

REGIONAL GOVERNING BOARD

REGION V SYSTEMS MINUTES

November 13, 2023

Apace
3600 Union Drive
Lincoln, NE
10:15 a.m.

MEMBERS PRESENT: Kenny Harre, Fillmore County; Emily Haxby, Gage County; Gale Pohlmann, Jefferson County; Les Agena, Johnson County; Christa Yoakum, Lancaster County; Dan Crownover, Otoe County; Jan Lang, Pawnee County; John Caverzagie, Richardson County; Janet Henning, Saline County; Bill Reece, Saunders County; Ken Schmieding, Seward County; Dean Krueger, Thayer County

MEMBERS ABSENT: Ryan Svoboda, Butler County; Michael Weiss, Nemaha County; Jerry Westring, Polk County; Stan Boehr, York County

OTHERS PRESENT: Brenda Mueller, Marv Chauza, Houses of Hope; Tami DeShon, Renee' Dozier, Theresa Henning, Patrick Kreifels, Kristin Nelson, Amanda Tyerman-Harper, Marti Rabe, Region V Systems

HOUSEKEEPING / CALL TO ORDER

Caverzagie called the meeting to order at 10:25 a.m.

OPEN MEETINGS ACT INFORMATION

Caverzagie 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 5, 2023.

ROLL CALL / AGENDA

Roll call followed. A quorum was present.

Present: Fillmore County, Gage County, Jefferson County, Johnson County, Lancaster County, Otoe County, Pawnee County, Richardson County, Saline County, Saunders County, Seward County, Thayer County

Absent: Butler County, Nemaha County, Polk County, York County

Lang made a motion, seconded by Crownover, to approve the November 13, 2023, agenda. Voting aye were Fillmore County, Gage County, Jefferson County, Johnson County, Lancaster County, Otoe County, Pawnee County, Richardson County, Saline County, Saunders County, Seward County, Thayer County; nays none; absent Butler County, Nemaha County, Polk County. Motion carried.

PUBLIC COMMENT

There was no public comment.

EMPLOYEE RECOGNITION

- Caverzagie recognized two Region V employees for five years of service. Kayla Lathrop's current position is Prevention Specialist and Cherie Teague's current position is Professional Partner. Caverzagie highlighted these individuals' responsibilities, recognized their strengths, and thanked them for their dedicated service to Region V Systems.

PROVIDER PRESENTATION – BRENDA MUELLER – HOUSES OF HOPE.

- Mueller discussed the three levels of care provided by Houses of Hope (HH) – Halfway House, Touchstone, and TASC. In total HH served over 1,000 individuals last year.
- Halfway House has been in existence for 61 years. There are three houses, each with a capacity of 12. Programming is focused on helping clients develop skills needed to maintain a life in recovery. Average length of stay is six months.
- Touchstone, a short-term residential substance abuse treatment program, was established in 1999 in collaboration with CenterPointe. Capacity for Touchstone is 20 and men and women are served. Forty-two hours of weekly programming, including therapy, education, relapse prevention, case management, nursing services, and others are focused on community reintegration and support.
- Targeted Adult Service Coordination (TASC) is a collaboration among Houses of Hope, Lutheran Family Services, Blue Valley Behavioral Health, and The Bridge Behavioral Health which began in 2005. TASC provides community based case management services through Crisis Response Teams, Emergency Community Support, Bilingual/Bicultural Service Coordination, Intensive Care Management, and Recovery Support.

