



Behavioral Health Services

**MEETING OF THE
REGIONAL GOVERNING BOARD**

Friday, August 23, 2024

9:30 a.m. - 12:00 p.m.

**REGION 3 BEHAVIORAL HEALTH SERVICES
4009 6TH AVE., SUITE 65
KEARNEY, NE**

The Mission of Region 3 Behavioral Health Services is to foster recovery and resiliency for individuals and their families who experience a behavioral health challenge.

MINUTES

1. Welcome and Introductions
Rich Nelson welcomed everyone and called the meeting to order at 9:30 a.m.
2. Posting of Open Meetings Act
The Open Meetings Act sign is posted in the meeting room. Two weeks prior to the August 23, 2024 Regional Governing Board meeting, advanced publicized notice was ran in the Kearney Hub, the Grand Island Independent and the Hastings Tribune.
3. Comments from Public
There were no individuals from the public in attendance.
4. Roll Call
Roll Call was taken by Jean Starman.

Present:

Buffalo – Bill Maendele
 Custer – Tammy Kleeb
 Furnas – Dennis Tegtman
 Greeley – Jordan Foltz
 Hall – Gary Quandt
 Hamilton – Richard Nelson
 Nuckolls – Jerry Grove
 Phelps – Theresa Puls
 Sherman – Ken Kaslon

Absent:

Adams – Lee Hogan
 Blaine – Craig Thompson
 Franklin – Josh Johnson
 Garfield – Jerome Zulkoski
 Kearney – Larry Landstrom
 Loup – Donna Steckel
 Wheeler – Roy Plugge

Also Present:

Tiffany Gressley – Region 3 Behavioral Health Services (BHS)
 Kerry Slaymaker – Region 3 BHS
 Kayl Dahlke – Region 3 BHS
 Norah Renner – Region 3 BHS
 Jean Starman – Region 3 BHS

Excused:

Clay – Ivan Fintel
 Harlan – Jeff Bash
 Howard – Jessie Urbanski
 Merrick – Carolyn Kucera
 Valley – Helen Cullers
 Webster – Trevor Karr

5. Approval of May 24, 2024 Meeting Minutes
Motion by Gary Quandt to approve the May 24, 2024 meeting minutes, seconded by Tammy Kleeb, motion carried.
6. Approval of Agenda
Motion by Theresa Puls to approve the agenda, seconded by Ken Kaslon, motion carried.
7. Executive Committee Report
Rich Nelson reported that the Executive Committee met on August 23, 2024 at 8:30 a.m. The committee reviewed the Region 3 Expenditure Report July 1, 2023 – June 30, 2024 and approved the report.

The committee conducted the annual performance review of the Regional Administrator, Tiffany Gressley. Rich stated that the Executive Committee believes Tiffany is doing an exceptional job for someone in this position for one year. The transition from one administrator to another has been excellent. Rich said Tiffany has dealt with a budget reduction and staff changes during the past year. The Executive Committee reported that they are happy with Tiffany's performance and rated her as exceptional. Bill Maendele added that when he began attending RGB meetings, there was one year with Beth Baxter as Regional Administrator, one transition year and one year with Tiffany as Regional Administrator and the transition seemed seamless. Bill added that Region 3 appears to be doing more with less staff.

Tiffany credited the Region 3 staff and stated that there is a great team in place.

Rich explained that it is important for Governing Board members to be informed of current legislative issues regarding proposal changes and to communicate with elected officials.

