

REGIONAL GOVERNING BOARD

REGION V SYSTEMS MINUTES

May 8, 2023

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

MEMBERS PRESENT: Kenny Harre, Fillmore County; Gale Pohlmann, Jefferson County; Christa Yoakum, Lancaster County; Michael Weiss, Nemaha County; Dan Crownover, Otoe County; Jan Lang, Pawnee County; Jerry Westring, Polk County; John Caverzagie, Richardson County; Bill Reece, Saunders County; Ken Schmieding, Seward County; Stan Boehr, York County

MEMBERS ABSENT: Ryan Svoboda, Butler County; Emily Haxby, Gage County; Les Agena, Johnson County; Janet Henning, Saline County; Dean Krueger, Thayer County

OTHERS PRESENT: Renee' Dozier, Theresa Henning, Patrick Kreifels, Kim Michael, Erin Rourke, Amanda Tyerman-Harper, Marti Rabe, Region V Systems

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 April 30, 2023.

CALL TO ORDER / ROLL CALL / AGENDA

Pohlmann called the meeting to order at 10:37 a.m. followed by roll call. A quorum was present. Pohlmann introduced Stan Boehr, York County, as he was attending his first meeting.

Present: Fillmore County, Jefferson County, Lancaster County, Nemaha County, Otoe County, Pawnee County, Polk County, Richardson County, Saunders County, Seward County, York County

Absent: Butler County, Gage County, Johnson County, Saline County, Thayer County

Harre made a motion, seconded by Reece, to approve the May 8, 2023, agenda. Voting aye were Fillmore County, Jefferson County, Lancaster County, Nemaha County, Otoe County, Pawnee County, Polk County, Richardson County, Saunders County, Seward County, York County; nays none. Motion carried.

PUBLIC COMMENT

None

ACTION / PRIORITY ITEMS

Regional Governing Board Minutes:

- April 10, 2023: Reece made a motion, seconded by Lang, to approve the minutes of the April 10, 2023, meeting as presented. Voting aye were Fillmore County, Jefferson County, Lancaster County, Nemaha County, Otoe County, Pawnee County, Polk County, Richardson County, Saunders County, Seward County, York County; nays none. Motion carried.
- April 10, 2023 Executive Committee Meeting Minutes: No action was required regarding the minutes of the executive committee meeting of the same date.

Financial Report:

- Kreifels presented the financial report through March 2023, briefly reviewing income and expenditures. With 75 percent of the fiscal year completed, total expenditures stand at 69.02 percent and are approximately six percent under budget.
- Kreifels briefly explained the reasons for the overages that were highlighted noting that these were similar to those discussed on the last monthly report, and as reported last month, these line items are anticipated to be operating within the budget by the end of the fiscal year.

Harre made a motion, seconded by Yoakum, to approve the Financial Report as presented. Voting aye were Fillmore County, Jefferson County, Lancaster County, Nemaha County, Otoe County, Pawnee County, Polk County, Richardson County, Saunders County, Seward County, York County; nays none. Motion carried.

April Contract Shifts: Tyerman-Harper presented April (third quarter) contract shift requests from two providers. Such shifts are currently allowable on a quarterly basis.

- Blue Valley Behavioral Health (BVBH): BVBH submitted two shifts. One request would allow a shift of \$10,000 from Outpatient Mental Health (MH) youth to Outpatient MH adult services. The other request would shift \$24,000 from Assessment Adult to Intensive Outpatient Substance Use Disorder (SUD).
- Houses of Hope – TASC: TASC is requesting a shift of \$89,894 from Crisis Response SUD to Crisis Response MH; \$61,769 from Intensive Community Services SUD to Crisis Response MH; and \$50,000 from Intensive Community Services SUD to Intensive Community Services MH.
- Tyerman-Harper explained that additional substance use disorder funds are available due to low utilization by residential services as many persons served in these programs were Medicaid eligible. These funds are being shifted to mental health services in order to utilize the allocation most effectively.

Reece made a motion, seconded by Weiss, to approve the April Contract Shifts as presented. Voting aye were Fillmore County, Jefferson County, Lancaster County, Nemaha County, Otoe County, Pawnee County, Polk County, Richardson County, Saunders County, Seward County, York County; nays none. Motion carried.

