

## Northeast Michigan Community Mental Health Authority Board

### Board Meeting

February 8, 2018

#### I. Call to Order

Chair Gary Nowak called the meeting to order in the Board Room at 3:00 p.m. A sympathy card was circulated for signatures in memory of Steve Dean's daughter who passed away on Wednesday.

#### II. Roll Call and Determination of a Quorum

Present: Lester Buza, Bonnie Cornelius, Alan Fischer, Judy Hutchins, Judy Jones, Albert LaFleche, Terry Larson, Eric Lawson, Gary Nowak, Pat Przeslawski

Absent: Steve Dean (excused), Roger Frye (excused)

Staff & Guests: Carolyn Bruning, Lee Ann Bushey, Mary Crittenden, Lynne Fredlund, Laura Gray, Ruth Hewett, Cheryl Jaworowski, Kay Keller, Larry LaCross, Cathy Meske, Nena Sork

#### III. Pledge of Allegiance

Attendees recited the Pledge of Allegiance as a group.

#### IV. Appointment of Evaluator

Gary Nowak appointed Bonnie Cornelius as evaluator for this meeting.

#### V. Information and/or Comments from the Public

There was no information presented.

#### VI. Educational Session – Catholic Human Services

Cathy Meske introduced Larry LaCross, Catholic Human Services Clinical Supervisor and NEMROC Board member. Mr. LaCross noted his agency works with those individuals with co-occurring disorders and is working to combat the opioid epidemic. He distributed two handouts; one on Up North Prevention and one on Integrative Partnerships and Community Initiatives around the Opioid Epidemic. Up North Prevention services focus on community education and the links between prescription drugs and the importance of locking up those prescriptions. This initiative is funded through a grant from Blue Cross Blue Shield. Up North Prevention will be working with primary care facilities, county jails, and the community to provide education related to the opioid crisis and providing an understanding of how some of the crisis can be curbed. Mr. LaCross addressed the need to have emergency responders having access to Narcan (naloxone). This medication is an opioid antagonist and can reverse an opioid overdose. Narcan will actually kick the opioid molecules off the brain receptors. This is administered through an injection similar to that of an EpiPen. There is also a nasal spray version of the medication. A tablet form is a long-acting version of this medication as well. Narcan is an immediate method to save a person's life; however, this does not treat the disease. Mr. LaCross stressed the importance in providing integrated services to individuals with a substance use disorder and not providing services in silo setting for best results.

Alcona Health Center received a grant two years ago this May to provide funding for the New Horizons Substance Use Recovery Network. This is a medication assisted treatment (MAT) process. The most effective medication used is Vivitrol (naltrexone), an injectable medication and is administered every 28 days. Suboxone (buprenorphine) is another medication used in MAT and is administered daily.

Judy Jones inquired as to the effects if a person being administered Vivitrol and then takes drugs. Larry LaCross reported MAT does not treat the withdrawal or depletion of drugs. An individual on Vivitrol may not get the "high" from an opioid they may have taken in the past as the opioid receptors have a block. He stressed recovery is best achieved with medication therapy and coaching.

Larry reported the MAT program was successful in that many individuals moved into a maintenance program; however, this taxed their ability to provide the clinical support services within the grant budget.

He noted Catholic Human Services (CHS) has also developed a good relationship with the Thunder Bay Community Health Services and CHS has been able to co-locate some of their substance use treatment clinicians within the offices of Thunder Bay Community Health Services in Rogers City and Atlanta. In addition Ben Martin, Addiction Counselor, is working in Onaway in coordination with Catholic Human Services.

The end goal is to access treatment in an integrated fashion. Thunder Bay Community Health Services is being very active in addressing the role physicians' play in the opioid epidemic. The partnership looks at ways the clinic will support their patients in pain management to reduce the amount of opioids prescribed.

