



Behavioral Health Services

**MEETING OF THE
REGIONAL GOVERNING BOARD**

Friday, November 1, 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 November 1, 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
 Hall – Gary Quandt
 Hamilton – Richard Nelson
 Howard – Jessie Urbanski
 Nuckolls – Jerry Grove
 Phelps – Theresa Puls
 Valley – Helen Cullers
 Webster – Trevor Karr
 Wheeler – Roy Plugge

Excused:

Clay – Ivan Fintel
 Furnas – Dennis Tegtman
 Harlan – Jeff Bash
 Loup – Donna Steckel
 Merrick – Carolyn Kucera

Absent:

Adams – Lee Hogan
 Blaine – Craig Thompson
 Franklin – Josh Johnson
 Garfield – Jerome Zulkoski
 Greeley – Jordan Foltz
 Kearney – Larry Landstrom
 Sherman – Ken Kaslon

Also Present:

Tiffany Gressley – Region 3 Behavioral Health Services (BHS)
 Kerry Slaymaker – Region 3 BHS
 Suzanne Davis – Region 3 BHS
 Kayl Dahlke – Region 3 BHS
 Jill Schubauer – Region 3 BHS
 Hunter Ludwig – Region 3 BHS
 Jean Starman – Region 3 BHS

5. Approval of August 23, 2024 Meeting Minutes
Motion by Gary Quandt to approve the August 23, 2024 meeting minutes, seconded by Tammy Kleeb, motion carried.

6. Approval of Agenda
Gary Quandt requested that Agenda Item 13.c. include the discussion of hybrid meeting options for both Behavioral Health Advisory Committee (BHAC) meetings and Regional Governing Board meetings, rather than only BHAC meetings.

Motion by Jerry Grove to approve the agenda with Gary's request, seconded by Jessie Urbanski, motion carried.

7. Executive Committee Report
Rich Nelson reported that the Executive Committee met on November 1, 2024 at 8:30 a.m. The committee reviewed and approved the August 23, 2024 Regional Governing Board meeting minutes, the Region 3 Expenditure Report July 2024 – September 2024, and revisions to the Region 3 Policies listed below.

- Professional Development
- Electronic Information Systems Policy/Plan
- Pay Periods and Paychecks
- Time Sheets
- Compensatory Time
- Work Related Expenses
- Maternity/Paternity Leave
- Incident Policy
- Incident Report
- Tobacco-Free Environment
- Drug-Free Workplace
- Report of Abuse or Neglect – new form

Rich explained that Jerry Grove communicated to the Executive Committee that he would like to know how many Region 3 counties are allocating their opioid funds to the State of Nebraska rather than Region 3. Rich said that we are aware of the counties that currently designate their opioid funds to Region 3. The Executive Committee will work on this and report what they learn regarding counties that have their opioid funds going directly to the State of Nebraska.

Jerry Grove shared that if a county allocated their opioid grant funds to the State of Nebraska and would like to reallocate their funds to Region 3, it is a simple and straight forward process. Jerry said he thinks it is more beneficial to have Region 3 manage the funds.

8. Region 3 Fiscal Reports
a. FY25 Year-to Date Network Expenditures
Kerry Slaymaker reviewed a handout, *Region 3 Behavioral Health Services Network Expenditure Report July 2024 – September 2024*. Mental Health services expended 22% of the budgeted amount with 25% of the fiscal year elapsed. A number of services were over budget and Kerry reviewed the services that were considerably over budget. Inpatient Hospitalization expended 52% of the budget and funds have been transferred to this service. Kerry said it has been an unusual budget shift year so far as several budget shifts have been made in FY25. Region 3 is allowed to request budget shifts on a monthly basis rather four times a year, which was the previous arrangement. Inpatient Post Commitment Treatment Days has expended 73% of the FY25 budget. Region 3 has not paid for this service in several years but we have recently had an individual receive inpatient care for 18-19 days which exceeds the budgeted amount. Funds have been shifted to this service. Kerry reported that the

Emergency Protective Custody service has expended 40% of the FY25 budget. Kerry stated that Mary Lanning Healthcare in Hastings is seeing a significant uptick in EPCs from individuals.

