



## MEETING OF THE REGION 3 BEHAVIORAL HEALTH ADVISORY COMMITTEE

January 26, 2023

### MINUTES

#### 1. Welcome and Introductions

Beth Baxter welcomed everyone one to the meeting and introductions were conducted.

- Sharyl Gilles, Family to Family Coordinator
- Grace Mims, Ph.D., UNK Counseling and School Psychology
- Terri Tupps, ASL Interpreter – Linguabee
- Calene Carrano, ASL Interpreter - Linguabee
- Jen Puls, Region 3 Behavioral Health Services
- Beth Baxter, Region 3 Behavioral Health Services
- Stephanie Branham, Family Member
- Kayl Dahlke, Region 3 Behavioral Health Services
- Sharon Price, Nebraska Commission for the Deaf and Hard of Hearing
- Gary Quandt, Hall County Governing Board Representative
- Kerry Slaymaker, Region 3 Behavioral Health Services
- Tammy Fiala, Region 3 Behavioral Health Services
- Kam Rathjen, Family Member
- Karla Bennetts, Families CARE
- Melinda Dulitz, Region 3 Behavioral Health Services
- Sgt. Jeremy Jones, Hall County Sheriff's Department

#### 2. Review of Open Meetings Act

Beth Baxter reviewed the intent of the Open Meetings Act with the Behavioral Health Committee Members. The public has an opportunity to participate in meetings, as meeting information is listed on the Region 3 website. She asked if there were questions. There were no questions.

#### 3. Election of Officers

Beth Baxter explained how Brenda Miner from St. Francis Alcohol and Drug Treatment Center had been the chairperson of the Behavioral Health Committee; however, Brenda retired in April 2022. Grace Mims has been our Vice-Chairperson and is willing to be the Chairperson. Discussion was held to see if there was interest from the committee for Chairperson or Vice-Chairperson Position. The Vice-Chairperson would step in for leadership during the Chairperson is unavailable. Gary Quandt nominated Grace Mims as Chairperson. Karla Bennetts seconded. Motion approved. There was no interested parties in the Vice-Chairperson Position at this meeting.

#### 4. Comments from the Public

Beth Baxter asked if there were any comments. There were no public comments for this meeting.

5. Review of Meeting Minutes

Stephanie Branham made a motion to approve the July 28, 2022 and October 27, 2022 Behavioral Health Advisory Committee Meeting Minutes. Sharon Price seconded the motion. Gary Quandt abstained, as he was not at either meeting. Motion approved.

6. Regional Consumer Specialist Update

Tammy Fiala said the Consumer and Family Coalition has a new name, “Community Advocates Coalition.” Tammy said they are working on planning the spring conference scheduled for May 9, 2023 at the Interstate 80 Quality Inn in Grand Island, NE. She said the last conference scheduled was in 2020, which was canceled due to COVID. Tammy said the group has had discussions on identifying good qualities of a Regional Administrator. They have also weighed in on the ValiData project of how to contact consumers. There have been discussion on language use of consumer, which lead to the renaming the coalition. Tammy said she is also working on engaging consumers in the upcoming Crisis Intervention Training this spring.

7. Region 3 Financial Reports

a. FY23 Year – To – Date Region 3 Financial Activity Report

Kerry Slaymaker reviewed the Network Expenditures for the first half of the fiscal year, listing all services through the state contract. Each service listed shows the budgeted amount and the percentage paid out. Kerry explained how each service is either rate based or expense reimbursement, which effects how much of their budgeted amount has been spent/paid. Mental Health services have paid out 32%. Kerry said a budget shift request was submitted last week with the plans to be fully funded by the end of the fiscal year. Kerry explained the difference in the two Secure Residential Services, R&B stands for Room and Board, which SSDI does not pay, so the expenses need to be tracked separately. She explained the Unallocated Available MH \$402,786 budgeted amount is for new projects that are awaiting State approval. Kerry said Substance Use Disorder funds have been 36% paid out with some services right on track. She reviewed each of the Other Reinvestment Projects, which have been 34% paid out. Kerry said overall 33% of the budget has been paid out, she explained the small amount for the budget shift request is unpaid and the \$52,197 is unpaid due to waiting for a contract to be signed. Beth Baxter explained about the ARPA Block grant funds that are a one-time fund in response to the COVID pandemic.