Catholic Human Services received a grant from the Michigan Health Endowment Fund to address integration of services in Alpena and Montmorency counties. The grant project will help the community better integrate services to families involved in the child welfare program where the children also have a caregiver or parent with addiction issues. Referrals began December 1. Meetings of a multi-disciplinary team are held routinely to review referrals. He reported Mary Crittenden is a representative from Northeast participating in this endeavor. The project looks for ways to support the family and support recovery. This assists in keeping children in the community versus placing children out of the area.

Pat Przeslawski inquired about whether there are similar medications that could be used to block receptors craving smoke. Mr. LaCross noted there are some medications to help in curbing cigarette cravings.

Larry LaCross noted over a period of years, doctors were encouraged to treat patients with opioids to keep pain managed and to prescribe. This was based on research and later found most of the research was generated from pharmaceutical companies.

Eric Lawson inquired why some individuals are not susceptible to addiction where other may be. Larry noted there are different risk factors – genetic history, age of first use, and trauma.

Laura Gray inquired as to whether there are new grants available for treatment. Mr. LaCross reported CHS works with those individuals with a mild to moderate diagnosis. He notes the Agency is working with the health centers, who also treat mild to moderate, to provide better integration of services. Ms. Gray noted she has been attending the interagency meetings to stress the importance of community education through such groups as NAMI. Larry LaCross noted most times "tough love" does not work in addiction solutions.

Terry Larson noted it is important for physicians to look at the MAPS (Michigan Automated Prescription System) to determine the prescriptions individuals receive to ward off abuse. Albert LaFleche noted he believes the use of marijuana is just a stepping stone to opioids.

**VII. Approval of Minutes**

*Moved by Judy Hutchins, supported by Eric Lawson, to approve the minutes of the January 11, 2018 minutes as presented.* Motion carried.

**VIII. Consent Agenda**

**1. Contracts/Agreements**

**a. Quest Software Inc.**

*Moved by Judy Hutchins, supported by Eric Lawson, to approve the Consent Agenda.*

Roll call vote: Ayes: Lester Buza, Bonnie Cornelius, Alan Fischer, Judy Hutchins, Judy Jones,

Albert LaFleche, Terry Larson, Eric Lawson, Gary Nowak, Pat Przeslawski; Nays: None; Absent: Steve Dean, Roger Frye. Motion carried.

**IX. February Monitoring Reports**

**1. Treatment of Consumers 01-002**

Pat Przeslawski noted this meeting was postponed from the original date. The quarterly rights activity report for the first quarter of FY17-18 was included in the mailing. Board members had no questions or concerns.

**2. Budgeting 01-004**

Cheryl Jaworowski reviewed the final Statement of Revenue and Expense for FY17. She noted the preliminary numbers were provided to the Board last November. She reviewed the contract settlement funds noting Medicaid funds were over spent and General Funds under spent with \$30,561 lapsing back to the state and \$40,494 to be carried forward to FY18. This was after the 236 Transfer from AuSable Valley of \$100,000. She noted the General Fund line had some late corrections which resulted in the changes. In addition, Healthy Michigan was over spent by \$127,991 and Autism was under funded by \$435,402. Overall, there was a positive change in net position of \$113,581. This will be the statement the auditors will be basing their audit on.

Cheryl Jaworowski reviewed the Statement of Revenue and Expense for month ending December 31, 2017. She reported the shift from general Medicaid to Healthy Michigan is beginning to revert back slightly. For month ending December 31, 2017 there was a positive change in net position of \$45,818.

Cheryl Jaworowski reported MMRMA recently notified the Agency they will again be giving a net asset distribution this year which will be larger than last year.

**3. Financial Condition 01-005**

Cheryl Jaworowski reviewed the final Statement of Net Position and Change for FY17. The unrestricted fund balance increased by 9.2% and the Agency has 52 days of operating funds which is where we ended last fiscal year.

Cheryl Jaworowski reviewed the unrestricted fund balance as of December 31, 2017 noting it continues to improve and we now have 56 days of operating funds. In addition to the Agency's quarterly report, the statement from the Community Foundation for the endowment fund was reviewed. She noted the spendable amount from this fund currently is \$8,474.24.