8. Region 3 Fiscal Reports
 - a. FY24 Year-End Network Expenditures
Kerry Slaymaker reviewed a handout, *Region 3 Behavioral Health Services Network Expenditure Report July 1, 2023 – June 30, 2024*. Mental Health services expended 84% of the budgeted amount. Funds were transferred into many different services throughout the year. Assertive Community Treatment (ACT) expended 100% of the budget. Throughout the year, \$40,000 was added to this service. Kerry explained that funds are transferred in and out of services as needed throughout the year. The budget amount shown is not the original budget from July 1, 2023. It is the revised budget after shifts. Crisis Inpatient Youth expended 52% of the budgeted amount. Medicaid generally covers this service. Occasionally Region 3 will have a youth use the service who is not Medicaid eligible. It is comparable to an EPC for a youth; same rate, as an EPC and they are hospitalized inpatient. Two Region 3 youth were served in FY24 compared to no youth in the past few years. To cover expenses in this area, \$10,000 was transferred. Crisis Response Youth received additional funding and 86% was billed. Day Rehab Adult received additional funding and 83% of the budget was used. Day Support Adult expended 98% of the budget. Medication Management Youth expended 88% of the budgeted amount. Approximately \$50,000 was added to Outpatient Psychotherapy Youth and the majority of funds were used. The demand for this service has significantly increased in the last several months. The Professional Partner Program received additional funding and expended 91% of the budgeted funds. Psychiatric Residential Rehabilitation Adult received additional funding and 88% of the budgeted amount was expended. SOAR Adult (SSI/SSDI Outreach, Access and Recovery) Program, provided by Goodwill Industries, expended 100% of the budgeted amount.

Substance Use Disorder services expended 91% of the budgeted amount for FY24. Funds were added to Assessment Adult and 81% of the budgeted amount was expended. Approximately \$40,000 was added to Outpatient Psychotherapy and 94% was used. Short Term Residential Adult expended 98% of the budgeted amount. The demand for this program has significantly increased and there is a continuous waitlist. Short Term Residential Adult CAD (Capacity Development) expended 91% of the budgeted amount. An RFP for this service was issued last spring for this Short Term Residential

service. Revive, Inc. located in Hastings will provide the service. Funds were transferred in after the approval of the RFP process. Revive is working on the facility startup. We are optimistic that the service will reduce the number of individuals on waitlists and provide an option to receive care closer to an individual's home. Funds were added to Supported Housing WC (Women and Children) Housing Vouchers and 82% of the budgeted amount was expended.

Grand Total Paid Out for FY24 - \$11,987,236 or 86% of the budgeted amount.

Comparison amounts from previous years:

FY23 - 72% of the budget expended.

FY24 - 86% of the budget expended.

Kerry stated that Region 3 funding is needed as service usage is trending upward. Additionally, Medicaid unwinding is being completed and the behavioral health workforce is continuing to improve.

The FY25 Division of Behavioral Health (DBH) budgeted state funds is \$11,022,005. Kerry explained that if things remain the same as FY24, it is anticipated that Region 3 will expend 105% of the FY25 budgeted amount. Region 3 has shared this information with DBH and state legislators.

Kerry reviewed Other Reinvestment Projects (ARPA Grant funding) that are mostly DBH directed.

- Sequential Intercept Mapping (SIM) will be occurring in Hall County on September 24 and 25, 2024.
- Mobile Translation Devices have all been distributed to Network Providers. DBH budgeted for internet and data plans. However, data plans were included with the purchased devices so much of the budgeted amount remains unspent. Unused funds will be moved to another project if allowed.
- Contingency Management – some Network Providers are participating in Contingency Management.
- Expand Youth Substance Use Disorder Treatment – Tiffany Gressley explained that a gap has been identified in youth services. When youth experience a crisis, stabilize, if they are not currently seeing a therapist, they are typically placed on a waitlist to see a therapist. Jill Schubauer, Youth Systems Director, and a group of stakeholders are working to identify potential solutions to the gap in services. With the ARPA funds being one time funds, the group is looking at how to sustain once the funds are spent, for example through Probation and/or Medicaid.
- Mental Health First Aid has expended 100% of the funding.
- Signs of Suicide (SOS) Curriculum has expended 17% of the budgeted amount.
- Outreach/Education for Faith Partners is to be determined. Organizations are interested in the project and options are being considered.

b. FY24 & FY25 RGB Contract and Budget Shift Ratifications

Kerry Slaymaker referred to a handout, *Region 3 Behavioral Health Services Contract Ratifications by Regional Governing Board*, which includes contracts signed by Tiffany Gressley since the Regional Governing Board (RGB) meeting on May 24, 2024. Tiffany receives the contracts electronically, signs and returns them to the Department of Health and Human Services/Division of Behavioral Health. The contracts are then signed by the RGB Chairperson and brought to the Regional Governing Board for ratification. This is the process approved by the RGB.

