

BEHAVIORAL HEALTH ADVISORY COMMITTEE

MINUTES

November 2, 2022

10:00 a.m.

Region V Systems, 1645 N Street

MEMBERS PRESENT: Greg Janak, Stephanie Knight, Jill Kuzelka, Rachel Mulcahy, Laura Osborne, Gale Pohlmann, Kelsey Schwab, Kim Schroeder, Michele Vana, Evette Watts

MEMBERS ABSENT: Corrie Kielty, Rebecca Meinders

OTHERS PRESENT: Tami DeShon, Patrick Kreifels, Sandy Morrissey, Amanda Tyerman-Harper, Marti Rabe, Region V Systems

HOUSEKEEPING AND INTRODUCTIONS

Osborne called the meeting to order at 10:01 a.m. followed by housekeeping announcements. Introductions were made and included our two new members, Kelsey Schwab and Kim Schroeder.

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 October 19, 2022.

PUBLIC COMMENT

There was no Public Comment.

EMERGENCY SYSTEM PRESENTATION

- Kristin Nelson, Director of Emergency Services, presented information on the Region V Emergency System. The emergency system is activated when a call comes in regarding a behavioral health emergency. Nelson explained the various responses that law enforcement can provide which include referral to the REAL program, contacting mobile crisis and referral to other service providers or behavioral health agencies. In the event the crisis cannot be diverted safely, the individual will be placed under Emergency Protective Custody (EPC) by law enforcement and taken to the Mental Health Crisis Center. Before someone can be EPC'd, the individual must be assessed to be both mentally ill and a danger to themselves or others.
- 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. The REAL program began in just four counties, but is now available in all 16 counties of Region V. If Mobile Crisis is involved, 90 percent of the time an EPC hold is diverted. Mobile Crisis response in Lancaster County is through CenterPointe and for rural counties, TASC responds. Nelson briefly explained the differences between the two programs.
- 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 where the options are inpatient commitment, outpatient commitment, 90-day suspension, or discharge with a referral.
- 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.

- Nelson stated that a group of individuals (HURT – High Utilizer Review Team) meets weekly to review the individuals who cycle through the emergency system who partner and problem solve to determine what additional resources may be available to help stabilize the individual in the community.
- Behavioral Health Threat Assessment (BETA) training is offered two times a year as a four-day training for law enforcement, first responders, mobile crisis, HURT team members, REAL peers, etc., and one-day “mini-BETA” is offered in rural counties. One youth BETA is also offered each year.
- Nelson talked briefly about the implementation of 988. When the number is called, 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. Families are more accepting of mobile crisis if law enforcement is not involved; however, there are sometimes safety concerns that require police presence.

CONSENT AGENDA ITEMS

Osborne stated that voice vote will continue to be used unless there is an objection. Knight made a motion, seconded by Kuzelka, to approve the Consent Agenda (Minutes – August 31, 2022, FY 22-23 Compliance Management Report, RGB Report) as presented. Voting aye: Janak, Knight, Kuzelka, Mulcahy, Osborne, Pohlmann, Schwab, Schroeder, Vana, Watts. Nays none. Motion carried.

ACTION / PRIORITY ITEMS

Contracts: Kreifels provided information regarding the following contracts:

- **Zero Suicide Project:** These contracts with CenterPointe, Lutheran Family Services, Integrated Behavioral Health Services, Mental Health Association, Mental Health Crisis Center, and Region V Systems – Family & Youth Investment Program are for the implementation of the aspirational goal of zero deaths by suicide. The funding provides incentives to apply the Zero Suicide framework and change practices to increase the safety of all persons served. Mulcahy made a motion, seconded by Vana, to recommend the Board approve this contract. Voting aye: Janak, Knight, Kuzelka, Mulcahy, Osborne, Pohlmann, Schwab, Schroeder, Vana, Watts. Nays none. Motion carried.
- **Contingency Management Fund:** These contracts with CenterPointe, Houses of Hope, Touchstone, and Lutheran Family Services are for the implementation of strategies which seek to engage persons served in behavioral change by establishing incentives for persons in treatment. Providers are in the process of determining what their projects will include and establishing benchmarks. Knight made a motion, seconded by Janak, to recommend the Board approve this contract. Voting aye: Janak, Knight, Kuzelka, Mulcahy, Osborne, Pohlmann, Schwab, Schroeder, Vana, Watts. Nays none. Motion carried.
- **Medication Assisted Treatment (MAT) for Alcohol Use Disorder:** These contracts with CenterPointe and Lutheran Family Services are to provide medication management, access to medication, and ongoing medical monitoring for persons with alcohol use disorder. Mulcahy made a motion, seconded by Pohlmann, to recommend the Board approve this contract. Voting aye: Janak, Knight, Kuzelka, Mulcahy, Osborne, Pohlmann, Schwab, Schroeder, Vana, Watts. Nays none. Motion carried.