ARPA Collaborative Project – Voluntary Crisis Response Center:

- Kreifels commented that it had been the Region's intent to bring the committee recommendation for this collaborative project to this meeting for approval. Lancaster County is committed to moving forward with this project and is bringing ARPA funding to provide funds to provide a facility. Region V will provide funding for mental health services. Yoakum explained that Lancaster County was concerned about the reliability of the provider that was selected citing a previous breach of contract by that agency. Kreifels will meet with Lancaster County's Board to address concerns and determine the best way to move forward.
- Two emergency services will be offered, Crisis Stabilization and Mental Health Respite. Crisis Stabilization will be voluntary in comparison to the Mental Health Crisis Center, which is involuntary. Individuals who are stabilized over a five-seven day stay will be able to move to a respite bed should that be appropriate. Respite bed numbers will increase from three to twelve. While in respite, steps can be taken to focus on housing and other needs that will allow the person served to remain in the community. Pohlmann emphasized that this service will be available to all rural counties.

Yoakum made a motion, seconded by Lang, to delay this motion item until the June 12 Board meeting. Voting aye were Fillmore County, Jefferson County, Lancaster County, Nemaha County, Otoe County, Pawnee County, Polk County, Richardson County, Saunders County, Seward County, York County; nays none. Motion carried.

Revised Regional Administrator (RA) Succession Plan:

- Michael reviewed the Succession Plan highlighting changes. The revised plan has been reviewed and recommended for approval by the Executive Committee. In most instances changes were made that streamlined and simplified language. Specific duties regarding the job description for this position were

deleted and language now refers simply to the position description. Reasons for implementing the Succession Plan were revised to remove language referring to temporary and unplanned absences and additional unnecessary caveats and provides four reasons that the plan might be implemented that are more broadly defined.

- Should it be necessary to implement the Plan, the Corporate Compliance Officer will inform the Executive Committee immediately. New language states that the Executive Committee would appoint an Acting Regional Administrator from Region V's senior leadership and assess the best fit to fill the interim.
- Language was simplified and clarified regarding the parameters set for the Acting Regional Administrator, communication requirements, and steps necessary to move toward a Permanent Appointment for the RA.

Reece commented that the plan provides a great deal of flexibility and subsequently made a motion, seconded by Lang, to adopt the Revised Succession Plan as presented. Voting aye were Fillmore County, Jefferson County, Lancaster County, Nemaha County, Otoe County, Pawnee County, Polk County, Richardson County, Saunders County, Seward County, York County; nays none. Motion carried.

Change to Meeting Format: Pohlmann explained that this agenda item was discussed at the Region V Services meeting earlier. At that meeting it was decided that the Region V Services meetings will begin at 8:30 a.m. and the Region V Systems meeting will then begin at 10:15 a.m. This change will be implemented immediately and will apply to the June 12 meeting.

Harre made a motion, seconded by Crownover, to change the meeting format to 8:30 a.m. for Services and 10:15 a.m. for Systems meetings. Voting aye were Fillmore County, Jefferson County, Lancaster County, Nemaha County, Otoe County, Pawnee County, Polk County, Richardson County, Saunders County; Seward County, York County; nays none. Motion carried.

Annual Survey Results: Kreifels explained that the surveys are completed annually to provide feedback from various entities.

- Network Provider Executive Director Survey Results: These results have been discussed with the network providers at their recent meeting. In general, there was a lot of positive feedback and a good response. In response to receiving mixed messages (Q6) Kreifels asked that concerns be brought to the Region's attention for clarification; regarding decision making (Q7) Kreifels stressed that provider input is very important and assists with moving the recovery-oriented system of care forward to support people we serve, though final decisions ultimately rest with funders; regarding meeting materials (Q10) providers indicated they would like to receive meeting materials earlier than the current practice. The packets will now be sent on the Wednesday before the meeting rather than the Friday prior. Regarding stakeholder involvement (Q16) Kreifels indicated that he is available to attend any meeting where his attendance might be useful. One comment had indicated that a Likert scale be used rather than the binary yes/no currently used. The Region will look into making adjustments to the survey.
- BHAC Survey Results: Again, there was a lot of positive feedback. Regarding BHAC members having a clear understanding of their role (Q3) suggestions included periodic reviews to ensure BHAC members understand the issues under discussion. It was also suggested that Network Providers attend the meeting individually on occasion to provide information about their agency and the services they offer. Regarding receiving feedback (Q9) following the Board meetings, the RGB report, a synopsis of the RGB meeting, was noted as a strategy the Region has used for some time to close the information loop. Full meeting minutes are also available on the Region V website within ten days of the meeting. To the issue of whether or not BHAC meetings are an effective use of time (Q11) the restrictions on the use of hybrid meetings under the Open Meetings Act were reiterated. A comment was made regarding familiarity with the by-laws (Q13). The Region will provide information on a regular basis.
- Regional Governing Board Survey Results: In response to the effective facilitation of the board meetings (Q11) it was suggested that some of the agenda items could be included on a consent agenda and would not require additional discussion unless warranted. While a consent agenda will not be implemented at this time, efforts will be made to streamline presentation of materials. It was noted that members new to