**4. Staff Treatment 01-003**

Cathy Meske reported the monitoring report related to staff treatment uses a turnover report for measurement. She noted Kay Keller, HR Assistant, is available for questions. Cathy reviewed the comparison from last year noting turnover "in-house" increased by 2% (from 23% to 25%). Statewide the separation rate was 30.3%. This agency's overall turnover is at 20%. Cathy Meske reported when an agency manages a 24-hour operation turnover is expected. Kay Keller notes some staff go to school and work in the homes for experience which results in turnover once they graduate and move into other full-time jobs.

**5. Asset Protection 01-007**

The monitoring report for Asset Protection is a component of the audit presentation which has been postponed due to late onset of audit.

*Moved by Judy Jones, supported by Bonnie Cornelius, to accept the February monitoring reports as presented.* Motion carried.

**X. Board Policy Review and Self Evaluation**

**1. Asset Protection 01-007**

Board members reviewed this policy and had no recommended changes.

**2. Board Committee Principles 02-005**

Board members had no comments regarding this policy.

**3. Delegation to the Executive Director 03-002**

Board members had no comments regarding this policy.

Eric Lawson commented after serving on the Board a few years now and having policy review monthly he is impressed with the way the policies were written.

**XI. Linkage Reports**

**1. CMHAM**

**a. CMH PAC Campaign**

Gary Nowak reported the annual campaign for the CMH PAC is underway. Gary Nowak reports the suggested amount is the equivalent of a per diem. Cathy Meske reported she will again match the amount contributed by Board members up to \$400.

**2. Northern Michigan Regional Entity (NMRE)**

**a. Board Meeting January 24, 2018**

The minutes from the most recent NMRE Board meeting were not yet available. Terry Larson reported there are still some concerns with the SUD services/funding. Cathy Meske reports the mobile crisis response teams for children were discussed. The Behavioral Health Homes are stalled at this point. Eric Kurtz is working with the state to determine how Behavioral Health Home services can be added when there is a waiver in place already.

Cathy Meske reports the MUNC report was discussed. The pre-screen data was reviewed to reconcile numbers.

**3. Consumer Advisory Council Update**

Gary Nowak reported he attended this meeting and Council members voiced concerns about re-establishing a NAMI group. Cathy Meske reported several years ago staff at Alpena Regional Medical Center had attempted to institute a local NAMI group; however, that did not materialize. Cathy Meske reports if a group of citizens wanted to work toward establishing this group or a similar type of group, Northeast would be a partner at the table. Laura Gray noted that the NAMI Michigan convention is being held in Traverse City. Cathy Meske reported this might be an opportunity to send a couple individuals to the conference to bring back information for others.

**XII. Chair's Report**

**1. Board Member Recognition for March**

March is the annual Board Member recognition and Judy Jones will be receiving her five-year award. Cake will be served.

**XIII. Director's Report**

**1. Director's Report Items**

**A. Public Hearing 2017 Update**

Cathy Meske reported the Public Hearing was held last January and the hearing was well attended by the public. Five priorities were identified from the input received. This year a public hearing was not required but we need to update the state on what was done to achieve the goals established on the priority list. This update will be sent to our community partners the survey was sent to last year so they are aware of the progress made toward those priorities.

Cathy Meske noted we have contracted with Alcona Health Center who has hired a clinician and is working with children in an identified pilot school. Cathy Meske also discussed the TRAILS (Transforming Research into Action to Improve the Lives of Students) model. TRAILS provides free training to school professionals in core concepts of cognitive behavioral therapy (CBT) and

mindfulness. Through TRAILS, School Success Workers will be trained to work with children who have anxiety and depression. Services will be provided right at the school and trained CMH staff will work as coaches if needed.

Trauma Informed Community Kick-Off has been held in most counties. Cathy reported we are still working to get one scheduled in Presque Isle. She is working with Julie Waldron from Department of Health and Human Services to get scheduled.

