

REGIONAL GOVERNING BOARD

**REGION V SYSTEMS
MINUTES**

September 9, 2024

Apace
4433 South 70th Street
Lincoln, NE
10:15 a.m.

MEMBERS PRESENT: Kenny Harre, Fillmore County; Emily Haxby, Gage County; Les Agena, Johnson County; Christa Yoakum, Lancaster County; Michael Weiss, Nemaha 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; Leroy Ott, York County

MEMBERS ABSENT: Ryan Svoboda, Butler County; Gale Pohlmann, Jefferson County; Jerry Westring, Polk County

OTHERS PRESENT: Trent Sidders, Cline Williams; Megan Leikam, Danielle Bugay, Associates in Counseling and Treatment; Tami DeShon, Renee' Dozier, Theresa Henning, Patrick Kreifels, Kim Michael, Sandy Morrissey, Erin Rourke, Amanda Tyerman-Harper, Marti Rabe, Region V Systems

HOUSEKEEPING / CALL TO ORDER

In the absence of the Chair, Vice Chair Caverzagie called the meeting to order at 10:43 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 September 1, 2024.

ROLL CALL / AGENDA

Roll call followed. A quorum was present.

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

Absent: Butler County, Jefferson County, Polk County

Weiss made a motion, seconded by Yoakum, to approve the September 9, 2024, agenda as presented. Voting aye were Fillmore County, Gage County, Johnson County, Lancaster County, Nemaha County, Otoe County, Pawnee County, Richardson County, Saline County, Saunders County, Seward County, Thayer County, York County; Nays none; Absent: Butler County, Jefferson County, and Polk County. Motion carried.

PUBLIC COMMENT

There was no public comment.

STAFF RECOGNITION

Caverzagie recognized two Region V employees for 20 years of service. Susan Lybarger's current position is Administrative Assistant, and Theresa Henning's position is Director of Special Projects. Lisa Moser, a

Prevention Professional Partner, was recognized for ten years of service, and Jade Fowler, Manager of Housing Services, was recognized for five years of service. Caverzagie highlighted these individuals' responsibilities, recognized their strengths, and thanked them for their dedicated service to Region V Systems.

NETWORK PROVIDER PRESENTATION–MEGAN LEIKAM, ASSOCIATES IN COUNSELING AND TREATMENT (ACT):

- Leikam has been the Executive Director for ACT since 2020, beginning right before the Covid pandemic.
- Leikam and Bugay provided information regarding the various services available at ACT which include outpatient, intensive outpatient (IOP), domestic violence classes, anger management classes, alcohol / DUI education, aftercare and alcohol and drug evaluation.
- ACT provides six evaluations weekly at Lancaster County Corrections which helps individuals get released and into therapy. Evaluations are also provided onsite at The Bridge, Matt Talbott, Drug Court, and Diversion Services.
- ACT has been innovative in collaborating with schools in the area and welcomes interns; as a result, a number of the interns have elected to stay at ACT when their internship is finished, which has allowed the agency to experience growth where other entities have struggled with staffing.
- Kreifels commented that ACT has been focused on eliminating barriers and increasing access to treatment. Because ACT was willing to go out into the community during Covid, ACT was able to maintain their utilization and as a result of their innovation and productivity, the Region has more than doubled funding for the agency.

ACTION / PRIORITY ITEMS

June 10, 2024, Regional Governing Board Minutes: Avena made a motion, seconded by Lang, to approve the minutes of the June 10, 2024, meeting as presented. Voting aye were Fillmore County, Gage County, Johnson County, Lancaster County, Nemaha County, Otoe County, Pawnee County, Richardson County, Saline County, Saunders County, Seward County, Thayer County, York County; Nays none; Absent: Butler County, Jefferson County, and Polk County. Motion carried.

Financial Report:

- DeShon noted that the report has a different format due to the new software that the fiscal department is implementing. Referring to a line item regarding interest income, DeShon commented that the Region has moved money from a CD to a money market account in order to increase interest income.
- DeShon then presented the financial report through July 31, 2024, briefly reviewing income and expenditures for mental health, substance use disorder and other line items. Highlighted areas currently over budget were postage, software purchase and maintenance, staff development and subscription costs, some of which are one-time costs and are payable at the first of the year. With 8.33 percent of the fiscal year completed, total expenditures stand at 6.48 percent.
- Reece made a motion, seconded by Henning, to approve the Financial Report as presented. Voting aye were Fillmore County, Gage County, Johnson County, Lancaster County, Nemaha County, Otoe County, Pawnee County, Richardson County, Saline County, Saunders County, Seward County, Thayer County, York County; Nays none; Absent: Butler County, Jefferson County, and Polk County. Motion carried.