EMERGENCY SYSTEM PRESENTATION – KRISTIN NELSON

- Nelson provided an overview of the emergency system and the many services and programs designed to resolve crises using the least restrictive approach. Some of the services and interventions in place include 988, BETA training, mobile crisis response, providing a licensed social worker at Mental Health Crisis Center (MHCC), and expanded peer support. New initiatives include the Voluntary Crisis Response Center, Youth and Family Crisis Response Center (Square One), the “Stepping Up” initiative, and development of a Recovery & Wellness Engagement & Outreach Center.
- Despite these many interventions, the emergency system faces some challenges due to lack of access to Lincoln Regional Center (LRC) beds. The average wait for someone committed inpatient to LRC is 43.6 days. As a result, MHCC is often full, which results in more pressure on jails, community hospitals and law enforcement.
- Nelson discussed 988, the behavioral health hotline. 988 was, unfortunately, misbranded as a suicide hotline, and it has taken some time to get the word out that 988 is designed for anyone to call and talk to a trained counsellor who can either resolve the concern, deescalate the situation, help the caller create a safely plan, provide information and resources, or activate mobile crisis if indicated. Utilization is up to 70 calls a month as awareness of this resource increases.
- Behavioral Health Threat Assessment (BETA): BETA is designed to increase awareness and skills for law enforcement when encountering someone who is having a mental health crisis. To date over 1,500 individuals have attended a BETA training. Law enforcement is the target audience, but system partners are included in these trainings. Each year there are two four-day BETA trainings with two one-day (mini) BETAs scheduled for rural counties.
- Nelson’s PowerPoint slide deck will be sent to Board members to provide more information.

ACTION / PRIORITY ITEMS

Regional Governing Board Minutes, June 12, 2023: Henning made a motion, seconded by Lang, to approve the minutes of the September 11, 2023, meeting as presented. Voting aye were Fillmore County, Jefferson County, Johnson County, Lancaster County, Otoe County, Pawnee County, Richardson County, Saline County, Saunders County, Seward County, Thayer County; nays none; absent Butler County, Gage County, Nemaha County, Polk County, York County. Motion carried.

Financial Report:

- DeShon presented the financial report through September, briefly reviewing income and expenditures. The highlighted areas represent one-time costs such as subscriptions, and other amounts that fluctuate throughout the year such as advertising and salaries. These line items will be monitored closely, and it is anticipated that these line items will fall in line with the budget by the end of the fiscal year. DeShon reported that with 25 percent of the fiscal year completed, total expenditures stand at 27.4 percent and are approximately two and a half percent over budget.
- Agena made a motion, seconded by Yoakum, to approve the financial report as presented. Voting aye were Fillmore County, Jefferson County, Johnson County, Lancaster County, Otoe County, Pawnee County,

Richardson County, Saline County, Saunders County, Seward County, Thayer County; nays none; absent Butler County, Gage County, Nemaha County, Polk County, York County. Motion carried.

FY 23-24 Contractual Agreements: Henning presented contracts in the following categories:

- Evidence Based Practice: These three contracts relate to Dialectic Behavior Therapy training and consultation. Reece made a motion, seconded by Lang, to approve the Evidence Based Practice contracts as presented. Voting aye were Fillmore County, Jefferson County, Johnson County, Lancaster County, Otoe County, Pawnee County, Richardson County, Saline County, Saunders County, Seward County, Thayer County; nays none; absent Butler County, Gage County, Nemaha County, Polk County, York County. Motion carried.
- Network Provider: These contracts represent an increase in contract amounts for Telecare, IBHS, and ACT based on utilization. Harre made a motion, seconded by Yoakum, to approve the Network Provider contracts as presented. Voting aye were Fillmore County, Jefferson County, Johnson County, Lancaster County, Otoe County, Pawnee County, Richardson County, Saline County, Saunders County, Seward County, Thayer County; nays none; absent Butler County, Gage County, Nemaha County, Polk County, York County. Motion carried.
- Prevention: These contracts provide for WRAP training by Wellbeing Initiative and a change in dollar amounts for Community Coalitions to utilize Substance Abuse and Mental Health Service Administration (SAMHSA) strategic prevention strategies to address substance abuse prevention and mental health promotion. Henning made a motion, seconded by Schmieding, to approve the Prevention contracts as presented. Voting aye were Fillmore County, Jefferson County, Johnson County, Lancaster County, Otoe County, Pawnee County, Richardson County, Saline County, Saunders County, Seward County, Thayer County; nays none; absent Butler County, Gage County, Nemaha County, Polk County, York County. Motion carried.
- Statewide Opioid Response (SOR): The contract with CenterPointe is for the purpose of providing medication and other supports for substance use disorder and the remainder of the contracts are related to media / awareness activities. Lang made a motion, seconded by Agena, to approve the Statewide Opioid Response contracts as presented. Voting aye were Fillmore County, Jefferson County, Johnson County, Lancaster County, Otoe County, Pawnee County, Richardson County, Saline County, Saunders County, Seward County, Thayer County; nays none; absent Butler County, Gage County, Nemaha County, Polk County, York County. Motion carried.
- Other: The contract with Lancaster County will provide funding for a new position for the Stepping Up initiative with the goal of reducing the number of persons with mental health challenges who are incarcerated; the contracts with Wellbeing Initiative will provide for the development of a Recovery & Wellness Engagement & Outreach Center. Yoakum made a motion, seconded by Crownover, to approve the Other contracts as presented. Voting aye were Fillmore County, Jefferson County, Johnson County, Lancaster County, Otoe County, Pawnee County, Richardson County, Saline County, Saunders County, Seward County, Thayer County; nays none; absent Butler County, Gage County, Nemaha County, Polk County, York County. Motion carried.

