

REGIONAL GOVERNING BOARD

REGION V SYSTEMS MINUTES

November 14, 2022

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

MEMBERS PRESENT: Gale Pohlmann, Jefferson County; Christa Yoakum, Lancaster County; Dan Crownover, Otoe County; Jan Lang, Pawnee County; Jerry Westring, Polk County; John Caverzagie, Richardson County; Janet Henning, Saline County; Ken Schmieding, Seward County; Dean Krueger, Thayer County; Bill Bamesberger, York County

MEMBERS ABSENT: Ryan Svoboda, Butler County; Kenny Harre, Fillmore County; Emily Haxby, Gage County; Jim Erickson, Johnson County; Larry Holtzman, Nemaha County; John Zaugg, Saunders County

OTHERS PRESENT: Tami DeShon, Renee' Dozier, Theresa Henning, Patrick Kreifels, Kim Michael, Malcom Miles, Sandy Morrissey, Amanda Tyerman-Harper, Marti Rabe, Region V Systems

HOUSEKEEPING

OPEN MEETINGS ACT INFORMATION

Pohlmann 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. Notification of this meeting and information regarding availability of the agenda was provided through a legal notice in the Lincoln Journal Star, published November 6, 2022.

CALL TO ORDER / ROLL CALL / AGENDA

Pohlmann called the meeting to order at 10:43 a.m. followed by roll call. A quorum was present.

Present: Jefferson County, Lancaster County, Otoe County, Pawnee County, Polk County, Richardson County, Saline County, Seward County, Thayer County, York County

Absent: Butler County, Fillmore County, Gage County, Johnson County, Nemaha County, Saunders County

A revised agenda was sent out on November 10. There was an addition to Action / Priority Item 8D – Contracts. The revised agenda and revised Executive Summary reflecting that change were provided this morning. Henning made a motion, seconded by Lang, to approve the revised November 14, 2022, agenda. Voting aye were Jefferson County, Lancaster County, Otoe County, Pawnee County, Polk County, Richardson County, Saline County, Seward County, Thayer County, York County; nays none. Motion carried.

PUBLIC COMMENT

None

STAFF RECOGNITION

Malcom Miles, Professional Partner Supervisor, was recognized for his 25 years of service to Region V. Pohlman presented Miles with a gift in recognition of his service. Miles began work at Region V in October

of 1997. Pohlman highlighted Miles' responsibilities, recognized his many strengths, and thanked him for his invaluable service to Region V Systems.

EMERGENCY SYSTEM PRESENTATION, DIRECTOR OF EMERGENCY SERVICES

- Kristin Nelson, Director of Emergency Services, presented information about the Region V Emergency System. The emergency system is activated when a call comes in to 988 regarding a behavioral health emergency. Nelson explained the various responses that law enforcement can provide which include arrest, referral to the REAL program, contacting mobile crisis and referral to other service providers or behavioral health agencies.
- Nelson explained that the REAL (Respond, Empower, Advocate, Listen) program provides a response by a peer with lived experience within 24 hours who then provides an update to law enforcement. Mobile Crisis response in Lancaster County is provided through CenterPointe. TASC responds in rural counties. Nelson briefly explained the differences between the two programs. In the past, all TASC responses involved law enforcement, but with the implementation of 988, that is no longer the case. It is anticipated that this change will increase willingness to accept a mobile crisis response.
- When mobile crisis is unable to divert an Emergency Protective Custody (EPC) hold, individuals are taken to the Mental Health Crisis Center. There were 574 admissions in the past year. Nelson commented that there have been no inappropriate EPCs which speaks to training and leadership of law enforcement. For individuals who have been EPC'd, they may be committed to either inpatient or outpatient treatment, granted a 90-day suspension, or discharged with a referral to a behavioral health entity.
- Nelson provided statistics on the number of crisis calls by county, number of EPCs, demographics regarding the "average" consumer, and average length of stay (ALOS) for individuals at the Crisis Center.
- Other emergency services include The Bridge Behavioral Health (BBH) 21-day respite, BBH social detoxification, Emergency Community Support, Blue Valley Crisis Line, and Mental Health Association's KEYA House warm line.
- Behavioral Health Threat Assessment (BETA) training began in 2010 and is offered two times a year as a four-day training for law enforcement and those who partner with them. The next four-day training is scheduled for February. Mini-BETA has been held in several Region V counties, and funding is available to schedule additional mini-BETAs as well as an additional four-day training. Youth BETA is also scheduled annually.
- Nelson talked briefly about the implementation of 988 which is replacing the National Suicide Hotline. When someone calls 988, a crisis counselor answers the phone and attempts to de-escalate the situation and create a safety plan. If de-escalation is not possible, mobile crisis may be contacted. 988 has been averaging around fifty calls a day and nine callers have been referred to mobile crisis. Nelson stated that there has been some negative press around 988; however, 94 percent of individuals served found the service to be helpful.