- FY24 Budget Shift 6/3/24 – RFP \$627,517.00 - funding for Short Term Residential and Day Support

- FY24 Budget Shift 6/4/24 of \$36,000.00 - funding for Crisis Inpatient and Outpatient services
- FY24 Final Budget Shift 7/12/24 - \$30,268.61 - moving existing funds to appropriate areas
- Nebraska State Suicide Prevention Coalition - \$8,333.33 - a new contract with NE State Suicide Prevention. A federal grant was divided among the six Nebraska Behavioral Health Regions to use identified strategies in communities. The Region 3 Suicide Prevention Coordinator is arranging lock boxes to be distributed and scheduling suicide prevention trainings.
- FY25 DHHS Contract - \$10,350,338.61 - the amount Region 3 receives in state funding. The total amount is \$11,022,005. The remaining federal funds will be released in September or October 2024.
- FY25 Budget Shift 8/7/24 - \$12,000.00 - involves the startup of the Short Term Residential facility as the opening date was delayed from July 1, 2024. Revive is currently providing Outpatient services and Intensive Outpatient services.

Motion made by Gary Quant to approve the FY24 & FY25 RGB Contract and Budget Shift Ratifications, seconded by Jerry Grove, motion carried.

c. FY25 Budget Revised

Kerry Slaymaker referred to a handout, *Region 3 Behavioral Health Services FY25 Regional Budget Plan, Revisions to Originally Approved Budget*. Kerry reviewed the FY25 Original Budget of 3/22/24, the FY25 Revised Budget 7/1/24 and the funding differences, if any, for services. The Region 3 Governing Board Members approved the FY25 budget as presented. Since then, discussions continued with the Division of Behavioral Health (DBH) and changes were made. After lengthy discussions between Region 3 and DBH, it was decided to discontinue two services, the Vets for Vets program provided by Lutheran Family Services (LFS) and the ValiData program.

The Division of Behavioral Health (DBH) expressed concerns that the Vets for Vets program was too costly per person and results from Region 3 audits revealed that the services being provided did not meet established service definition standards. Region 3 offered that LFS could provide Peer Services, which they declined. Tiffany Gressley stated that veteran services are important and Region 3 tried to provide technical assistance to LFS but they were unable to produce acceptable outcomes. The amount of \$47,550 was reallocated in the FY25 budget.

Kerry explained that the Post Discharge Tracking program provided by ValiData was intended to be a network-wide service. The program will be discontinued, with the exception of use by the Professional Partner Program. The decision to discontinue the majority of the program was a matter of cost versus benefit. The amount of \$103,741 was reallocated in the FY25 budget.

Kerry explained that funds that show negative amounts were put into other services that appeared to be over budget in FY24. For example, funds were often needed to be shifted to Assertive Community Treatment (ACT) so some funds were placed into the ACT budget amount. Funding of \$101,573 was added to Crisis Stabilization for an expansion project at Mid-Plains Center.

Short Term Residential Substance Use Disorder shows an addition of \$34,285. This involves the addition of a new Network Provider, Revive, Inc. Some individuals using this service will be Medicaid paid so Region 3 will not be the only payer source.

Grand Total of FY25 Original Budget 3/22/24: \$11,672,975
 Grand Total of FY25 Revised Budget 7/1/24: \$11,672,975

Motion made by Theresa Puls to approve the FY25 Revised Budget, seconded by Dennis Tegtman. A roll call vote commenced.

Lee Hogan - Absent
Craig Thompson - Absent
Bill Maendele - Yes
Ivan Fintel - Excused
Tammy Kleeb - Yes
Joshua Johnson - Absent
Dennis Tegtman - Yes
Jerome Zulkoski - Absent
Jordan Foltz - Yes
Gary Quandt - Yes
Rich Nelson - Yes
Harlan County - Excused
Jessie Urbanski - Excused
Larry Landstom - Absent
Donna Steckel - Absent
Carolyn Kucera - Excused
Jerry Grove - Yes
Theresa Puls - Yes
Ken Kaslon - Yes
Helen Cullers - Excused
Trevor Karr - Excused
Roy Plugge - Absent

