

**Behavioral Health
Advisory Council**

**November Agenda
Yearly Review and
Planning**

Thursday, November 2, 2023

9:30 a.m. – 3 p.m.

Attendees:					
<input type="checkbox"/>	Keri Waterland (DBHR)	<input checked="" type="checkbox"/>	Susan Kydd	<input checked="" type="checkbox"/>	Nathan Lusk (DBHR)
<input checked="" type="checkbox"/>	Michael Langer (DBHR)	<input checked="" type="checkbox"/>	Richelle Madigan	<input checked="" type="checkbox"/>	Janet Cornel (DBHR)
<input checked="" type="checkbox"/>	Teesha Kirschbaum (DBHR)	<input checked="" type="checkbox"/>	Tana Russell	<input type="checkbox"/>	Tori McDermott Hale DBHR)
<input checked="" type="checkbox"/>	Robert Hopkins	<input checked="" type="checkbox"/>	Vanessa Lewis	<input checked="" type="checkbox"/>	Kim Wright (DBHR)
<input checked="" type="checkbox"/>	Miranda Meier	<input checked="" type="checkbox"/>	Michelle Tinkler	<input type="checkbox"/>	
<input checked="" type="checkbox"/>	Jenni Olmstead	<input checked="" type="checkbox"/>	Clarissa Fletcher	<input checked="" type="checkbox"/>	Guest: Shiya Grant
<input type="checkbox"/>	Jolie Ramsey	<input checked="" type="checkbox"/>	Ruth Leonard	<input checked="" type="checkbox"/>	Guest: Carolyn Cox
<input type="checkbox"/>	Josh Wallace	<input checked="" type="checkbox"/>	Christal Eshelman	<input checked="" type="checkbox"/>	Guest: Ann Denton
<input checked="" type="checkbox"/>	Katie Mirkovich	<input checked="" type="checkbox"/>	Julee Christianson	<input checked="" type="checkbox"/>	Guest: Michelle Baxter
<input checked="" type="checkbox"/>	Nelson Rason	<input checked="" type="checkbox"/>	David Musser (Bryan Smith as Delegate)	<input checked="" type="checkbox"/>	Guest: Nancy Watson
<input checked="" type="checkbox"/>	Tessa Clements	<input type="checkbox"/>		<input checked="" type="checkbox"/>	Guest: Nicole Chaskin
<input type="checkbox"/>	Marcia Mongrain-Finkas	<input checked="" type="checkbox"/>	Sarah Mariani (DBHR)	<input checked="" type="checkbox"/>	Guest: Gaberial Hamilton
<input type="checkbox"/>		<input checked="" type="checkbox"/>	Alicia Hughes (DBHR)	<input checked="" type="checkbox"/>	Guest: Stu Parker

#	Agenda Items	Time	Lead	Decisions and Summary of Meeting
1.	<p>Welcome & Call to Order</p> <ul style="list-style-type: none"> Attendance Welcome New Members: Julee Christianson and Miranda Meier Approve September minutes. 	9:30am	Richelle Madigan	<p>Welcomed New Members:</p> <ul style="list-style-type: none"> Miranda Meir representing Housing/Commerce Julee Christianson representing OSPI. <p>September minutes approved- unanimous</p>
2.	Council Member Roundtable	9:45am	Roundtable	<p>Nelson Rascon- Working on new partnerships and RFPs that hopefully he will be able to share in the near future</p> <p>Clarissa Fletcher- Continuing to work on the Barbershop Mental Health project in Tacoma and excited to share future updates with the council</p> <p>Tessa Clements- just came back from the 64th annual judicial conference where her group sponsored a presentation on judicial and psychiatric leadership.</p> <p>Carolyn Cox- Excited to sponsor Shiya Grant attending today as a hopeful youth representative. Also working on RFPs. Spark is expanding across the state and have 8 sites currently.</p>