FY 21-22 Management Summary (Draft): Kreifels presented the annual year-end Management Summary noting that this type of monitoring is considered best practice and is required for accreditation with CARF. The report monitors organizational performance improvement, Continuous Quality Improvement (CQI) services, CQI – concerns / requests, the Professional Partner Program and Housing. The report looks at selected areas and reviews the outcomes and thresholds established. Knight made a motion, seconded by Janak, to recommend the Board approve the FY 21-22 Management Summary as presented. Voting aye: Janak, Knight, Kuzelka, Mulcahy, Osborne, Pohlmann, Schwab, Schroeder, Vana, Watts. 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 sets forth targets and thresholds for areas to be measured and monitored during the current fiscal year. Mulcahy made a motion, seconded by Pohlmann, to recommend that the Board

November 2, 2022

Behavioral Health Advisory Committee Minutes

Page 3 of 5

approve the PIP as presented. Voting aye: Janak, Knight, Kuzelka, Mulcahy, Osborne, Pohlmann, Schwab, Schroeder, Vana, Watts. 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 to the Region and is a CARF requirement for accreditation. Several areas which were highlighted on the report indicate areas where additional steps may be required moving forward. Kreifels briefly explained what some of those additional processes would be. Kuzelka made a motion, seconded by Pohlmann, to recommend the Board approve the FY 22-23 Risk Management Plan as presented. Voting aye: Janak, Knight, Kuzelka, Mulcahy, Osborne, Pohlmann, Schwab, Schroeder, Vana, Watts. 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. Knight made a motion, seconded by Vana, to recommend the Board approve and place on file the Network Compliance review. Voting aye: Janak, Knight, Kuzelka, Mulcahy, Osborne, Pohlmann, Schwab, Schroeder, Vana, Watts. Nays none. Motion carried.

Region V Network Compliance Review – Network Services: This document demonstrates that Region V was found to be in compliance with contract expectations as outlined in the Regional Budget Plan Guidelines and the State to Region Contract. Mulcahy made a motion, seconded by Janak, to recommend the Board approve and place on file the Network Compliance review. Voting aye: Janak, Knight, Kuzelka, Mulcahy, Osborne, Pohlmann, Schwab, Schroeder, Vana, Watts. Nays none. Motion carried.

2022 Winter Cycle Prevention Mini-Grant Award Recommendations: 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 Tails and Treasures (\$2,880.63) for a total committee recommendation of \$11,222.46. Morrissey explained that the timeline for the winter grants has been moved up, so grantees have more time to spend their funding, which has resulted in more applicants. Pohlmann made a motion, seconded by Mulcahy, to recommend the Board approve the Mini-Grant funding requests as recommended by the BHAC. Voting aye: Janak, Knight, Mulcahy, Osborne, Pohlmann, Schwab, Schroeder, Vana, Watts. Abstention by Kuzelka. Nays none. Motion carried.

FY 21-22 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. The goal is to develop peer support in 11 languages. Kuzelka made a motion, seconded by Janak, to recommend the Board approve this request for CLAS funding. Voting aye: Janak, Knight, Kuzelka, Mulcahy, Osborne, Pohlmann, Schwab, Schroeder, Vana, Watts. Nays none. Motion carried.

BHAC Resignation / Applications: The BHAC reviewed the resignation letter submitted by Lucinda Mesteth as well as the application summaries for Sarah McEntarffer and Renee Duffek. Knight made a motion, seconded by Mulcahy, to accept the resignation and recommend the Board approve the two applicants. Voting aye: Janak, Knight, Kuzelka, Mulcahy, Osborne, Pohlmann, Schwab, Schroeder, Vana, Watts. Nays none. Motion carried.

Site Visit Report – The Bridge Behavioral Health (BBH): Tyerman-Harper presented the site visit report for BBH. There was no program fidelity required for this audit. For Short-Term Residential there was one unit that was not verified due to a billing error with re-payment required. For ER Social Detox and Medically Monitored Inpatient Withdrawal 100 percent of the units reviewed were verified. The fiscal audit is pending, and BBH demonstrates

substantial compliance with minimum standards and contractual requirements. Mulcahy made a motion, seconded by Janak, to recommend the Board approve the site visit summary report for BBH as presented. Voting aye: Janak, Knight, Kuzelka, Mulcahy, Osborne, Pohlmann, Schwab, Schroeder, Vana, Watts. Nays none. Motion carried.