the Board may feel more confident about their understanding of an issue before voting following discussion, and another comment was that the narrative provided was appreciated. To clarify information about meeting procedures (Q12) it was explained that the Open Meetings Act allows for public meetings to be held via hybrid for no more than half the annual meetings, which in this case is three of the seven scheduled meetings.

- There was discussion about ways that Board members could be more proactive in getting other board members from their county involved in the legislative process. Having a presence at NACO and NABHO meetings and conferences when appropriate would be one way to have additional input. Kreifels will plan to add an agenda item for the next Regional Administrator meeting to discuss how to have more of a presence and do more outreach around legislative issues.
- Region V Staff Survey Results: Responses were largely positive. Regarding work processes (Q3) a comment was made that all staff members should be allowed to stay home during inclement weather. Kreifels commented that all staff may communicate with their supervisor and miss scheduled meetings as needed. There was brief discussion about the concerns request process and staff being able to provide feedback to supervisors where there is a perceived imbalance of power. Staff were reminded that concerns could be discussed with the Corporate Compliance officer if the situation warrants such a step.

Lang made a motion, seconded by Weiss, to accept the results of the various surveys. Voting aye were Fillmore County, Jefferson County, Lancaster County, Nemaha County, Otoe County, Pawnee County, Polk County, Richardson County, Seward County, York County; nays none. Motion carried.

Site Visit Report Summaries: Tyerman-Harper presented site visit reports for the following providers:

- Associates in Counseling and Treatment (ACT): ACT provides SUD assessments. A two percent sample was reviewed and 100% of the units were verified. No program fidelity was required this fiscal year, and the agency is in substantial compliance with minimum standards and contractual requirements.
- CenterPointe: CenterPointe provides a number of services. A two percent sample was reviewed for all services with the exception of psychiatric residential services (PRR). All services scored 100 percent of the units verified with the exception of PPR. The exception involved one unit billed for a client who was Medicaid eligible at the time of services. A corrective action plan and payback was required. No program fidelity was required this fiscal year, and the agency is in substantial compliance with minimum standards and contractual requirements.

Yoakum made a motion, seconded by Weiss, to accept the Site Visit Report Summaries as presented. Voting aye were Fillmore County, Jefferson County, Lancaster County, Nemaha County, Otoe County, Pawnee County, Polk County, Richardson County, Seward County, York County; nays none. Motion carried.

OTHER UPDATES / LEGISLATION / INFORMATIONAL ITEMS

Behavioral Health / Legislative Updates: Kreifels presented the following information:

- The Appropriations Committee has released the budget and it does not include the 10.3 million dollars that was removed by Governor Pillen. The impact of that removal is 2.4 million dollars for Region V and a further additional reduction in County Match dollars. A five-percent rate increase was included in the budget, but it was not funded. Rates will increase by three percent in the first year of the biennium and by an additional two percent in the second year. Existing funds will need to be used to support the rate increase, which will reduce capacity and diminish the ability to fill gaps in the systems through new programs / services.
- Kreifels reiterated that the underlying reason that funds are available is a result of Medicaid expansion when many persons served moved from Region V funding and were enrolled in Medicaid. Medicaid expansion has had a similar impact on other entities.
- Preliminary County Match was based on the assumption that the 10.3 million would not be put back in the budget, so there should be little, if any, change to those amounts.
- Kreifels thanked Board Members for their efforts to reach out to Senators and work to educate and inform them of the impact of the loss of these funds. There was discussion about the value of continuing to reach out to decision makers. Pohlmann commented that revenue is below what was anticipated,

impacting legislative wishes to provide tax relief, making an argument for increased funding more difficult.

- LB433, requesting more flexibility for the Behavioral Health Regions, has resulted in some positive changes. In the upcoming fiscal year contract shifts will be allowed on a monthly basis and will not require DHHS approval.

