Meinders, Osborne, Pohlmann. Nays none. Motion carried.
- Southeast Nebraska Disaster Volunteer Database: These contracts with Four Corners Health Department, Public Health Solutions and Southeast District Health Department, each for \$4,156 to Region V, are for the purpose of creating an efficient and effective volunteer database to call on in the event of a disaster. Knight made a motion, seconded by Pohlmann, to recommend the Board approve these contracts as presented. Voting aye: Helmberger, Janak, Kielty, Knight, Kuzelka, Meinders, Osborne, Pohlmann. Nays none. Motion carried.
- Housing and Urban Development (HUD): These contracts, funded through grants with HUD, are for the provision of Host Homes for transition age youth (\$159,670), Rural Permanent Supportive Housing in rural Region V (\$365,388), and Lincoln Permanent Supportive Housing (\$224,040). Janak made a motion, seconded by Pohlmann, to recommend the Board approve these HUD contracts as presented. Voting aye: Helmberger, Janak, Kielty, Knight, Kuzelka, Meinders, Osborne, Pohlmann. Nays none. Motion carried.
- Miscellaneous: These contracts are with the City of Lincoln (up to \$28,000 to provide funding for BETA training), Families Inspiring Families (to collaborate with FIF to provide clinical supervision for the program in return for FIF serving two Region V clients), H4 Technology (\$96,000 to provide a central data repository for Region V), UN Medical Center (up to \$35,807.32 for a collaborative project with BHECN for maintenance and promotion of a recruitment website), UN Public Policy Center (\$582,733.23 for implementation of the Nebraska Youth Suicide Prevention project), and Wellbeing Initiative (up to \$80,000 to provide consumer coordination activities and promote consumer involvement). Pohlmann made a motion, seconded by Knight, to recommend the Board approve these miscellaneous contracts as presented. Voting aye: Helmberger, Janak, Kielty, Knight, Kuzelka, Meinders, Osborne, Pohlmann. Nays none. Motion carried.
- Building Partners: These contracts with Cause Collective (\$1,480.51), Families Inspiring Families (\$16,976.30), and Mental Health Association (\$63,292.43) are for the purpose of providing facilities usage, office space, and phone and information technology support. Kuzelka made a motion, seconded by Helmberger, to recommend the Board approve these Building Partner contracts as presented. Voting aye: Helmberger, Janak, Kielty, Knight, Kuzelka, Meinders, Osborne, Pohlmann. Nays none. Motion carried.

FY 22-23 Contract – Lancaster County – MyLink Website: Morrissey briefly discussed this contract with Lancaster County in the amount of \$6,000 for the provision of funding for the upgrade and redesign of the MyLink website. Morrissey commented the website is an excellent source for resources, is easy to use, and is available in rural areas. Kielty made a motion, seconded by Janak, to recommend the Board approve this contract with Lancaster

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County. Voting aye: Helmberger, Janak, Kielty, Knight, Kuzelka, Meinders, Osborne, Pohlmann. Nays none. Motion carried.

One-Time-Only (OTO) Fund Report: Johnson briefly described the provenance of the OTO funding which came through the Allocations Committee of the Legislature in 2008. At that time approximately 15.2 million dollars in carry-over funds related to behavioral health reform were available. The Legislature made the decision to divide the funding among the Regions based on the Regional formula in place. Over the years the funds have been maximized to provide matching funds for grants, expand capacity, capital improvements, and various trainings among others. At this time the balance is \$11,583 which is in the line item entitled MH/SA Service Capacity Expansion. It has not been determined how the remainder of the funding will be spent. Helmberger made a motion, seconded by Pohlmann, to recommend the Board approve the OTO report as presented. Voting aye: Helmberger, Janak, Kielty, Knight, Kuzelka, Meinders, Osborne, Pohlmann. Nays none. Motion carried.

Regional Budget Plan: The Regional Budget Plan document was provided this morning. DeShon commented that the allocations presented include the 15 percent rate increase approved by the Legislature. At this time the Region has not received any additional allocation from the Division to pay for the rate increase – as a result the current plan includes some dollars that were pulled out of reinvestment funding to pay for the rate increases within the constraints of the current allocation. It is anticipated that the Region will receive additional funding from the Division and will be able to reinstate some of the reinvestment projects currently on hold. Kielty made a motion, seconded by Kuzelka, to recommend that the Board approve the Regional Budget Plan as presented, recognizing that the document will be revised if / when additional funding becomes available. Voting aye: Helmberger, Janak, Kielty, Knight, Kuzelka, Meinders, Osborne, Pohlmann. Nays none. Motion carried.