b. FY23 Regional Budget Planning Timeline and Process

Kerry reviewed the FY24 Regional Budget Plan Timeline and Approval Process. She said they met with Network Providers on Monday, January 23, 2023. The next step is for Beth Baxter, Tiffany Gressley, and Kerry Slaymaker to meet with providers over the next couple of weeks. February 15, 2023 finalizing the allocations and providing technical assistance to providers as they develop their FY24 Budget Plan, which is due to Region 3 from the providers on March 3, 2023. March 23, 2023 is the next BHAC meeting to review the FY24 Budget Plan and make recommendations. March 24, 2023 Regional Governing Board Meeting for approval. Kerry said the Governor’s State of the State Address did not include \$1.5 million. Beth said all steps to accomplish with the Division of Behavioral Health confirming contract by June 30, 2023. Beth said according to the Governor’s Budget Summary shows the Behavioral Health Child Welfare has ample funds to sustain the rate, Region 3 will provide the 15% rate increase which will reduce the capacity of services. Beth said mental health needs continue to rise and school boards say mental health concerns are the number one concern.

8. FY22 Region 3 Annual Impact Report Presentation

Beth Baxter provided highlights of the July 1, 2021 to June 30, 2022 Annual Impact Report for the FY22 Expenditures \$11,301,805 through 83.78% Direct Services, 11.19% System Coordination and

Enhancements, and 5.03% Regional Administration & Network Management. She described the Region 3 Fiscal Management responsibilities. Network Management and System Coordination of the Region 3 service area ensures contractual obligations of the Division of Behavioral Health, which includes 15 Community-Based Network Providers and 7 Community Coalitions for Prevention Activities. Beth said people do not often come with only one need; therefore there it is essential to coordinate within the system across services and across systems. There were a total of 4,716 unique individuals served with 86.1% were adults 19 and older and 13.9% were youth 18 and younger. Individuals often participate in more than one service a year as shown by the duplicate count of 8,878. Beth asked if there were any questions and there were none.

Beth shared information about the prevention system, 49,389 individuals were served which is a 31% increase from FY21. Training is part of Prevention. Region 3 continues its partnership with the Behavioral Health Education Center of Nebraska (BHECN) focusing on trauma-informed training topics. Region 3 supports the community coalitions in their opioid prevention efforts through the Targeted Response to Opioids grants.

Through the Emergency System there were 4,403 individuals who engaged in crisis services across a comprehensive array of services. The Youth System of Care promotes Family Driven and Youth Guided, Community based and Cultural & Linguistic Competency Philosophy. A total of 1,236 youth were serviced through various levels of care. 580 were served in low intensity services, 190 served in mid-intensity services, and 460 were served in crisis services.

Consumer and Family System Coordination provides a foundation for engagement and validation of individuals and family members throughout Region 3. 467 individuals were served through contracted Peer Support services in Region 3. The Housing Assistance Program served 165 individuals with limited income and 96.9% were in a stable living situation at discharge.

Beth said Kayl leads the charge for Region 3's Quality Improvement for Network Access and Performance, 91% were satisfied with access, 93% satisfied with services, and 93% would recommend services to others. 86.5% of individuals served across the network services were in stable living at the time of discharge from services which exceeded the statewide target of 85%. 69.9% of persons served who were 19 and older were employed at discharge from services exceeding the statewide target of 65%.

The Region 3 Emergency Community Support program served 117 individuals. The Professional Partner Program served 165 individuals through the wraparound process including statistical information about the program along with outcomes average of the CAFAS showing a decrease in functional impairments. Beth asked if there were any questions. There was none.

#### 9. Conflict of Interest Policy and Statement Review

Beth said in the packet of information there is a Conflict of Interest Statement, which is completed on an annual basis. Please sign the statement and return to the office so we have a record. The statement can be signed and scan back or mailed to the office.

#### 10. Region 3 Quality Improvement Report

##### a. Region 3 2023 Stakeholder Survey

Kayl Dahlke said he has sent out the annual stakeholder in one group email to hopefully avoid duplication of multiple emails. He asked to please let him know if you did not receive the survey through email. Kayl reported that the Region 3 website has been upgraded and encouraged the committee to go to the website for information regarding services and trainings.

b. FY23 Waitlist Comparison Report

Kayl Dahlke reviewed the CDS Waitlist Report from July 1, 2022 through January 19, 2023; there were 39 individuals on the waitlist during that timeframe, primary funding source, waitlist service type, priority population, and waitlist removal reasons. Kayl said Nathan told him the numbers are down quite a bit from previous two years primarily from staff shortages impacting access.