ACTION / PRIORITY ITEMS

Regional Governing Board Minutes:

- September 12, 2022, Board Minutes: There was no discussion. Henning made a motion, seconded by Bamesberger, to approve the September 12, 2022, minutes as presented. Voting aye were Jefferson County, Lancaster County, Otoe County, Pawnee County, Polk County, Richardson County, Saline County, Seward County, Thayer County, York County; nays none. Motion carried.
- September 21, 2022, Executive Committee Meeting Minutes: There was no discussion or motion required regarding the Executive Committee minutes of September 21, 2022.

Financial Report: Copies of the Financial Report were available this morning. DeShon presented the fiscal report through September 30, 2022, briefly reviewing income and expenditures. With 25 percent of the fiscal year completed, total expenditures stand at 26.31 percent. DeShon provided rationale for each of the highlighted areas where expenditures were over 25 percent. Those areas were: salaries (September was a three-payroll period), client evaluations (expenses vary), legal fees (unbudgeted expenses), miscellaneous (unbudgeted items), repairs and maintenance (carpet cleaning), software purchase / maintenance (expenses

related to H4T that were not approved by DHHS as had been anticipated), subscription / dues (annual expenses), telephone (expenses vary), vehicle maintenance (elevated cost of fuel for Region V vehicles), and purchase of services (Professional Partner Flex Funds). In most instances it is anticipated that expenses will fall back within the budget by the end of the fiscal year. Bamesberger made a motion, seconded by Schmieding, to approve the Financial Report as presented. Voting aye were Jefferson County, Lancaster County, Otoe County, Pawnee County, Polk County, Richardson County, Saline County, Seward County, Thayer County, York County; nays none. Motion carried.

FY 20-21 Financial Audit – Dana Cole: The auditor was not available for this presentation this morning. The review of the CPA audit will take place during the February Board meeting.

FY 22-23 Contractual Agreements: Tyerman-Harper reviewed contractual agreements in the following categories per the revised agenda:

- ARPA – Contingency Management (CM) Fund & Medication Assisted Treatment (MAT):
 - These contracts with CenterPointe and Lutheran Family Services (LFS) are for the implementation of strategies which seek to engage persons served in behavioral change by establishing incentives / providing rewards for persons in treatment.
 - MAT provides medication management, access to prescription drugs, and ongoing evaluation. The contracts with Houses of Hope and Touchstone also provide strategies to engage persons served to assist with their treatment and recovery.
 - Lang made a motion, seconded by Henning, to approve the ARPA – CM Fund & Medication Assisted Treatment contracts. Voting aye were Jefferson County, Lancaster County, Otoe County, Pawnee County, Polk County, Richardson County, Saline County, Seward County, Thayer County, York County; nays none. Motion carried.
 - Morrissey reported that Prevention is also using ARPA funds to create a video series on trauma and work with Faith Partners.
- Rate Increase:
 - These contracts (Amendment 1) with Network Providers indicate the 15% rate increase for all providers mandated by legislation. In addition to the 15% increase, CenterPointe received additional funding for Motivational Interviewing (MI) and implementation of the Zero Suicide framework. Houses of Hope and Touchstone received additional funding for MI. Integrated Behavioral Health Services received additional funding for MI training and implementation of the Zero Suicide framework, LFS, Mental Health Association, and Mental Health Crisis Center received additional funding for implementation of the Zero Suicide framework and St. Monica's received halfway house funding.
 - Yoakum made a motion, seconded by Henning, to approve the Amendment 1 increases as presented. Voting aye were Jefferson County, Lancaster County, Otoe County, Pawnee County, Polk County, Richardson County, Saline County, Seward County, Thayer County, York County; nays none. Motion carried.
- Statewide Opioid Response (SOR): These contracts with CenterPointe and LFS are to fund activities that reduce opioid overdose related deaths and abuse of prescription and illicit opioids and stimulants. Yoakum made a motion, seconded by Crownover, to approve the SOR contracts as presented. Voting aye were Jefferson County, Lancaster County, Otoe County, Pawnee County, Polk County, Richardson County, Saline County, Seward County, Thayer County, York County; nays none. Motion carried.