d. FY25 Provider Contract Amounts

Kerry Slaymaker referred to a handout, *Region 3 Behavioral Health Services FY25 Contracted Services*, which shows budget amounts by Network Providers and Prevention Coalitions with a subtotal of \$11,462,435. Unallocated Funding is \$190,540. Unallocated funds of \$20,000 are available for EPCs, \$150,000 is set aside for the Crisis Stabilization Unit expansion at Mid-Plains Center and \$20,540 to be used where needed. Kerry explained that Revive, Inc. was awarded funds for a Short Term Residential RFP and will provide Short Term Residential services for a contracted amount of \$97,000. Revive received an Alternative Compliance from the Division of Behavioral Health because they are not currently nationally accredited. Region 3 will monitor the quality of service delivery by Revive until accreditation is attained. The goal is that they will be nationally accredited in two years. A former hotel is being renovated to offer Short Term Residential services that will be slowly phased in. Later, they plan to offer a Halfway House, Detox Center and Medication Assisted Treatment services. Revive currently provides Outpatient services and Intensive Outpatient services. Individuals participate in Short Term Residential services for approximately 28-30 days. Payer sources will include Region 3 and possibly Medicaid and private insurance. After completing Short Term Residential services, individuals will be given recommendations for step-down services to help them connect with other services to continue their recovery. Discussion took place.

Tiffany Gressley will contact Revive regarding a representative to attend the next RGB meeting to share information about their services.

e. EPC Agreements

Kerry Slaymaker said EPC Agreement Letters were mailed to county clerks at the end of July 2024. The EPC Agreements are a two-year contract that the chairperson and county attorney are to sign. Kerry asked Governing Board members to check on the Agreements so they are signed and returned to Region 3.

County Match Agreements were mailed in May 2024. Region 3 has received some signed agreements and is waiting to receive others. Region 3 staff will follow up with counties in October as needed.

9. Quality Improvement Report

a. FY24 4th Quarter Network Performance Measures

Kayl Dahlke reviewed all areas of a handout, *FY2024 Network Quality Improvement Plan: Performance Measurement and Reporting – Fourth Quarter Report April 1, 2024 – June 30, 2024*. Kayl noted that Performance Measure 7. E. Crisis Services states that *At least 80% of persons who were EPC'd during any given month will not have experienced an additional EPC during the previous 13 months*. Fourth quarter data shows 64.5% of persons EPC'd experience an additional EPC during the previous 13 months. Kayl explained that the Division of Behavioral Health (DBH) looks at the county of residence for this Performance Measure so this could reflect Region 3 individuals receiving an EPC in counties outside the Region 3 area. This is unclear because we do not have access to those numbers. Region 3 requested data from DBH and will report what we learn.

No fourth quarter data is available for Performance Measure #17 Recovery Support Program as The Bridge in Hastings thought they were receiving data from ValiData but this was not accurate. The Bridge understands that they are required to provide FY25 data.

b. FY25 Region 3 Network Performance Measures

Kayl Dahlke referred to a handout, *FY2025 Network Quality Improvement Plan: Performance Measurement and Reporting July 1, 2024 – June 30, 2025*. Data will not be shown for the Vets for Vets program and the ValiData program as they have been discontinued.

Kayl said all FY25 targets remained the same as FY24 with the exception of Performance Measure # 12. Strategic Opioid Response (SOR). SOR has new goals involving drug disposal packets and lockboxes and hosting opioid education events.

10. Opioid Settlement Funds Update

a. Region 3 Behavioral Health Services National Opioid Settlement Funds Report

Norah Renner provided a National Opioid Settlement Funds Report as of July 31, 2024.

National Opioid Settlement Funds received to date: \$1,669,712.46 (between the State and the counties/municipalities that have reallocated their amounts to Region 3)

Total Funds Expended \$67,566.29

Funds Remaining: \$1,602,146.17

The following counties and municipalities have reallocated settlement funds to Region 3:

Adams County

Buffalo County

Custer County

Furnas County

Greeley County

Hamilton County

Nuckolls County

City of Hastings

b. Region 3 Community Opioid Grant Awards

Norah Renner reviewed a handout, *Opioid Grant Application Overview – Round 1 – August 2024*. The first round application process opened May 22, 2024 and closed June 21, 2024. A total of \$600,000 was budgeted to be awarded in Round 1. There were a total of eleven applicants in which ten

applicants were awarded funding. A total of \$1,362,119.70 in funding was requested. Norah reviewed the handout, including applicant information, applicant total funds requested and total funds awarded.