Supported Employment RFP Recommendations: The Special Funding Subcommittee met to review the following Requests for Proposals for Supported Employment. Their findings were available this morning.

- The committee approved the proposal submitted by Goodwill Industries though additional information has been requested regarding the indirect costs cited. This recommendation is contingent based on the response provided by Goodwill Industries and possible budget negotiations.
- The committee approved the proposal submitted by Mental Health Association of Nebraska (MHA) to expand Supported Employment into Gage and Saunders Counties with no additional funding based on utilization of the current contract. MHA may also expand to additional counties under their current funding.

Pohlman made a motion, seconded by Knight, to recommend the Board approve the Supported Employment RFP recommendations. Voting aye: Helmberger, Janak, Kielty, Knight, Kuzelka, Meinders, Osborne, Pohlmann. Nays none. Motion carried.

Halfway House Request for Proposals (RFP) Recommendations: St. Monica's responded to the gender-specific Halfway House RFP. The review committee recommended moving forward with this proposal with continued budget planning and negotiations to occur. Janak made a motion, seconded by Knight, to recommend the Board approve the committee's recommendation for the Halfway House. Voting aye: Helmberger, Janak, Kielty, Knight, Kuzelka, Meinders, Osborne, Pohlmann. Nays none. Motion carried.

BHAC Applications: Two applicants for BHAC membership were considered by the BHAC. The applicants are Michele Vana and Evette Watts. Both applicants would be representing the rural population. Both applicants show evidence of strong interest and engagement in promoting behavioral health services. Kuzelka made a motion, seconded by Helmberger, to recommend the Board approve the two BHAC applicants contingent on successful completion of background checks. Voting aye: Helmberger, Janak, Kielty, Knight, Kuzelka, Meinders, Osborne, Pohlmann. Nays none. Motion carried.

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Dialectical Behavior Therapy (DBT) – Fidelity Monitoring and Evaluation Plan:

- Kreifels reviewed the DBT plan noting that DBT was identified by Region V Network Providers as an evidence-based therapy they wished to implement. The training is being provided using reinvestment dollars. It is an evidence-based treatment for chronically suicidal adults and individuals who meet criteria for borderline personality disorder with the goal of decreasing suicide attempts and treatment dropout, improvement in non-suicidal self-injury and cost savings as consumers are less likely to use higher levels of care.
- Providers in the first cohort include CenterPointe, IBHS, LRC, LFS, St. Monica’s, and Telecare. A further goal moving forward it to develop a cadre of trainers to reduce reliance on Smith. Providers will be required to provide an annual attestation and have reached agreement on outcomes to be delivered. Pohlmann made a motion, seconded by Kielty, to recommend the Board approve the Fidelity Monitoring and Evaluation Plan for DBT as presented. Voting aye: Helmberger, Janak, Kielty, Knight, Kuzelka, Meinders, Osborne, Pohlmann. Nays none. Motion carried.

Motivational Interviewing (MI) – Fidelity Monitoring and Evaluation Plan:

- MI is also an evidence-based treatment. implemented with reinvestment funding. with the following anticipated outcomes: Increased consumer engagement and retention, improved treatment outcomes, increased staff confidence and increased staff satisfaction and retention. Kreifels reviewed the rigorous training protocols and noted that the training teaches communication skills designed to evoke positive change in behavioral health consumers.
- Each provider (Region V Professional Partner Program, Lincoln Regional Center, Houses of Hope, IBHS, Lutheran Family Services, and initially Bridge Behavioral Health) has identified an assessment tool. Annual attestations, surveys and site visits will be used to ensure integrity of the MI module. Kielty made a motion, seconded by Janak, to recommend the Board approve the Fidelity Monitoring and Evaluation Plan for MI. Voting aye: Helmberger, Janak, Kielty, Knight, Kuzelka, Meinders, Osborne, Pohlmann. Nays none. Motion carried.