FY 22-23 Risk Management Plan (draft): Kreifels presented the FY 22-23 Risk Management Plan noting that the plan seeks to identify potential threats or losses exposures to the Region and is a CARF requirement for accreditation. Several areas which were highlighted in the report indicate areas where additional steps may be required moving forward to mitigate any risk or threat. Kreifels briefly explained what some of those additional processes would be. Lang made a motion, seconded by Yoakum, to approve the Risk Management Plan as presented. Voting aye were Jefferson County, Lancaster County, Otoe County,

Pawnee County, Polk County, Richardson County, Saline County, Seward County, Thayer County, York County; nays none. Motion carried.

FY 22-23 Performance Improvement Plan (PIP) (draft): Kreifels presented the FY 22-23 PIP which includes 36 indicators focusing on various areas of Region V including Operations, Prevention, Housing, Family & Youth Investment, and Network Services. The plan is the Region's business plan in relationship to objectives and goals that are to be monitored and achieved during the current fiscal year based on established thresholds. This type of plan is considered best practice and is a requirement for CARF accreditation. Training, Prevention, Supervision, Health & Safety, Service Requests, Housing Measures, Professional Partner Program, Provider Audits, and other evidence-based projects are areas of focus. Henning made a motion, seconded by Yoakum, to approve the PIP as presented. Voting aye were Jefferson County, Lancaster County, Otoe County, Pawnee County, Polk County, Richardson County, Saline County, Seward County, Thayer County, York County; nays none. Motion carried.

FY 21-22 Management Report Summary (draft): Kreifels presented the FY 21-22 Management Summary noting that this type of monitoring is considered a best practice and is required for accreditation with CARF. The report provides a summary of each of the previous year's Performance Improvement Plan indicators. The report monitors such things as organizational performance improvement, Continuous Quality Improvement (CQI) services, CQI – concerns / requests, the Professional Partner Program and Housing including internal file reviews. Lang made a motion, seconded by Krueger, to approve the FY 21-22 Management Report Summary as presented. Voting aye were Jefferson County, Lancaster County, Otoe County, Pawnee County, Polk County, Richardson County, Saline County, Seward County, Thayer County, York County; nays none. Motion carried.

Region V Network Compliance Review – Professional Partner / FYI: Kreifels explained that this report shows the results of the Division's unit audit review of the Family & Youth Investment (FYI) program and notes that the program demonstrated 100% compliance through that review. Henning made a motion, seconded by Yoakum, to approve the Compliance Review for the Professional Partner Program as presented. Voting aye were Jefferson County, Lancaster County, Otoe County, Pawnee County, Polk County, Richardson County, Saline County, Seward County, Thayer County, York County; nays none. Motion carried.

Region V Network Compliance Review – Network Services: This document demonstrates that Region V was found to be in 100 percent compliance with contract expectations as outlined in the Regional Budget Plan Guidelines and the State to Region Contract. The review requires the submission of an extensive amount of documentation. Krueger made a motion, seconded by Bamesberger, to approve the Network Compliance Review for Network Services as presented. Voting aye were Jefferson County, Lancaster County, Otoe County, Pawnee County, Polk County, Richardson County, Saline County, Seward County, Thayer County, York County; nays none. Motion carried.

FY 22-23 Winter Cycle Prevention Mini-Grant Award Recommendations: Morrissey explained that the timeline for the winter grant cycle has been moved up, so grantees have more time to plan and use their funding, which has resulted in more applicants. Morrissey presented the Mini-Grant applicants for the winter cycle, briefly explaining each project. Projects include Saline County LOSS Team (\$1,141.83), Southeast Nebraska CASA (\$1,600), CASA of Gage County (\$1,500), Fillmore Central Backpack Program (\$500), Four Corners Health Department (\$2,100), SCIP (\$1,500), Whispering Acres Trails and Treasures (\$2,880.63) for a total committee recommendation of \$11,222.46. Lang made a motion, seconded by Crownover, to approve the Winter Prevention Mini-Grant Award applicants. Voting aye were Jefferson County, Lancaster County, Otoe County, Pawnee County, Polk County, Richardson County, Saline County, Seward County, Thayer County, York County; nays none. Motion carried.