Substance Use Disorder services expended 22% of the budgeted amount for FY25 with 25% of the fiscal year elapsed. The Halfway House service expended 35% of the FY25 budget. Kerry is closely monitoring services that are significantly over budget. She said the services that are slightly over budget show the need for the services.

Grand Total Paid Out for July 2024 – September 2024 was \$2,593,454 or 22% of the budgeted amount.

Kerry reviewed the Other Reinvestment Projects, the budgeted amount and percentage paid out for each service. Kerry noted that the total funds that the Division of Behavioral Health (DBH) allocated for Contingency Management was more than needed so Region 3 is working with DBH to move some funds to other services.

b. 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 August 23, 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.

- PFS Prevention Grant - 8/28/24 - \$166,701.84 - This three-year grant targets underage drinking, vaping and suicide prevention in specified counties determined by DBH. The funds are contracted out to Coalitions in those counties. The amount of \$166,701.84 is for year one and year two of the grant.
- FY25 Budget Shift 9/12/24 - \$30,673 - Related to high utilization of Emergency Protective Custody and Post Commitment days.
- FY25 Budget Shift 10/14/24 - \$58,112 - Related to inpatient hospitalization care for adults and youth and to bridge some funding gaps for the Halfway House and Intensive Outpatient services.
- FY 25 DBH Contract Amendment - \$11,022,004 - This is the main Region 3 contract that now includes all federal funds.

c. Opioid Settlement Funds

Kerry Slaymaker reviewed a handout, *Region 3 Behavioral Health Services National Opioid Settlement Funds Report as of September 30, 2024*.

Total Funds Received: \$1,684,337.84

Total Funds Expended \$78,936.02

Funds Remaining: \$1,605,441.82

Kerry explained that \$350,000 is obligated to Mid-Plains Center for services related to the Crisis Stabilization Unit expansion and the expansion of the number of detox beds.

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

Buffalo County
Custer County
Furnas County (by check)
Greeley County (by check)
Hamilton County
City of Hastings

Discussion took place regarding the importance of Opioid Settlement Funds being used for recovery activities, rather than only prevention activities. Kerry said Region 3 is tracking the funds expended and the area in which they are applied for prevention, treatment and recovery.

Motion made by Teresa Puls to approve the Region 3 Fiscal Reports, seconded by Trevor Karr. A roll call vote commenced.

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

9. Designation of Compliance Officer

Tiffany Gressley recommended that Kerry Slaymaker remain as the Region 3 Compliance Officer for FY25. Tiffany stated that the role of the Compliance Officer is important and ensures that our organization complies with regulations and requirements. Motion made by Gary Quandt to approve the recommendation of Kerry Slaymaker as the Region 3 Compliance Officer, seconded by Tammy Kleeb, motion carried.

10. Region 3 Network Update

a. FY24 Denials and Ineligibles Annual Report

Suzanne Davis reviewed a handout, *Denials and Ineligibles FY24 Annual Report*. Suzanne explained that Region 3 monitors and ensures that Network Providers provide services to individuals who are clinically and financially eligible. The Denials and Ineligibles Report is valuable in helping identify any barriers and gaps across the service array. Suzanne reviewed the Denial Report, including the number of individuals denied, the payer source of the individuals denied, the referral source and the reasons for denial. Examples of denials include, but are not limited to, recent aggression toward staff and/or peers, legal history of sexual offenses, conflicts with peers and/or staff members, and unstable

behavioral health or medical concerns. The most common reason that individuals are denied services is because the service is operating at maximum capacity.

FY24 Denials: 455

FY24 Total Region 3 Individuals Served: 4,067

Suzanne reviewed the Ineligible Report, including the number of individuals deemed ineligible, the referral source, payer source of the individuals deemed ineligible and reasons for ineligibility. The most common reason that an individual is deemed ineligible is because he/she does not meet admission criteria.