Emergency System Update: Kreifels briefly discussed the following:

- At this time there are ten individuals waiting for inpatient treatment at Lincoln Regional Center (LRC). The Region continues to meet with LRC and other stakeholders using a problem solving, solution focused approach. Facilitating intake based on acuity of need and developing strategies to assist with discharges are focus areas. Efforts are also underway to determine how many beds are actually available at LRC and what the Region's allocation is / should be.
- 988 was enacted last year as an alternative for individuals to use in the event of a mental health crisis. Knowledge of the availability of 988 is not widespread. Kreifels asked that Board members help spread the word about this resource which is being underutilized. Anyone wishing to add a 988 logo to their website may contact Michael for assistance.
- The R.E.A.L. / Navigator project can be activated by law enforcement or communities and a peer will make contact within 24 hours.

Regional Prevention Coalition (RPC): Kreifels reported that Morrissey and the RPC are working to spread the word about 988. Other activities include applying for a grant, which is due in early June. Henning is working on the implementation plan to ensure it is ready to submit by the due date. RPC is working to identify projects / needs that could be addressed through this grant through the prevention coalitions in each county.

BHAC Membership / Attendance: Two BHAC members are at risk of termination based on their attendance. If warranted BHAC members are given the opportunity to appeal to the Board for reinstatement.

Opioid Settlement Funds: Initial decisions made by the Committee were called into question due to failure to follow the Open Meetings Act. The Statewide Committee is scheduled to reconvene May 15. Opioid funding in the amount of one hundred million dollars for Nebraska over 18 years, will come to the state due to the national lawsuit concerning over prescription of opioids. Fifteen percent of those funds will be disbursed to counties. Half of the remaining eighty-five percent will go to the Opioid Settlement Remediation Advisory Committee, and the other half will be disbursed to the Regions based on their Regional percentage.

Lancaster County ARPA Collaborative Project – Family Resource Center:

- Dozier expressed hope that this project will be able to move forward to Lancaster County for review within the next two weeks. Lancaster County will provide six million dollars for capital construction and Region V will provide 1.5 million for mental health services. The Center will respond to young persons experiencing a mental health crisis by providing de-escalation, a comprehensive assessment, and efforts to mitigate the ongoing crisis and reduce the impact on family members. Dozier commented that up to 750 youth are taken to the hospital in crisis and are not admitted every year so the family, school, and community may continue to experience that ongoing crisis.
- An additional goal is to provide up to 90 days of after care through community support and help the family create a plan. Respite beds will be available, and families will have an opportunity to have up to five therapy sessions while working to bridge to a permanent mental health home.
- This facility will be available to residents of the rural counties.

FY 23-24 Meeting Schedule (Draft): For informational purposes.

FY 23-24 Site Visit Schedule (Draft): For informational purposes.

Network Continuous Quality (CQI) Improvement:

- Roake commented that the CQI reports are typically based on quantitative data. She shared qualitative data through a success story regarding the impact of Dialectical Behavior Therapy (DBT). A female client, who historically has been a high utilizer of services, had a 20-year history of hospitalization on her birthday. She has recently completed eight weeks with no self-harm and did not require hospitalization on her birthday this year. DBT is cited as a factor in her recent success. In general, clients receiving DBT are seeing less incidence of self-harm. It is hoped that a cost saving can be established through data collected.
- Quarter 3 reports will be available at the June Board meeting.

FY 22-23 Compliance Management Report: Provided for informational purposes. This report measures Network Providers' compliance with various contract deliverables.

Wellbeing Initiative Quarterly Report Q3: Provided for informational purposes. The Region contracts with Wellbeing Initiative for consumer coordination activities. Kreifels commented that Region V was fortunate to have two strong peer-run programs available, the other being The Mental Health Association of NE. Kreifels noted that peers are highly influential in assisting persons served to move forward on their recovery journey.

FY 22-23 Capacity Utilization Summaries: Provided for informational purposes. Adjustments will be made based on the April contract shifts. June contract adjustments will also have an impact on these figures. Kreifels explained that as Medicaid unwinds, more individuals will be returning to Region V funding for their mental health services; however, it is impossible to predict what the number will be.

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

Other Business: None.

IMPORTANT DATES

- May 8 – Executive Committee Meeting
- May 15 – Network Provider Meeting – 9:00 a.m.
- May 31 – BHAC Meeting – 10:00 a.m.
- June 12 – RGB Meeting – 10:15 a.m.

ADJOURN

There being no further business the meeting adjourned at 12:07 p.m.