FY 2022 CLAS Coalition Fund Report / FY 22-23 CLAS Award Summary:

- Morrissey presented the FY 21-22 funding report for interpretation which showed that \$917.62 had been utilized for translation services for several agencies.
- There was one applicant agency for FY 22-23 CLAS grants – Asian Community and Cultural Center, requesting \$3,950. Morrissey explained that it was the Asian Centers’ intent to develop a team of licensed Peer Support Specialists to serve minority communities in 11 different languages.
- Yoakum commented that this is a valuable program due to the numbers of Asian persons who have experienced significant trauma and suicide rates are high. She then made a motion, seconded by Krueger, to approve the CLAS Mini-Grant Award for \$3,950. Voting aye were Jefferson County, Lancaster County, Otoe County, Pawnee County, Polk County, Richardson County, Saline County, Seward County, Thayer County, York County; nays none. Motion carried.

BHAC Resignation / Applications: Tyerman-Harper noted the resignation of Lucinda Mesteth for reasons related to conflicts with the meeting schedule. Applications for Sarah McEntarffer and Renee Duffek were presented and their qualifications to serve on the BHAC were highlighted. Bamesberger made a motion, seconded by Lang, to approve the applications for these two individuals. Voting aye were Jefferson County, Lancaster County, Otoe County, Pawnee County, Polk County, Richardson County, Saline County, Seward County, Thayer County, York County; nays none. Motion carried.

Site Visit Report Summary: Tyerman-Harper presented the site visit report for Bridge Behavioral Health (BBH). There was no program fidelity required for this audit. There had been no utilization for Intermediate Residential for non-Medicaid individuals. For Short-Term Residential there was one unit that was not verified with re-payment required. For ER Social Detox and Medically Monitored Inpatient Withdrawal 100 percent of the units reviewed were verified. BBH demonstrates substantial compliance with minimum standards and contractual requirements. Henning made a motion, seconded by Yoakum, to approve the Site Visit Report Summary for BBH. Voting aye were Jefferson County, Lancaster County, Otoe County, Pawnee County, Polk County, Richardson County, Saline County, Seward County, Thayer County, York County; nays none. Motion carried.

OTHER UPDATES / LEGISLATION / INFORMATIONAL ITEMS

Behavioral Health / Legislative Updates:

- Regional Administrator Recruitment Update: Pohlman briefly reported information regarding the RA Recruitment Update. As a reminder, the Board passed a motion to move forward with the process of hiring a permanent Regional Administrator through the Executive Committee. The Committee, with input from Management Team, has thoroughly reviewed and updated the job description to ensure relevance and has chosen to work with Zelle to conduct the search. The opening was posted on October 7 and the portal will be closed as of November 21.
- The Executive Committee is scheduled to meet following this morning’s meeting for further discussion. The intent is to bring a motion regarding a successful candidate to the February or March Board meeting. In the meantime, the Board will be kept updated and informed. Michael thanked the Executive Committee for all their hard work to date and for Management Team’s input regarding the job description.
- Talking Points for RBHA Governing Board Members: Kreifels briefly described some of the challenges the Regions have encountered in relationship with the Division of Behavioral Health regarding expediting reinvestment funds. The funding presents an opportunity to fill gaps in the system where Medicaid and private insurance are not covering costs. Though the Legislature passed a bill stipulating that the Division respond to requests for approval within 30 days, delays continue to occur. Regions are seeking more autonomy and flexibility that will allow them to be innovative and creative in paying for resources while serving as a public safety net. Kreifels suggested that Board members use these talking points, which were developed by the RAs in conjunction with the Regional lobbyist, when meeting with senators to bring these concerns to their attention.

- Regional Behavioral Health Recovery Oriented System of Care: This document is a companion piece to the Talking Points and was used by Patti Jurjevich, RA for Region 6, when she testified at a hearing on November 4. This document was also shared with Shari Dawson, Director of Behavioral Health, at a recent meeting in Kearney where a lot of discussion regarding the erosion of flexibility took place.
- While Dawson did not share the same perspective as the RAs, healthy dialog took place and there is a strong commitment to work to become more collaborative, innovative, and flexible. The next meeting is scheduled in Kearney on December 13.

Lancaster County ARPA Collaborative Projects:

- Dozier discussed the collaboration with Lancaster County, designed to fill a long-identified gap in the system. The collaboration is working to develop a Family Resource Center and is close to issuing a Request for Proposals (RFP). As part of the implementation of 988, a three-pronged approach is being utilized. That includes a place to call, someone to respond, and a place for families to go when in crisis. Lancaster County is bringing ARPA funds in the amount of 6 million dollars to the table for capital expenses, and the Region will bring 1.1 million from reinvestment funds to provide behavioral health services. The Center will be available to persons from all 16 counties of Region V.
- Dozier commented that efforts are ongoing to identify and refine what services and supports will be available. Needs assessment and clinical responses in person or via telehealth will be used to divert the family from the need for a higher level of care such as the hospital. A Family Crisis Response Leadership Team has been developed which encompasses the judges, the legal system, system partners, Child and Family Services, and Probation. Dozier commented that she was happy to see these system partners at the table to help identify critical gaps and needs.
- On the adult side, the Region is working with Lancaster County, defining roles, in the development of a place for adults in crisis to access voluntarily for crisis stabilization. Kreifels cautioned that these projects are dependent on approval from DHHS. Should approval be granted, the Region will allocate funding for behavioral health services while the County will provide dollars for capital construction costs.