Jail Services training is continued to be coordinated with the county law enforcement agencies. Alpena and Montmorency counties jail staff have received training recently. Scheduling training with Alcona and Presque Isle counties has not been able to be coordinated.

Suicide awareness within the community will be focused on this calendar year. Mary Schalk (Partners in Prevention) and Mary Mingus (NeMCMHA staff) have worked together on the "safeTALK" from Living Works. Community trainings are scheduled for February in Presque Isle and Montmorency counties.

To increase our partnerships with substance abuse providers, the Agency has a staff person participating in the new Family Recovery Care Team which includes Catholic Human Services, Alpena and Montmorency County Department of Health and Human Services, court systems and the Freedom Recovery Center. This group targets families involved with the Child Welfare services having a caregiver identified as having a substance use disorder.

Cathy Meske reports we continue to work with MidMichigan Medical Center to smooth out the Emergency Department processes.

**B. Governor's Proposed Budget**

Cathy Meske reported the Direct Care Wage increase appears to still be in the budget for FY19. More review of the proposed budget will be needed to provide a complete analysis.

**C. Children's Mobile Crisis**

NMRE has requested we develop a plan addressing crisis after hours services for the age group under 21. She notes it was suggested to work cooperatively with AuSable Valley. As the response time requirement is meeting with the individual within two hours of the contact partnering with AuSable Valley would not be an option. This response team will need to be a stand alone on-call service. A Master's Level Clinician along with a support staff will be expected to respond. The peak hours must be covered. She notes we are still in a planning mode. This agency averages about 3 calls per month.

**D. House CARES Task Force**

This report was included in the materials for this meeting. One of the report recommendations were to provide Mental Health First Aid to those in schools. She notes we have been doing this for some time.

**2. Endowment Fund Grant Awards**

Cathy Meske reviewed the endowment fund criteria and reviewed the four grant awards processed in the past six months. She notes future awards will not include rent assistance.

**XIV. Operational Report**

Nena Sork reported the Operational Report is still being tweaked by our report writer. She noted the May date is due to the date our new software was implemented. The unduplicated consumer counts were reviewed by county as well as by program.

The increase in unduplicated services provided is possibly contributed to the loss of prevention service funding. Cathy Meske reported the increase in substance abuse has also increased the prescreens by those individuals seeking pain medications from the Emergency Department.

The Employment Report will be part of the Operational Report and be provided quarterly.

Pat Przeslawski reported many community members still are not aware of community mental health's services or location. Laura Gray reported families are not expecting to have a crisis and it is not until they need the service that they seek help.

***Moved by Gary Nowak, supported by Lester Buza, to authorize the attendance of two individuals to attend the NAMI Conference in Traverse City.*** Roll call vote: Ayes: Lester Buza, Bonnie Cornelius, Alan Fischer, Judy Hutchins, Judy Jones, Albert LaFleche, Terry Larson, Eric Lawson, Gary Nowak, Pat Przeslawski; Nays: None; Absent: Steve Dean, Roger Frye. Motion carried.

**XV. Information and/or Comments from the Public**

There was no information or comments provided.

**XVI. Next Meeting**

The next regularly scheduled meeting of Northeast Michigan Community Mental Health Authority Board will be held Thursday, March 8, 2018 at 3:00 p.m.

**1. Set March Agenda**

The March agenda items were reviewed.

**XVII. Evaluation of Meeting**

Bonnie Cornelius reported the meeting started on time. She believes the educational session was well received by Board members. She really enjoyed learning more about substance use.

Discussion about the new law requiring doctors to check the MAPS system prior to prescribing narcotics ensued with some members noting they don't believe this will easily be enforced.

**XVIII. Adjournment**

***Moved by Judy Jones, supported by Pat Przeslawski, to adjourn the meeting.*** Motion carried. This meeting adjourned at 4:40 p.m.

*[signed by Alan Fischer on 03/08/18]*  
Alan Fischer, Secretary

*[signed by Gary Nowak on 03/10/18]*  
Gary Nowak, Chair

Diane Hayka  
Recorder