FY24 Ineligibles: 831

FY24 Total Region 3 Individuals Served: 4,067

11. Zero Suicide Strategies Update

Jill Schubauer and Hunter Ludwig provided an update on Zero Suicide strategies. Region 3 began providing suicide prevention services to youth in 2011 and has expanded services to include all ages. The Zero Suicide framework of core components and elements were explained. The Zero Suicide model has been in place at Region 3 for the past two years. Suicide prevention activities implemented at Region 3 from 2022 to the present were reviewed. Some activities include the implementation of a new screening tool, additional elements to Safety Plans, use of a Caring Contact, formation of a Zero Suicide Action Team, trainings for all Region 3 staff and creation of a Region 3 Suicide Prevention Policy. Hunter explained Signs of Suicide (SOS), a youth suicide prevention program. A total of 822 students have participated in the SOS program and additional trainings are scheduled to take place. Trainings for adults, such as Question, Persuade, Refer (QPR), Counseling on Access to Lethal Means (CALM), Assessing and Managing Suicidality Risk (AMSR), Collaborative Assessment in Management of Suicidality (CAMS) and Dialectical Behavioral Therapy (DBT) were explained, including content focus, appropriate audience and number of individuals trained. Jill and Hunter explained Suicide Postvention, which is a nationally Designated Best Practice Program that assists communities on how to coordinate a comprehensive and safe response to a suicide.

Discussion took place.

Hunter shared that fire arms are the most lethal means of a suicide attempt and medication is the most common type of suicide attempt.

The Region 3 Suicide Prevention Team remains busy supporting schools, clinicians, veterans, employees and communities. Region 3 received a suicide prevention grant from the Center for Disease Control. Jill and Hunter can be contacted with any questions. The Zero Suicide presentation slides will be emailed to the Regional Governing Board members.

12. Quality Improvement Report

a. FY24 Annual Waitlist Report

Kayl Dahlke reviewed a handout, *Region 3 CDS Waitlist Report, July 1, 2023 – June 30, 2024 (FY24)*. The waitlist is used to document an individual who has been assessed/evaluated as needing the level of care provided by the agency but who is awaiting admission due to lack of capacity available or consumer needs. The waitlist and persons on the waitlist are continuously monitored by the agency/location as identified in the agency policies and procedures. Forty-six individuals were placed on the waitlist in FY24 compared to seventy-four individuals in FY23. Kayl reviewed the Primary Funding Source and Waitlist Service Type for the individuals on the waitlist. The forty-six individuals on the waitlist were all waiting for Short Term Residential SUD services. Kayl reviewed data for the Priority Waitlist by Priority Population, Average Days on Waitlist by Service Type and Waitlist Removal Reasons. Priority Population individuals who are on the waitlist, are provided interim services, which is tracked by Region 3.

b. FY24 Agency Audit Services Purchased Report

Kayl Dahlke stated that he and Suzanne Davis completed Provider Network audits for FY24. Kayl reviewed a handout, *Region 3 Behavioral Health Services FY24 Annual Service Purchased Verification Unit Audit Report* listing all Region 3 Network Providers and their audit scores for FY23 and FY24. Kayl said this type of audit is completed each year for all Region 3 Network Providers and he explained the process. Kayl and Suzanne check that the required forms are completed and that documentation is included that shows services were provided for the units billed. A minimum score of 95% for each service is required. A Corrective Action Plan is put in place if an organization receives below a score of 95% and Region 3 completes a re-audit.

Kayl explained that the Division of Behavioral Health completes the Region 3 audit for services provided by Region 3.

Fidelity Audits, which are more in-depth, are conducted every three years for all Network Providers.

Suzanne reported that overall, the FY24 Network Provider audits went well.

