



Behavioral Health Services

MEETING OF THE REGIONAL GOVERNING BOARD

Friday, October 27, 2023
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
2. Posting of Open Meetings Act
3. Comments from the Public
4. Roll Call

Present:

Adams – Lee Hogan
Buffalo – Bill Maendele
Clay – Ivan Fintel
Custer – Tammy Kleeb
Furnas – Dennis Tegtman
Greeley – Jordan Foltz
Hall – Gary Quandt
Hamilton – Richard Nelson
Nuckolls – Jerry Grove
Phelps – Theresa Puls
Valley – Helen Cullers

Absent:

Blaine – Craig Thompson
Franklin – Joshua Johnson
Harlan – Anthony Gulizia
Howard – Jessie Urbanski

Absent Continued

Kearney – Larry Landstrom
Merrick – Carolyn Kucera

Excused:

Garfield – Jerome Zulkoski
Loup – Donna Steckel
Sherman – Kenneth Kaslon
Webster – Trevor Karr
Wheeler – Travis Heinz

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
Jean Starman – Region 3 BHS

5. Approval of August 25, 2023 Meeting Minutes
 - Motion by Gary Quandt to approve the August 25, 2023 meeting minutes, seconded by Theresa Puls, motion carried.
6. Approval of Agenda
 - Motion by Theresa Puls to approve the agenda, seconded by Helen Cullers, motion carried.
7. Executive Committee Report
 - Tammy Kleeb reported that the Executive Committee met on October 27, 2023 at 8:30 a.m. The committee reviewed and approved the following Region 3 policies:
 - HR I-8: Work Related Expenses
 - HR V-13: Professional Development
 - HR V-16: Employee Assistance Program
 - HR V-16: Employee Assistance Program Statement of Understanding

Tammy shared that a discussion was held regarding distribution of handouts for Regional Governing Board (RGB) meetings. Currently, meeting information is e-mailed to all RGB members and posted on the Region 3 website prior to the meeting and a packet of handouts is provided the morning of the meeting. After the meeting, a packet of handouts is mailed to members who were absent or excused. The Executive Committee agreed that a handout packet would no longer be mailed prior to meetings since meeting materials can be accessed via the web-site and at the meeting. This will reduce costs such as postage, printing and staff time. Tammy asked for feedback and all attendees agreed that mailing a packet of handouts before meetings is unnecessary and will be discontinued.

8. Region 3 Fiscal Reports
 - a. FY24 Year-to-Date Network Expenditures

Kerry Slaymaker reviewed a handout, *Region 3 Behavioral Health Services Network Expenditures July 1, 2023 – September 30, 2023*. Mental Health services expended 19% of the budgeted amount for FY24 with 25% of the fiscal year elapsed. Kerry explained that Acute Inpatient Hospitalization shows -12% paid out; which reflects a refund. Money was paid back to Region 3 as the result of an audit finding. Some services, such as Crisis Inpatient Youth, show 0% paid out. Kerry explained that this service has a small budget amount but funds are available if needed. Individuals who use Crisis Inpatient Youth services are often Medicaid eligible. The fiscal team is monitoring a couple services to ensure funds are available for the services. Day Rehabilitation and Day Support paid out 28% of the budgeted amount for FY24.

Substance Use Disorder services expended 19% of the budgeted amount for FY24 with 25% of the fiscal year elapsed. Assessment SUD Adult expended 27% of the budgeted amount; a budget shift may be needed later. Medicaid unwinding has started, and will continue, which makes service usage projections difficult. Recovery Supported Housing Assistance shows -4% that reflects returned security deposits.

A Grand Total of \$2,662,386 (19%) has been paid out of the FY24 budget with 25% of the fiscal year elapsed.

Tiffany Gressley added that Region 3 has expended 19% of the FY24 budget, which is the highest percentage of the six Regions.