FY 24-25 Performance Improvement Plan (PIP) (draft):

- Rourke presented the FY 24-25 PIP explaining that this report highlights key performance improvement indicators that will be monitored during the fiscal year. The layout is new for this year and has been simplified for clarity. The last indicator is a new one and is driven by the recent CARF survey report. This indicator relates to how stakeholders view the Region. Rourke used that indicator to review the format for the reports.
- Kreifels commented that Rourke produces this report with input from Region V employees and thanked Rourke for her efforts to make the report more appealing.

- Lang made a motion, seconded by Weiss, to approve the FY 24-25 Performance Improvement Plan as presented. Voting aye were Fillmore County, Gage County, Johnson County, Lancaster County, Nemaha County, Otoe County, Pawnee County, Richardson County, Saline County, Saunders County, Seward County, Thayer County, York County; Nays none; Absent: Butler County, Jefferson County, and Polk County. Motion carried.

FY 24-25 Risk Management Plan (draft):

- Michael reviewed the FY 24-25 Risk Management report, noting that this document is a CARF requirement and is also a best practice. Michael explained that the organizational goals are written in the negative, described the various assessment headings, and reviewed the process that guides the Plan. Michael noted that the development of this Plan is an ongoing process. A Risk Management Team meets to prepare the document which is reviewed by the Corporate Compliance Team.
- Harre made a motion, seconded by Henning, to approve the FY 24-25 Risk Management Plan as presented. Voting aye were Fillmore County, Gage County, Johnson County, Lancaster County, Nemaha County, Otoe County, Pawnee County, Richardson County, Saline County, Saunders County, Seward County, Thayer County, York County; Nays none; Absent: Butler County, Jefferson County, and Polk County. Motion carried.

Revised Interlocal Agreement:

- Kreifels reviewed the timeline involved with the development of the amended and restated Interlocal Agreement. It was initially presented on February 12, 2024, at which time the Board approved a resolution to engage with Apace and an attorney to move forward. On April 8, 2024, a draft Interlocal Agreement was presented for Board members to take to their County Boards and their County Attorneys.
- Since then, Kreifels and Kasik have visited each County Board to discuss the separate amended and restated agreements for Apace and Region V Systems and answer any questions. After several minor revisions, the updated final draft agreements were sent to the Board on July 31, 2024. In early August, the request to amend these documents was sent to the Division of Behavioral Health, and on August 29, 2024, Region V Systems received approval to make these changes. If the Board approves the Interlocal Agreement for Region V Systems, Michael will send it to all County Boards and ask that the revised agreement be put on their County agenda for approval by the full County Board, signed and returned.
- Henning made a motion, seconded by Krueger, to approve the “Amended and Restated Agreement for the Formation of the Region V Community Human Services Program and Region 5 Systems” as presented. Roll call vote followed. Voting aye were Fillmore County, Gage County, Johnson County, Lancaster County, Nemaha County, Otoe County, Pawnee County, Richardson County, Saline County, Saunders County, Seward County, Thayer County, York County; Nays none; Absent: Butler County, Jefferson County, and Polk County. Motion carried.

Resolution for Stylistic Change to Name:

- Kreifels presented Region V Systems’ request to make a stylistic change to its name, changing the roman numeral “V” to the number “5.” This change will bring Region V Systems into alignment with the other Behavioral Health Regions and provide clarity as the roman numeral can be confusing.
- Henning made a motion, seconded by Yoakum, to approve the “Resolutions of the Governing Board of Region V Systems” for the stylistic change to name as presented. Roll call vote followed. Voting aye were Fillmore County, Gage County, Johnson County, Lancaster County, Nemaha County, Otoe County, Pawnee County, Richardson County, Saline County, Saunders County, Seward County, Thayer County, York County; Nays none; Absent: Butler County, Jefferson County, and Polk County. Motion carried.

Closed Session:

- At 11:20 a.m. Yoakum made a motion that the Board go into closed session for the purpose of discussing real estate strategies relating to the lease of 3600 Union Drive, Lincoln, NE. The following individuals are asked to remain in closed session: Patrick Kreifels, Kim Michael, Tami DeShon, Matt Kasik, and Trent Sidders. Agena seconded the motion. Roll call vote followed. Voting aye were Fillmore County, Gage County, Johnson County, Lancaster County, Nemaha County, Otoe County, Pawnee County,

Richardson County, Saline County, Saunders County, Seward County, Thayer County, York County; Nays none; Absent: Butler County, Jefferson County, and Polk County. Motion carried.