FY 22-23 Annual Report (draft):

- Kreifels commented that Rourke oversees the process of publishing the Annual Report though the Report is a collaborative effort from all employees. Kreifels briefly highlighted various areas of the Annual Report, noting that Page 5 – Fiscal Transparency – has been updated and the numbers are believed to be close to actuals. When the audit is completed by the end of November any additional changes will be made and the Board will be advised of those changes.
- Yoakum made a motion, seconded by Lang, to approve the preliminary FY 22-23 Annual Report pending the final fiscal audit. Voting aye were Fillmore County, Jefferson County, Johnson County, Lancaster County, Otoe County, Pawnee County, Richardson County, Saline County, Saunders County, Seward County, Thayer County; nays none; absent Butler County, Gage County, Nemaha County, Polk County, York County. Motion carried.

Youth and Family Crisis Response Center – Square One Recipient Award:

- Dozier discussed the lengthy process which led to this motion item. The project will be funded through a collaboration with Lancaster County and the City of Lincoln to provide capital construction. This service aligns with SAMHSA best practices and has been an identified gap in the system for 20 years. Two agencies

submitted proposals. Yoakum and Reece, who sat on the review committee, commented that both proposals were good, but the scoring of the committee placed CenterPointe at the top.

- On behalf of the review committee Yoakum made a motion, seconded by Agena, to accept the recommendation of the committee and award CenterPointe with the contract for this service. Roll call vote followed. Voting aye were Fillmore County, Jefferson County, Johnson County, Lancaster County, Otoe County, Pawnee County, Richardson County, Saline County, Saunders County, Seward County, Thayer County; nays none; absent Butler County, Gage County, Nemaha County, Polk County, York County. Motion carried.

Revised Compensation Policy:

- Kreifels noted that Michael has done the majority of work on this revision, and the Executive Committee has reviewed it and recommended approval. Kreifels explained that the Region has been using a grade and step salary process and the changes to this policy will move the Region away from that process and provide more flexibility which will aid in recruiting and retaining staff. Under the new policy, if adopted, all employees who have satisfactory evaluations would receive the same percentage point raise. In addition, the new policy will eliminate new hire probation as it relates to annual raises.
- Henning made a motion, seconded by Pohlmann, to approve the revised Compensation Policy as presented. Discussion followed. Kreifels explained the process that is used to verify that employees are eligible for a raise. Voting aye were Fillmore County, Jefferson County, Johnson County, Lancaster County, Otoe County, Pawnee County, Richardson County, Saline County, Saunders County, Seward County, Thayer County; nays none; absent Butler County, Gage County, Nemaha County, Polk County, York County. Motion carried.

OTHER UPDATES / LEGISLATION / INFORMATIONAL ITEMS

RGB Revised Bylaws: Kreifels stated that it had been the intention of the Region to bring revised bylaws to this meeting; however, due to the need to evaluate the interlocal agreement, Region V Systems will collaborate with Apace to revise the bylaws. The Executive Committee will review the bylaws when they have been revised and the document will be brought to the February or March Board meeting.

September 11 Executive Committee Meeting Minutes: These minutes are provided for informational purposes.