Norah explained that Central Nebraska Mental Health LLC requested \$33,200 for prevention, treatment and recovery services. The Review Committee did not recommend funding to the organization as the Review Committee determined that the organization primarily served the Region 4 service area rather than the Region 3 service area. The Review Committee encouraged Central Nebraska Mental Health LLC to apply to Region 4 for opioid grant funds. In addition to their location, the organization showed a lack of experience managing grant funds and their intended usage did not align with the priorities of the opioid remediation funds. The Review Committee provided suggestions and feedback to help them with future applications.

Nearly the entire \$600,000 was allocated as planned. Applicants are to be notified of their award on August 26, 2024. Grant funds awarded will be distributed through a reimbursement process, as grantees will submit monthly reimbursement requests from Region 3. Quarterly reporting will be required and annual audits will occur.

The Review Team consisted of some Region 3 staff and some community clinicians. All applications were sent to each Review Team member. Each Review Team member individually scored each applicant using a rubric scoring on the same scale. The Review Team then came together as a group for discussion. All applicants will receive their average score and all comments from each reviewer. Tiffany Gressley added that the feedback is intended to help applicants build skills and strengthen their application writing ability for future use.

Discussion took place.

A question was asked about Governing Board members receiving a list of counties awarded grant funding to share with their counties. Norah will provide the information to Governing Board members.

A question was asked about at-home medication disposal resources such as Dettera packets. Tiffany explained that Dettera packets are an easy-to-use drug disposal system that can be used at home to safely destroy unused or expired medications, making them unavailable for misuse and environmentally safe for disposal. Each Governing Board member was given a Dettera packet that can be shown to others in their counties.

Motion made by Bill Maendele to approve the Region 3 National Opioid Settlement Funds Report for Round One Funding, seconded by Jerry Grove, motion carried.

11. Regional Administrator's Report

a. Legislative Candidate Meet & Greets

Tiffany Gressley explained that she, Chase Francl (CEO of Mid-Plains Center), RGB member Rich Nelson and Emergency Systems Director Beth Reynolds-Lewis met with Dan Quick at Mid-Plains Center in Grand Island to communicate the importance of funding the behavioral health system and the informal meeting went well. Tiffany provided Mr. Quick with a packet that included information about the Nebraska Behavioral Health System of Care, Region 3 and the Provider Network and the population served. Mr. Quick is running for a seat in the 35th Legislative District.

A similar meeting is scheduled for September 4, 2024 in Kearney to visit with Stan Clouse and Lana Peister who are running for senator in District 37. The meeting will be held at the Buffalo County Community Partners office located at Richard Young Behavioral Health Center.

Tiffany contacted District 33 candidate Dan Lonowski and is waiting for a response about meeting with him at South Central Behavioral Services in Hastings. Tiffany will contact District 41 candidates Ethan Clark and Dan McKeon. Governing Board members are encouraged to provide Tiffany with names of individuals if you would like her to contact them.

b. Region 3 FY24 Services Purchased Unit Review

Tiffany Gressley referred to a handout regarding a Region 3 Professional Partner Review conducted by the Division of Behavioral Health. The report verified that 100% of the charts reviewed contained all required documentation and all billings were correct.

12. Other Business

No other business was discussed.

13. Date of Next Meeting

November 1, 2024 – this is a change from the previous date of October 25, 2024. Many board members will be attending a NIRMA Conference on October 25 so the Region 3 Governing Board Meeting will take place November 1, 2024

9:30 a.m. – 12:00 p.m.

Region 3 Behavioral Health Services

4009 6th Avenue, Suite 65

Kearney, NE

14. Adjourn

Motion by Tammy Kleeb to adjourn the August 23, 2024 meeting, seconded by Gary Quandt, motion carried. Rich Nelson adjourned the meeting at 11:35 a.m.