Other Reinvestment Projects expended 11% of the FY24 budgeted amount. Supplemental American Rescue Plan Act (ARPA) block grant funds are being used to fund the projects. These funds can be used through September 2025. Projects that show 0% expended reflect future

projects. The ARPA block grant funds were awarded in March 2022 and received in December 2022.

The Sequential Intercept Model involves identifying strategies to divert individuals with mental health and substance use disorders away from the justice system into treatment.

Contingency Management is a behavioral management program with incentives to help individuals meet their treatment goals. Currently, approximately 412 incentives have been given.

Mental Health First Aid (MHFA) spent 100% of the funding. The funds were dedicated to increase our pool of MHFA trainers.

The Signs of Suicide (SOS) Curriculum is an evidence-based youth suicide prevention program that teaches middle and high school students how to identify warning signs of suicide and depression.

Outreach/Education for Faith Partners involves collaborating and sharing information with faith-based organizations.

Tiffany Gressley stated that the Other Reinvestment Project priority areas were determined by the State.

b. FY24 RGB Contract and Budget Shift Ratifications

- FY24 DHHS DBH Contract Amendment

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 25, 2023. Tiffany Gressley 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.

Kerry stated that the handout shows an amendment to our State contract. The amendment is to add the remaining federal funds into our contact. The total contract amount is \$13,191,281.

Motion made by Gary Quandt to approve Contract Ratifications and budget amounts listed above, seconded by Ivan Fintel, motion carried. A roll call vote commenced:

Lee Hogan - Yes
Craig Thompson - Absent
Bill Maendele - Yes
Ivan Fintel - Yes
Tammy Kleeb - Yes
Joshua Johnson - Absent
Dennis Tegtman - Yes
Jerome Zulkoski - Excused
Jordan Foltz - Yes
Gary Quandt - Yes
Rich Nelson - Yes

Anthony Gulizia - Absent
Jessie Urbanski - Absent
Larry Landstom - Absent
Donna Steckel - Excused
Carolyn Kucera - Absent
Jerry Grove - Yes
Theresa Puls - Yes
Kenneth Kaslon - Excused
Helen Cullers - Yes
Trevor Karr - Excused
Travis Heinz - Excused

c. Opioid Settlement Funds

Kerry Slaymaker referred to a handout, *Region 3 Behavioral Health Services National Opioid Settlement Funds Report as of September 30, 2023*, that shows Funds Received to Date, Total Funds Expended and Funds Remaining. Funds Remaining: \$1,179,868.91. The report is not a fiscal year report. Rather, it will run from the time funds were initially received and include an on-going account of expenditures. The report also shows the counties and municipalities that have reallocated settlement funds to Region 3. Kerry stated that Region 3 is expected to receive approximately sixteen million dollars over eighteen years.

Region 3 recently hired a Grant Coordinator who is working with the Steering Committee on the grant application, which may be available in January 2024.

Discussion took place on the reallocation process if counties elect to reallocate National Opioid Settlement funds to Region 3. Kerry will send information to RGB members about the reallocation process.

A question was asked by Gary Quandt if Opioid Settlement funds can be used for funding drug court. Tiffany Gressley will look at Exhibit E to determine if drug court is included in the approved uses for the funds.

9. Designation of Compliance Officer

Tiffany Gressley recommended that Kerry Slaymaker remain as the Region 3 Compliance Officer. Motion made by Bill Maendele to approve the recommendation of Kerry Slaymaker as the Region 3 Compliance Officer, seconded by Theresa Puls, motion carried. A roll call vote commenced:

Lee Hogan - Yes
Craig Thompson - Absent
Bill Maendele - Yes
Ivan Fintel - Yes
Tammy Kleeb - Yes
Joshua Johnson - Absent
Dennis Tegtman - Yes
Jerome Zulkoski - Excused
Jordan Foltz - Yes
Gary Quandt - Yes
Rich Nelson - Yes
Anthony Gulizia - Absent
Jessie Urbanski - Absent
Larry Landstom - Absent