Opioid Litigation Settlement Dollars:

- Settlement funds from the lawsuits against pharmaceutical companies and manufacturers will be coming into the state over an 18-year period. Kreifels stated that BrownGreer is the administrative settlement administrator responsible for the distribution of opioid settlement funds. A direct deposit account has been set up in preparation for an initial payment.
- Of the total amount coming to Nebraska, 15% of payments will go to local counties and municipalities and of the remaining 85%, half will be distributed to Regions by way of the Division. The other half of the 85% will remain with the Statewide Advisory Committee.
- Henning, Director of Special Projects, has been attending committee meetings of the Statewide Advisory Committee. The next meeting of the full committee is scheduled for March. In the meantime, a subcommittee which Henning sits on, will be working on an RFP and doing a needs assessment to determine how to best utilize the funding. Kreifels acknowledged that the Region is somewhat reluctant to invest a great deal of effort in this process until the money begins to flow and any plans that have been prioritized will be brought to the Board for approval.
- Though there is no timeline for when funds need to be expended, it is the Region's intent to get the money flowing into the community as soon as possible.
- Some counties have received payments and have identified how they will be used. Kreifels commented that counties which do not receive much funding may choose to funnel those dollars to the Region at their discretion.

Prevention: Morrissey provided a little more information about the ARPA funded trauma video series mentioned earlier. Filming has already begun, and the results are excellent so far as the presenters are very knowledgeable in various phases of trauma. Cheryl Turner, Kim Carpenter, and Dr. Anitra Warrior will present on topics including general trauma, the effects of trauma on the brain, generational trauma, the difference between youth and adult trauma, secondary trauma and trauma and addiction. Individuals with

lived experiences with trauma will be sharing a message of hope. These videos will be available statewide via the Talk Heart 2 Heart website, and Morrissey encouraged sharing these videos broadly.

Network Continuous Quality Improvement: Kreifels very briefly presented the following reports, noting that the reports are important as they are used to make data driven decisions:

- FY 21-22 Q3 Quality File Review Report: These reports are submitted by providers and include an 85 percent threshold.
- FY 21-22 Ineligibles and Denials Report & Multi-year review: This multi-year review investigates the reasons why individuals were found to be ineligible or otherwise denied services as well as where they went following the denials.
- FY 21-22 Complaints, Appeals, Critical Incident Report: Providers are required to report complaints and have a mechanism to resolve them.
- FY 21-22 National Outcome Measures: This report looks at employment, housing stability, criminal justice, and abstinence and results are reported to SAMHSA.
- FY 21-22 Stable Living & Employment at Discharge: This report is another way to look at outcomes on a state level and focuses on stable living and employment.
- FY 21-22 Perception of Care: Providers are required to assess the consumer's point of view regarding the quality of services they experienced. This report presents an aggregate of consumer responses.
- FY 21-22 Recovery Outcomes: This report allows providers to quantify how many and to what extent individuals are moving forward in their recovery.

Wellbeing Initiative Quarterly Report: This report discusses various activities that Wellbeing Initiative is conducting. The Region contracts with Wellbeing Initiative for consumer coordination.

FY Year-end 21-22 Capacity Utilization Summary Reports: These documents are monitored closely to determine when / if a contract shift is necessary to maximize funding and make adjustments indicated.

FY 22-23 Compliance Management Report: Provided for informational purposes.

FY 22-23 Training Plan: Provided for informational purposes.

Other Business:

The Board thanked Bill Bamesberger for his 12 years of service on the Regional Governing Board. Bamesberger has chosen not to run for office again. Bamesberger then thanked the Region, Kreifels, and Management Team for all their efforts.

IMPORTANT DATES

- November 21 – Network Provider Meeting
- February 1 – BHAC Meeting – 10:00 a.m. / Zoom Option
- February 13 – RGB Meeting – 10:30 a.m. – Region V Services / Zoom Option

ADJOURN

There being no further business the meeting adjourned at 12:35 p.m.