			<p>Christal Eshelman-Working to bring regional BHABs in further collaboration with BHAC.</p> <p>Susan Kydd- heavily involved in SMART Recovery, started a couple meetings at a recovery café she volunteers at.</p> <p>Richelle Madigan- Co -chair and statewide family advocate that helps families find resources for children discharging from the highest level of psychiatric need and there aren't resources able to meet their needs. Helps find resources across different systems to help meet them. Also excited to have daughter Shiyah Grant attending today and grateful for Spark for her sponsorship allowing her to attend.</p> <p>Julee Christianson- Continuing work on Project AWARE in OPSI and ramping them up across the state.</p> <p>Michelle Baxter- Excited to share her SAMHSA TA with the council later on.</p> <p>Vanessa Lewis- Continuing work with PAVE and her organization Flystart.</p>
<p>3. Officer Elections</p> <ul style="list-style-type: none"> Officer elections for SUD Co chair and Vice Chair. 	<p>10:00am</p>	<p>Katie Mirkovich</p>	<p>The following members volunteered at the meeting to form nominating committee:</p> <ul style="list-style-type: none"> Clarissa Flechter Tessa Clements Susan Kydd <p>Tessa Clements read the slate of nominations</p> <p>Vanessa Lewis as SUD Co-chair</p> <ul style="list-style-type: none"> 9 in favor, two abstain. <p>Christal Eshelman as SUD Vice- Co- chair</p> <ul style="list-style-type: none"> 9 in favor, two abstain. <p>A vacancy has opened for MH Vice Co-chair due to Vanessa Lewis changing roles. The council put forward to hold a virtual vote for this role to allow time for nominations to be considered.</p> <p>Those in favor- unanimous</p> <p>Vanessa Lewis has been elected SUD Co-chair Christal Eshelman has been elected SUD Vice Co-chair</p>

4. A	Short Break	10:15am	All	
5.	Review the 2024 BHAC Meeting Calendar	10:35am	Nathan Lusk	<p>See 2024 Block Grant Calendar Presentation and Compilation of BHAC Calendar Ideas</p> <p>Shiya Grant (guest) - Recommends looking into more social media and recruiting more youth voices. Promote BHAC as a place to get resources and a place to use your voice.</p> <p>Richelle- With my work the Brian Rebar and the North Central BHAB. We have identified that the regional boards often don't have a way to share what is going on regionally and we as BHAC don't have a way to know what is going on regionally. By connecting it would be a win/win. Create a group that will be able to increase connections.</p> <p>Clarissa Fletcher- does BHAC have a budget to do a project like this (state landscape analysis).</p> <p>DBHR (Kim Wright, Michael Langer) Responds: Block Grant budgets are currently complicated and significantly overallocated, with the return to in person options for meetings and travel and meeting expenses the final reconciliation of the budget should be completed soon to give us an idea BHACs current expenses.</p> <p>If BHAC has ideas that they want to do, it is ok to propose for the budget, and they may be able to be planned. Additionally, we also host a lot of conferences throughout the year, so if BHAC wanted to "host" a table at one of our conferences, we may be able to tie it into one of them.</p> <p>Tessa Clements proposes setting up a BHAC workgroup/committee for the networking and landscaping of services throughout the state. Have the workgroup be structured around networking and gathering of resources of what providers are already doing.</p>
6.	Lunch	11:30am	All	
7.	Celebration of parting members <ul style="list-style-type: none"> Susan Kydd, Jenni Olmstead, other first term members leaving 	12:00pm	All	
8.	Directors Dialogue <ul style="list-style-type: none"> State Prevention Plan HCA Legislative Priorities 	12:30pm	Michael Langer, Teesha Kirschbaum	<ul style="list-style-type: none"> See 2023 Nov 2 BHAC Meeting - SPE Overview pdf. <ul style="list-style-type: none"> Susan Kydd- Is there any tracking in the state prevention plan of PTSD, as a strategy for prevention?

- Sarah Mariani- PTSD isn't specifically addressed in the prevention plan, that would probably come with the further need for services such looking at the co-occurring, whole person care. can look into their workgroups and see if that has been brought up.
- Richell Madigan- How are you going about gathering qualitative data and incorporating persons with lived experience in your plan?
- Alicia Hughes- We get data from local providers, who report online each month what is happening in the field, where they can share the stories, successes, challenges, and barriers that are happening. They also host listening sessions throughout the year. We also have a spring youth forum for youth to come and present what is happening in their communities.
- Teesha Kirschbaum - Who does the Healthy youth Survey go out to?
- Sarah Mariani- The survey goes out to every school in the state for 6th, 8th, 10th, 12th grades. There is a registration process where schools do have to sign up. Tribal and private schools are welcome to register as well. Last count we had about 1000 schools registered and about 235,000 students able to participate in the next survey. Roughly 80% of all eligible schools.
- Richelle Madigan: What makes a school ineligible?
- Sarah Mariani- Elementary schools since they typically don't have 6th-12th grades, schools in detention institutions, don't participate.
- Michael Langer- This data is really important to DBHR to inform on its work, but it is as important if not more for the local school districts, so they know what's going on and are able to go after additional grants.
- Katie Mirkovich- Regarding the institutionalized students who don't participate, is there a reason, could they still help with planning and strategy.
- Sarah Mariani- Historically they haven't participated, and we have been having an ongoing discussion about including them.