- At 11:30 a.m. Yoakum made a motion that the Board return to open session. Henning seconded that motion. Voting aye were Fillmore County, Gage County, Johnson County, Lancaster County, Nemaha County, Otoe County, Pawnee County, Richardson County, Saline County, Saunders County, Seward County, Thayer County, York County; Nays none; Absent: Butler County, Jefferson County, and Polk County. Motion carried.

Open Session / Lease Negotiations:

- Yoakum made a motion that (1) management of Region V Systems be and hereby is authorized and instructed to enter into negotiations for a lease agreement with Apace for the building at 3600 Union drive, Lincoln, NE, and to execute such lease agreement after review and approval by legal counsel; and (2) management of Region V Systems be and hereby is authorized and instructed to provide notice of termination of the existing lease agreement with Emprise Properties, LLC, for the premises located at 1645 “N” Street, 1625 “N” Street, and 1609 “N” Street (unimproved lot) and to take such further action as may be necessary to coordinate the move from the existing leased premises to the 3600 Union Drive property. Henning seconded the motion. Roll call vote followed. Voting aye were Fillmore County, Gage County, Johnson County, Lancaster County, Nemaha County, Otoe County, Pawnee County, Richardson County, Saline County, Saunders County, Seward County, Thayer County, York County; Nays none; Absent: Butler County, Jefferson County, and Polk County. Motion carried.
- When asked about his role, Sidders stated that he has been engaged to represent Region V Systems in these negotiations. Sidders will draft a lease agreement that is “middle of the road,” geared to be fair to both parties to the agreement. As necessary, Apace will have the lease reviewed by its legal counsel.

OTHER UPDATES / LEGISLATION / INFORMATIONAL ITEMS

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

- The recent Legislative special session was held to address the Governor’s priority of property tax relief. Kreifels discussed DHHS’s efforts to transition an additional eight million dollars in “lapsed funding” from Program 38 to fund the Governor’s priorities. Currently there are between 17-18 million dollars in unspent funding for the biennium. The Region has been working with NABHO and Dubas testified to the appropriations committee regarding the impact of such an act. Senator Wishart and others pushed back with the result that the funding was not removed.
- Kreifels noted that the Region used 86 percent of its allocation last year, a significant increase from the previous fiscal year. Currently utilization for the first month of the year is at 8.3 percent, right on target for one twelfth of the year (8.33 percent). As utilization continues to trend up, Kreifels anticipates a funding shortfall before the end of the fiscal year noting that the Regional allocation had been reduced by three million dollars for the biennium.
- Kreifels has been meeting with a number of Senators and Senator candidates to provide information and education regarding behavioral health. The importance of counties providing a united front was discussed and the disparities among rural and urban counties were noted.

CARF Accreditation Report: Michael presented the CARF Accreditation Report remarking that Region V Systems received a three-year accreditation for the eighth consecutive time. There are over 2,000 standards to address, and Region V Systems received only two minor recommendations, which have already been addressed. Kreifels thanked Michael for her diligence in assuring Region V Systems is positioned to conform to the standards.

Medicaid Unwind: The dashboard as of June 30 indicates that 96 percent of Medicaid reviews have taken place with approximately 17,000 remaining. Overall, there was a fourteen percent decline in persons enrolled statewide, which equates to approximately 118,000 individuals. The Region has seen a four percent increase in utilization from last fiscal year and will continue to monitor the impact of the Medicaid Unwind moving through FY 25.

Opioid Remediation Settlement Funds: Henning provided the following updates:

- Opioid Flex Funds, approved by the Board, have been released. The Guidelines and Reimbursement Request Form were provided for informational purposes. Allowable uses include transportation, housing, phones, food, legal identification, adaptive equipment, and others as deemed eligible. These funds are an effort to remove barriers to treatment. It was noted that funding was limited and was expected to be utilized quickly.
- Funding for PhysLab, which will allow PhysLab to provide transports for suspected overdose cases at no charge to counties has been released including the initial letter and Reimbursement Request Form.
- The Steering Committee anticipates releasing another grant cycle in the current fiscal year following review of outcomes from the initial release.

ACH / Direct Deposit: DeShon explained that the fiscal department is using new software and is moving toward direct deposit for all vendors. Kreifels commented that this updated system is a result of the strategic plan goal to become more efficient. DeShon will provide that information to the Board when the system is in place.