OTHER UPDATES/INFORMATION:

Behavioral Health/Legislative Updates: Kreifels reported that the Regional Administrators (RAs) had been meeting with the lobbyist on a regular basis. RAs are also working with one of the senators regarding behavioral health issues in the schools. In addition, the RAs are hoping to have legislation introduced that would increase flexibility as Regions in relationship to contracts with the Division of Behavioral Health (DHHS). Currently there are opportunities to increase the safety net for individuals who are not eligible for Medicaid and / or do not have insurance. Gaps and needs have been established through focus groups and other methods; however, requests for approval to move forward with reinvesting funding to address these gaps and needs have been slow or delayed. It is hoped that legislation could establish a timeline requiring requests be addressed by a cut-off date or they will be considered as approved.

Lancaster County ARPA Collaborative Projects:

- Kreifels reported that the Region, in conjunction with Lancaster County, is working to develop a Family Resource Center and is close to issuing a Request for Proposals (RFP). Lancaster County is bringing ARPA funds to this project for any capital expenditures and the Region will use its ARPA funds to provide behavioral health services. This Center will be available to individuals from all 16 counties and will be a resource for families when experiencing a behavioral health crisis. According to SAMHSA, the national guidelines for behavioral health crisis care are for anyone, anywhere, and anytime, and the service array includes someone to talk to (crisis call hub), someone to respond (mobile crisis team) and somewhere to go (receiving and stabilization). Crisis counseling will be available by a mental health clinician. Peer support, referrals to treatment and resources, and basic needs are some of the anticipated components of the Center. There has been discussion regarding potentially having short-term / temporary respite beds available for youth.
- Morrissey reported that Prevention is using ARPA funds to create a series of videos on trauma which will be available on the Talk Heart to Heart website. Filming will begin next week, and 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, and Morrissey encouraged sharing these videos broadly.

Opioid Settlement Funds:

- Settlement funds from the lawsuits against pharmaceutical companies and manufacturers will be coming into the state over an 18-year period. 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 DBH using the allocation formula. The other half of the 85% will remain with the Statewide Advisory Committee.
- Currently it is anticipated that approximately \$500,000 will be available to the Region annually. Utilization of these funds is somewhat flexible with the over-arching goal of abating opioid addiction and there is no timeline by which the funds must be spent each year. BrownGreer is the administrative settlement organization distributing the funds to each entity. There was discussion regarding the option that counties may keep the grant funds and utilize them in their community or redirect them to the Region via their contract with BrownGreer.
- The Advisory Committee is considering conducting a needs assessment, with the thought it would be reviewed in March 2023 during an Opioid Advisory Committee Meeting.

Reinvestment Updates: The Region is working diligently on several projects. A list of projects will be available at the next BHAC meeting.

Prevention: No further information.

Meeting Format: The Open Meetings Act has been amended to allow entities to hold half of their meetings in a hybrid or Zoom format. Because the BHAC meets seven times a year, that means that three meetings can be held via Zoom. The Board chose to use two of those hybrid / Zoom meetings for the winter months (February and March meetings) and hold the additional meeting in reserve. After brief discussion, the BHAC agreed to do the same; therefore, the February and March meetings will be held as hybrid / Zoom meetings.

Network Continuous Quality Improvement: The following reports were presented for informational purposes and very briefly reviewed by Kreifels:

- **FY 21-22 Q3 Quality File Review Report:** These reports are submitted by providers and include an 85 percent threshold. File reviews falling below the threshold require a quality improvement plan.
- **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. The resolution process works well as appeals are somewhat rare. There has been a spike in critical incidents tied to Covid.
- **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 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.

FY 22-23 Capacity Utilization Summaries: These report summaries are used by the Region to monitor drawdown to determine if a contract shift is indicated.

Wellbeing Initiative Quarterly Report: Wellbeing Initiative (WI) is a peer-run organization the Region contracts with to conduct consumer recovery efforts. The report will be reformatted to allow WI to quantify their activities. WI is investigating gaps and strategies seeking additional ways that reinvestment dollars might be utilized.

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

ADJOURN

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

IMPORTANT DATES

- November 10 – 9:00 a.m. – Regional Prevention Coalition
- November 14 – 10:30 a.m. – RGB Meeting at Region V Services
- November 21 – Network Provider Meeting / Zoom
- February 1 – 10:00 a.m. – BHAC Meeting