Donna Steckel - Excused
Carolyn Kucera - Absent
Jerry Grove - Yes
Theresa Puls - Yes
Kenneth Kaslon - Excused
Helen Cullers - Yes
Trevor Karr - Excused
Travis Heinz - Excused

10. Region 3 Network Update

a. FY23 Annual Service Purchased Audit Report

Suzanne Davis reviewed a handout, *Region 3 Behavioral Health Services FY23 Annual Service Purchased Verification (SPV) Unit Audit Report*. Services Purchased Verification Unit Audits are completed each year for all Region 3 Network Providers. The audit checks that the services billed matches services provided.

Suzanne provided the following information for the Services Purchased Verification and Report:

- Services provided by each agency are listed under each agency's overall score.
- Region 3 is required to review a minimum of five files for each program and review at least 2% of the units contracted for during the year.
- Each program must receive a score of 95% or greater.
- Following the review, a written report, providing a summary of the audit, will be completed and submitted to the provider agency within forty-five (45) business days of the visit. There may be one report per provider agency, but each service reviewed and type of review will be addressed separately within the report. Copies of the report will be sent to the Division of Behavioral Health upon request or as part of the Regional Behavioral Health Authority Contract Compliance Review.
- Any service receiving less than a score of 95% is required to submit a Corrective Action Plan and will be re-audited within 120 calendar days following an approved Corrective Action Plan.

Suzanne reported that all services from all Network Providers received a score of 95% or higher for FY23.

Tiffany Gressley added that, as a result of the FY22 audit, Lutheran Family Services (LFS) completed a Corrective Action Plan. Region 3 provided one-on-one guidance and technical assistance in some areas. LFS was re-audited and achieved a score of 100%.

Suzanne stated that Programmatic Audit Reviews are conducted every three years. A Programmatic Audit Review will be conducted in FY24.

b. FY23 Denials and Ineligibles Semi-Annual Report

Suzanne Davis reviewed a handout, *Denials and Ineligibles FY23 Semi-Annual Report (January 1, 2023 – June 30, 2023)*. 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. 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.

A question was asked regarding what happens when an individual is denied services or deemed ineligible for services. Tiffany explained that options are explored for each individual. For example, if Richard Young is at capacity, we check with Mary Lanning or look at other organizations that provide the service an individual needs. Additionally, Region 3 regularly monitors the waitlist and checks to ensure that individuals on the waitlist receive interim services. Sometimes, it results in that an individual does not need the higher level of care originally requested.

A question was asked about how Region 3 compares to other Regions regarding individuals who are denied services and individuals deemed ineligible for services. Suzanne explained that Region 3 has limited access to other Regions' data but will check for information in this area.

Post-meeting note: Suzanne Davis checked on information regarding individuals who are denied services and individuals deemed ineligible for services in the other five Nebraska Behavioral Health Regions. Suzanne learned that this information is not accessible to Region 3 and that the Division of Behavioral Health does not share this data.

A question was asked if Region 3 works with small, independent, non-profit groups who request funds from county boards. Tiffany explained that Region 3 is open to adding providers to the Region 3 network. However, small organizations often find it difficult to meet the criteria established by the Division of Behavioral Health (DBH). Region 3 continues to advocate to DBH to lessen or reduce the requirements to open up access to smaller organizations that may want to focus on one area, such as outpatient services. Region 3 is working with Revive Ministries, Horizon Recovery and Counseling Center in Hastings on a possible voucher program to help in this area. Tiffany added that key pieces, such as ethical practices and standards, would continue to be required. Small, non-profit organizations can contact Tiffany with any questions. Kerry added that Region 3 can only fund the services in our DBH contract so sometimes that creates a barrier depending on the need of the small or non-profit groups.