13. Regional Administrator's Report

a. DBH FY24 Audit Report

Tiffany Gressley reported that she is happy to share the results of a Region 3 FY24 audit that was conducted by the Division of Behavioral Health (DBH). A handout, *FY24 Services Purchased Expense Reimbursement Verification for Region 3 Behavioral Health Authority*, shows the details of the audit. Out of a budget of approximately \$12 million, mileage of \$75.98 was inadvertently charged to the wrong program and corrected by Region 3 prior to the DBH audit. Tiffany said she appreciates the on-going work of the Region 3 fiscal team and the processes they have in place. Tiffany stated that being fiscally responsible with the public funds entrusted to Region 3 is of great importance to our organization.

b. Legislative Candidate Meet and Greets

Tiffany shared that several informal meetings with legislative candidates have taken place and have gone well. Tiffany and some Network Providers visited with the candidates to share information about the public behavioral health system and the importance of funding.

After the election, Tiffany will congratulate the winners and encourage them to reach out to her with any questions regarding our behavioral health system.

Tiffany added that she was contacted by a legislative research analyst who requested Region 3 data, such as number of individuals served, waitlist data, etc. The analyst did not say which senator requested the research data. Tiffany compiled a chart of information from the past three fiscal years and shared it with the legislative research analyst.

c. BHAC and RGB Hybrid Meetings Options

Region 3 Behavioral Health Advisory Committee (BHAC) meetings take place four times per year, with two of those meetings taking place via Zoom. Gary Quandt shared that it has been difficult to have enough people attend the in-person BHAC meetings to have a quorum. Currently, in order to comply with the Open Meetings Act, no more than 50% of the BHAC meetings can take place via Zoom. Gary said adaptations to hybrid meetings could help reduce the mileage reimbursement expense, possibly increase attendance and reduce the number of meetings cancelled or rescheduled due to winter weather.

Gary stated that he would like the Regional Governing Board Executive Committee to explore potential adaptations to hybrid meetings for BHAC meetings and the implementation of a hybrid meeting option for RGB meetings.

Tiffany Gressley added that if all twenty-two RGB members attended a meeting, the total mileage expense would be \$1,900. The RGB meetings currently take place in-person five times per year. Based on recent RGB meeting attendance, the average mileage expense is \$700.

Discussion took place. It was stated that the understanding of some individuals is that Zoom attendees can participate in meetings by listening and participating in discussions but cannot vote on agenda items and their attendance is not counted in quorum numbers. A hybrid meeting includes the option to attend in-person or attend via Zoom.

Rich Nelson stated that the topic of BHAC and RGB Hybrid Meeting Options will be placed on the Executive Committee Meeting agenda for January 24, 2025.

d. Opioid Grant Projects Handout

Tiffany Gressley referred to a handout, *Opioid Settlement Grant Awards, July 2024*. The handout shows the grant applicants who received opioid settlement grant funding and the counties to be served, which was information requested by Regional Governing Board members at the August 23, 2024 meeting. The handout also includes the funding amount requested, award amount and opioid remediation strategies to be implemented based on Exhibit E of approved strategies.

14. Other Business

Rich Nelson shared that Helen Cullers chose not to run for another term as Valley County Commissioner. November 1, 2024 was Helen's last RGB meeting as a County Commissioner. Helen was thanked and commended for her twenty years of service.

15. Date of Next Meeting

Annual Meeting
January 24, 2025
9:30 a.m. – 12:00 p.m.
Region 3 Behavioral Health Services
4009 6th Avenue, Suite 65
Kearney, NE

2025 Meeting Schedule

- January 24, 2025
- March 21, 2025
- May 23, 2025
- August 22, 2025
- October 31, 2025 - Due to NIRMA meeting on October 24, 2025, the RGB meeting will take October 31, 2025

16. Adjourn

Motion by Gary Quandt to adjourn the November 1, 2024 meeting, seconded by Helen Cullers, motion carried. Rich Nelson adjourned the meeting at 11:55 a.m.