c. FY23 1<sup>st</sup> Quarter Quality Improvement Report

Kayl Dahlke reviewed the 1<sup>st</sup> Quarter outcomes of the FY2023 Network Quality Improvement Plan: Performance measurement and Reporting document. Kayl highlighted the different areas of the quarterly and semi-annual review, as applicable; consumer satisfaction measure outcomes, access measure outcomes, and performance measures. Access measures include Housing Assistance Program, Supported Employment, and Medication Management. Performance Measures include goals for stable living at discharge, consumer confidence, employment at discharge, Supported Employment, Housing Assistance Program, Crisis Services, Professional Partner Program, Crisis Stabilization Unit, Transitional Age Coordinated Employment, Vets4Vets, Co-Responder Program, Strategic Opioid Response (SOR), Network Management, Peer Support, and ValiData. He said the second quarter data will be available at our next meeting. Grace Mims asked how the targets are set. Kayl explained how the Division of Behavioral Health sets access and performance measures and the Regional Quality Improvement Team (RQIT) sets targets for those measures that aren't set by the Division of Behavioral Health. The RQIT also discusses how to improve the outcomes.

Beth Baxter and Kayl Dahlke talked about the monthly meetings with the Division of Behavioral Health and the quarterly Regional Data Outcome Report, which compares Region 3 to the rest of the regions in the state.

d. FY23 Point-in Time Service Utilization Trends

Kayl Dahlke reviewed the point-in time report, which is ran at the beginning of each month. He highlighted each graph, which shows both mental health and substance use disorder information for the past seven months. Kayl asked if there were any questions. There was none.

11. Regional Administrator's Report

a. Recovery Oriented System of Care

Beth Baxter reviewed the report and provided history of how Quadruple Aims of Health Care framework was developed. The expectation is to fund a balanced array of services within a continuum of services that supports access and choice.

b. Regional Behavioral Health Recovery Oriented System of Care

Beth Baxter provided updated information across the state based on the Recovery Oriented System of Care, which was submitted to the Division of Behavioral Health in August 2023. There has also been a change in leadership at the Division of Behavioral Health with a new governor onboard. Beth summarized the report and highlighted the goal of RAs is to have a complimentary system with the Medicaid system. We understand that our system and the Medicaid system have different philosophies with the Regional Behavioral Health System being a recovery oriented system of care and Medicaid is a payer source based on the medical necessity of services being authorized. The hope is for seamless treatment and recovery without interrupted or delayed care for an individual due to payer sources.

- c. Region 3 Service Array  
Beth Baxter reviewed the Region 3 behavioral Health Services/Medicaid Services Crosswalk handout. She said this is a very comprehensive list of services covered by Region 3 funding and identifies if Medicaid pays for the service for those who are Medicaid eligible. There is a considerable amount of services. Beth asked if there were any questions and there was none.
- d. Reinvestment for System Enhancements Update  
Beth Baxter reviewed the FY23 System Enhancement Plan handout. She said this information correlates with the fiscal report Kerry provided. Beth said this report shows the various services and initiatives Region 3 has been working on this fiscal year. Proposals have been submitted to the Division of Behavioral Health in mid-January for significant service dollars and we are waiting to hear back from the Division,

## 12. Networking and Other

- ❖ Grace Mims asked about the Region 3 leadership change. Beth Baxter said the transition started in March 2022 with an internal search for the new position of the Network Project Director who will transition into the Regional Administrator's role through a succession training process. Fortunately, there is significant tenure in staff at Region 3. Through an internal selection process Tiffany Gressley was selected for the Network Project Director position. Beginning March/April Tiffany will start the transition process after a new Network Project Director has been selected.
- ❖ Sharon Price, Nebraska Commission for the Deaf and Hard of Hearing, said they are currently developing a list of therapists that are proficient at signing and with people in deaf culture community. She said interest started with a post on Facebook about her role and has grown including how to connect. There are 19-licensed therapist in Nebraska. Beth Baxter said Region 3 is interested in a copy of the list and would give it to Melinda Dulitz at Region 3 so that she can distribute it through her networking contacts across Region 3. Grace Mims said the UNK Speech and Language Department offers a sign language class.
- ❖ Karla Bennetts, Families CARE, said the Children's Mental Health Statewide group has started to plan the local event in Kearney. They are having a Chile Cook-off the end of February at the American Legion in Kearney.

## 13. Date of Next Meeting:

The FY24 Regional Budget Plan Presentation will be on Thursday, March 23, 2023 from 1:30 p.m. to 3:30 p.m. in-person at Region 3 Behavioral Health Services, 4009 6<sup>th</sup> Ave Suite 65, Kearney, NE. The remaining dates of Behavioral Health Committee Meetings are July 27 and October 26, 2023.

## 14. Adjourn

Grace Mims adjourned the meeting.