11. Quality Improvement Report

a. FY23 Annual Waitlist Report

Kayl Dahlke reviewed a handout, *Region 3 CDS Waitlist Report July 1, 2022 – June 30, 2023*. 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. Seventy-four individuals were placed on the waitlist in F23. Kayl reviewed the Primary Funding Source and Waitlist Service Type for the individuals on the waitlist. Kayl reviewed data for the Priority Waitlist by Priority Population, Average Days on Waitlist by Service Type and Waitlist Removal Reasons.

b. Region 3 Network Compass EZ Report

Kayl Dahlke reviewed a handout, *Comparison of Region 3 Providers' COMPASS-EZ from FY17 to FY23*. The handout shows compiled data collected from all Network Providers. Kayl explained that the COMPASS EZ is a self-assessment tool designed to help organizations evaluate and improve their services and overall effectiveness. Each

organization scores themselves and creates an Action Plan to address areas in which they want to improve. Self-Assessment categories include areas such as program philosophy, program policies, agency access, programming, staff competencies and training. Region 3 completes the COMPASS-EZ for the Professional Partner Program and the Emergency Community Support Program.

Tiffany added that when training funds are available, the Network Compass EZ Report can provide guidance regarding training opportunities to offer Network Providers.

c. Region 3 Network Trauma-Informed Care Report

Kayl Dahlke reviewed a handout, *Comparison of Region 3 Providers' Trauma-Informed Care Assessment from FY17 to FY23*. The self-assessment tool is completed every two years by Network Providers to evaluate their current Trauma-Informed Care practices. Action Plans are not required but organizations are encouraged to honestly evaluate their current practices and consider approaches to improve in identified areas.

Kayl explained that the *Trauma-Informed Care Assessment* has more specific scoring than the Compass EZ assessment. Each organization completes the same assessment so some questions will not be applicable to every organization. For example, if an organization does not provide medication management services, they leave the question blank.

Tiffany Gressley added that Region 3 also completes the Trauma-Informed Care Assessment to assess current practices and set goals to improve in identified areas.

12. Regional Administrator's Report

a. Region 3 Training Partnership Report

Tiffany Gressley explained that Region 3 develops an annual training plan and calendar to address the various training needs that our system partners have identified and to enhance the system of care. Tiffany reviewed a handout, *Fiscal Year 23 Training Report (July 1, 2022 – June 30, 2023)*. Training topics support various stakeholders in their work with children and families. Trainings occur both virtually (web-based) and in-person. A total of 2,468 individuals participated in trainings during FY23. The top five training topics in FY23 are listed below.

1. The Normalization and Glamorization of Drugs and Sexual Misconduct through Social Media
2. Mental Health First Aid/Youth Mental Health First Aid
3. Compassion Fatigue
4. Signs of Suicide (SOS)
5. Trauma 101

b. FY23 Network Audit Monitoring Report

Tiffany Gressley referred to a letter from the Division of Behavioral Health (DBH) regarding the Region 3 FY23 Network Audit Monitoring. Two Region 3 files were selected and audited by DBH on September 13, 2023. No findings or concerns were noted and no recommendations were noted.

Tiffany shared that Region 3 was the only Region with no recommendations. Tiffany stated that the results are a reflection of quality work and dedication from Region 3 staff.

c. Distribution of Meeting Materials to RGB Members

Tiffany Gressley stated that the Regional Governing Board (RGB) meeting materials will continue to be posted on the Region 3 website and e-mailed to each RGB member prior to each meeting. A packet of meeting materials will also be available at the time of each in-person meeting. Meeting materials will not be mailed prior to Regional Governing Board meetings.

13. Other Business

No Other Business was discussed.

14. Date of Next Meeting

Annual Meeting

January 26, 2024

9:30 a.m. – 12:00 p.m.

Region 3 Behavioral Health Services

4009 6th Ave, Suite 65

Kearney, NE

15. Adjourn

The meeting was adjourned at 11:15 a.m.