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

- LB276, introduced by Senator Wishart, provides for the adoption of Certified Community Behavioral Health Clinics (CCBHCs). The Regions have engaged with Kim Freese, Area Director of SAMHSA, to help the Regions learn about the system transformation that will result and the impact that will have on Regions and providers. CenterPointe and Lutheran Family Services received grant funding to implement the CCBHC model which provides comprehensive care. Freese will attend the February Board meeting to provide information. Kreifels is urging the Nebraska Department of Health & Human Services-Medicaid/Behavioral Health Divisions to apply for an implementation grant in 2025 which is a prerequisite for federal approval and to be eligible for a twelve percent higher Medicaid federal match to Nebraska for four years.
- Dr. Steve Corsi was appointed as the new Chief Executive for the Department of Health and Human Services (DHHS), beginning September 1. Governor Pillen announced the appointment of Dr. Alyssa Bish as the Director of Children and Family Services for DHHS. Dr. Bish will start on Dec. 28.
- A number of approaches have been implemented to reduce stress on the emergency system. A bill introduced by Senator Hanson to do a study to determine the number of psychiatric beds at Lincoln Regional Center and private hospitals needed for the system passed last session. An RFP was issued, providing \$50,000 to complete the study. There was only one applicant, and their price tag was \$80,000. Efforts are underway with the lobbyist to provide a path for this study to move forward. The study is to be presented to the Legislature in November of 2024.
- On December 6, 2023, the Regional Administrators and NABHO Executive Director Dubas will meet with Senators to talk about behavioral health challenges and gaps and needs in the system.
- Kreifels stated that the Regional Administrators have been invited to attend the NACO conference.

Behavioral Health Stabilization Funds Update: These funds have been allocated, and initial data shows an overall five percent reduction in staff vacancies. The data shows a six percent reduction for non-licensed staff and a three percent reduction for licensed staff.

Medicaid Unwind: Nebraska's disenrollment rate is at 30%, which is lower than the nationwide average. Data shows that 47 percent of the disenrollments are the result of procedural issues. Providers are seeing a small uptick in the number of individuals who are not Medicaid eligible.

Voluntary Crisis Response Center: Tyerman-Harper stated that Integrated Behavioral Health Services (IBHS), which was awarded this contract, has made an offer that was accepted and plans to close on a property by mid-January. The consensus is that the property is in a good location as it was previously used as a residential healthcare facility, so it is hoped that zoning will not be a concern, which should save time by avoiding a public hearing. A program manager has been hired.

Opioid Settlement Funds:

- Henning stated that members for a subcommittee are being selected with the first meeting of this group set for November 28. Henning asked Board members to consider sitting on this committee. Yoakum expressed interest and agreed to participate if schedule conflicts could be resolved. The subcommittee will be responsible for creating a plan for how to use these funds, review the charter and develop a blueprint for moving forward.
- There will be a two-day summit at Wilderness Ridge on March 19-20, 2024, with the Opioid Response Network. The Board was invited to attend. Registration information will be provided when it is available.
- An environmental scan will be conducted to ensure that the Region's strategies enhance the efforts of other entities and avoid duplication of efforts.
- Kreifels expressed concerns that a statewide RFP was issued, and if there were awards in the Region V catchment area, that would draw funds from the Region's allocation. More information to come as the Region monitors this concern.

Regional Prevention Coalition (RPC): Kreifels reported that the Attorney General is cracking down on marketing practices aimed at youth and misleading labeling for products which may contain harmful chemicals.

Network Continuous Quality (CQI) Improvement: The following documents were provided for informational purposes.

- FY 23 Zero Suicide Report
- FY 22-23 Q3 Quality File Review Report
- FY 22-23 Ineligibles and Denials Report (& Multi-year review)
- FY 22-23 Complaints, Appeals, Critical Incident Report
- FY 22-23 National Outcome Measures
- FY 22-23 Stable Living & Employment at Discharge
- FY 22-23 Perception of Care
- FY 22-23 Recovery Outcomes

Informational Items: The following documents were provided for informational purposes.

- FY 23-24 Capacity Utilization Summaries
- FY 23-24 Network Compliance Management Report
- Wellbeing Initiative Quarterly Report Q1
- FY 23-24 Training Plan

Other Business: None.

IMPORTANT DATES

- November 13 – Executive Committee Meeting
- November 20 – Network Provider Meeting – 9:00 a.m.
- January 31 – BHAC Meeting – 10:00 a.m.
- February 12 – RGB Meeting – 10:15 a.m.

ADJOURN

There being no further business the meeting adjourned at 12:32 p.m.