Medicare Reimbursement: Kreifels discussed the recent Medicare expansion which has opened Medicare reimbursement to licensed mental health practitioners. Medicare rates are significantly lower than either Medicaid or Region V rates. While the intent was to increase access to services, an unintended consequence is lower reimbursements. Blue Valley Behavioral Health (BVBH), providing outpatient services in thirteen rural counties, has been impacted the most by this practice. BVBH also only received half of the Capacity Access Guarantee dollars requested which help to offset costs to providing services. These reductions are anticipated to have an impact on availability of services in rural counties.

Coordinated Specialty Care (For Treatment of First Episode Psychosis): In reviewing the DHHS budget Kreifels observed that \$118,000, earmarked for first episode psychosis, were not being drawn down. The Region is working to redirect some of those funds to the Region to provide this service and is working on a Request for Proposals (RFP). The timeline is aggressive, and it is hoped that the recommendation from the RFP proposal will be on the November Board agenda.

Department of Justice (DOJ) Investigation Update:

- The DOJ has been conducting a multi-year investigation and has determined that Nebraska is in violation of the Americans with Disability Act. The focus is centered around the State's practice of congregating individuals into assisted living facilities with few options to move forward through treatment.
- The DOJ and DHHS are negotiating an agreement. DHHS is hoping to avoid litigation and will be bringing up additional services such as transitional housing and group homes for persons with impairments. The Division is considering applying for a 1915(i) Medicaid waiver which serves people with serious mental illness. The waivers offer Medicaid services to support independence at home or in the community and includes targeted case management.
- Tyerman-Harper noted that an assisted living facility in Wymore is being shut down as of October 1. Thirty-five individuals will need to be rehoused. Medicaid is taking the lead in this process though Region V is trying to be part of the solution.

Stepping Up Initiative: No report.

Zero Suicide: Morrissey reported that seventeen providers have gone through the Zero Suicide Academy and become certified, and all staff has been trained. Monthly meetings are being held. The UNL Policy Center is overseeing these funds. There has been an uptick in the suicide rate in rural counties. Providers are asking for a "refresher" course.

Emergency System Update:

- The Emergency System is working with Lincoln Regional Center (LRC) to integrate people into the community as LRC deems them discharge ready. In some instances, these individuals have multiple morbidities, and the current continuum of care is unable to effectively provide for them. In these cases,

an individual Plan for One is created. These services are expensive to implement, and the Region may need to access additional funding to serve these individuals. Additionally, DHHS is currently approving these plans for a year or less. At this time, the service continuum does not have an appropriate level of care for transition from a Plan for One.

- Mental Health Board training is scheduled for this Friday, September 13.

Regional Prevention Coordination System Update:

- Student Health and Risk Prevention (SHARP): Morrissey reported that although participation in the survey is down, the trends remain the same. Alcohol is still the number one concern. More environmental scans will take place both in rural counties and in Lancaster County with an emphasis on vaping, selling to minors and the levels of THC in the products available.

SquareOne and Voluntary Crisis Response Center:

- Dozier reported that CenterPointe has onboarded and trained staff as of July. To date SquareOne has served nine individuals. Marketing is taking place to increase awareness. Lancaster County is working on an RPF for an architect. Anticipated completion of remodeling is fall of 2025. Currently CenterPointe is providing three of the four core services on the CenterPointe campus. When the building is ready, the fourth core service, Crisis Respite, will be available.
- Construction delays are pushing the opening of the VCRC to December. Staffing issues and obtaining the building permit are also creating delays.

Network Continuous Quality (CQI) Improvement:

- FY 23-24 Network CQI Q4 Synopsis: Rourke commented that year-end reports for a number of measures have not been finalized. When available, the reports will be emailed to the Board. RQIT will be meeting this afternoon to discuss findings. Rourke commented that satisfaction of persons served is down and that will be an area of discussion.
- Evaluation of Dialectical Behavior Therapy Implementation: Page one of this document provides an overview / executive summary and highlights of the DBT Implementation.
- Evaluation of Motivational Interviewing Implementation: Page four of this document provides an overview / executive summary of MI implementation.

Year-end FY 23-24 Capacity Utilization Summaries: Provided for informational purposes.

Year-end FY 23-24 Network Management Report: Provided for informational purposes.

Training Plan: Provided for informational purposes. Additional trainings, including BETA trainings, are scheduled for this fiscal year.

Other Business: None

IMPORTANT DATES

- September 16 – Network Provider Meeting – 9:00 a.m.
- November 6 – BHAC Meeting – 10:00 a.m. – Region V Systems, 1645 N Street
- November 18 – RGB Meeting – 10:15 a.m. – Hybrid, Apace, 4433 South 70th Street

ADJOURN

There being no further business the meeting adjourned at 12:29 p.m. followed by lunch and 50th Anniversary Reception for the Regional Governing Board.