FY 22-23 Network Provider Performance Improvement Plan (PIP): Kreifels presented the FY 22-23 PIP explaining that this type of monitoring is a requirement for CARF accreditation. The report evaluates access, effectiveness, efficiency, and reinvestment initiative outcomes among others, and provides accountability for Network Providers. The goal is to provide the best quality outcomes possible. Meinders made a motion, seconded by Kielty, to recommend the Board approve the FY 22-23 Network Provider PIP as presented. Voting aye: Helmberger, Janak, Kielty, Knight, Kuzelka, Meinders, Osborne, Pohlmann. Nays none. Motion carried.

Summer 2022 Prevention Mini-Grant Summary: Morrissey presented the mini-grant award summary for the summer cycle. Applicants include two from Exeter-Milligan. The first request, for \$1,365 is for the purpose of hosting an “Addiction to Redemption” presentation and the second requests \$755.15 for Fifth Quarter activities. The Asian Center is requesting \$3,000 for provide a summer camp for young leaders. Kuzelka made a motion, seconded by Knight, to recommend the Board approve the Summer 2022 Prevention Mini-Grant Summary requests as presented. Voting aye: Helmberger, Janak, Kielty, Knight, Kuzelka, Meinders, Osborne, Pohlmann. Nays none. Motion carried.

FY 22-23 Culturally and Linguistically Appropriate Services (CLAS) Grant Summary: Morrissey presented the four applicants for CLAS grant funding. Applicants are St. Monica’s for \$1,500 to provide appropriate sensory room updates; UNO Grace Abbott Training and Supervision for \$1,500, for CLAS standards training for community providers; LMEP/ SCIP, \$1,500, for cultural competency training for providers and school professions, and LMEP) / SCIP, \$972, for translation of materials and resources. Janak made a motion, seconded by Knight, to recommend that the Board approve the CLAS Grant Summary requests in the amount of \$5,472 as requested. Voting aye:

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Helmberger, Janak, Kielty, Knight, Kuzelka, Meinders, Osborne, Pohlmann. Nays none. Motion carried. There was brief discussion regarding the funds available after the distribution of both grants. Morrissey commented that the funding can be used in a variety of ways including additional trainings, etc. and additional requests can be submitted throughout the year.

Site Visit Report Summaries: Johnson reviewed the site visit summary reports for Houses of Hope, which includes TASC and Touchstone, Mental Health Crisis Center, and St. Monica's. For the three agencies all units audited were accounted for resulting in 100% compliance. Each agency also demonstrates substantial compliance with minimum standards and contractual requirements. Fiscal audits will occur for the non-fee-for-services programs, though five files were reviewed, where available, to ensure service provision to eligible individuals. Pohlmann made a motion, seconded by Kuzelka, to recommend the Board approve the Site Visit Report Summaries for these providers as presented. Voting aye: Helmberger, Janak, Kielty, Knight, Kuzelka, Meinders, Osborne, Pohlmann. Nays none. Motion carried.

OTHER UPDATES/INFORMATION

There was no additional discussion regarding the following:

- Behavioral Health/Legislative Updates
- Emergency System
- ARPA Funds / Reinvestment Planning
- Workforce Emergency Funding
- 15% Rate Increase / FY 23 Allocations
- Civil Protective Custody – The Bridge Behavioral Health Update
- Network Continuous Quality Improvement / Regional Data Overview – FY22Q3
- Capacity Utilization Summaries
- Wellness Initiative Quarterly Report
- FY 21-23 Training

Prevention: Morrissey noted that Prevention is wrapping up a number of activities. June Jam may require some changes in format and timing moving forward to increase participation.

BHAC Membership / Attendance / Terms of Service: Osborne noted that there will be changes to BHAC membership as Winslow terms out and Helmberger is moving out of Region V. Bylaws state that membership should be between 15-20 members, so Region V is not currently in compliance with those guidelines. Osborne encouraged BHAC members to make recruiting a priority over the summer months. Urban / rural split is fairly even. BHAC members were encouraged to consider increasing diversity as they consider potential candidates.

ADJOURN

- There being no further business the meeting was adjourned at 11:53 a.m.

IMPORTANT DATES

- June 13 – 10:30 a.m. – RGB Meeting at Region V Services / Zoom
- June 27 – Network Provider Meeting / Zoom
- July 14 – 9:00 a.m. – Regional Prevention Coalition
- August 31 – 10:00 a.m. – BHAC Meeting