			<p>Will follow up (See Action Items for further answer)</p> <ul style="list-style-type: none"> • See 2024-hca-legislative-priorities pdf. <ul style="list-style-type: none"> ○ Richelle Madigan – Is the increase in LTCC bed rates for youth or just adults? ○ Teesha Kirschbaum- Just for adults ○ Richelle Madigan- Shared that her family utilized the Perinatal Psychiatry Consultation Line, living in a rural area, and can be very beneficial where there are very few psychiatric providers. Able to get her children’s mental health medication management, with her primary care provider connecting with a provider using the Consultation line. ○ Susan Kydd- Are these structurally what we have seen as Decision Packets? ○ Teesha Kirchbaum- Yes this are the decision packages that we put forward to the governor in hopes that they will make it into the governor’s budget, then the legislature, who looks at it throughout session where both the house and senate present their own budget, compromise it out until we get a final budget. ○ Richelle Madigan- What amount of your asks normally get funded? ○ Teesha Kirschbaum- Different, there has been kind of a high in terms of getting things funded due to an increase of interest in behavioral health. ○ Susan Kydd: When we (BHAC) made their block grant recommendations, there was talk about maybe including some of the recommendations as decision packets. ○ Teesha Kirschbaum- Important thing to know is that we have vetted down from a much larger list of maybe 50 ideas that we have to narrow down to what we currently have around 6 that we put forward. ○ Michael Langer- Pointed out that all other state agencies are going through this same process so there may be things from say department of health or OSPI that also impact what happens with HCA and DBHR. •
SAMHSA Planning Council TA Presentation	1:30pm	Ann Denton and	<ul style="list-style-type: none"> • See WA 059 11.2.23 Council meeting pdf.

		Michelle Baxter	<ul style="list-style-type: none"> ○ Richelle Madigan- Are you able to provide further consultation specifically around best practices on how to do strategic planning in a hybrid setting. ○ Ann Denton- If the question is if we can help you with that, we would have to go back to SAMHSA to get further approval. It is something we would be able to do. Now or soon would be a good time to do strategic planning as we start a new year. ○ Richelle Madigan- What would be a realistic timeline for if we could get it. Could we do it in January? ○ Ann Denton, Michelle Baxter- We could be able to deliver best practices for how to do strategic planning by January. <ul style="list-style-type: none"> ● Request for further TA 	
9.	Overview of meeting expectations	2:30pm	Richelle Madigan	<ul style="list-style-type: none"> ● Reviewed meeting expectations with the council. A final draft will go out and be voted on virtually. <ul style="list-style-type: none"> ○ Richelle Madigan- What is a realistic timeline to send out meeting materials before a meeting. ○ Nathan Lusk, Kim Wright- 3 business days would be very reasonable. ○ This can be a living document where members can suggest changes going forward. ○ See Meeting Expectations draft and final document.
10.	Next steps, review action items, review January agenda items.	3:00pm	Richelle Madigan	<p>January Agenda Items:</p> <ul style="list-style-type: none"> ● Progress Report ● Strategic planning in hybrid setting
11.	Adjourn	3:15pm	All	

Action Items/Decisions

#	Action Item	Assigned To:	Date Assigned:	Date Due:	Status
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<p>1. Prevention to see if the Healthy youth survey has reached out to institutionalized youth to see if they would like to participate.</p>	<p>Nathan Lusk</p>			<p>Completed. Sarah Marani followed up before the meeting was done. Detention facilities aren't eligible to participate per WSIRB because students in these facilities technically don't have their full autonomy opting to take the survey and it would be extremely difficult if not impossible to follow protocols like 2-week parent notification etc. Furthermore, these facilities typically have very small numbers, and their student populations tend to be highly transient, which would theoretically make their results far less useful and exclude them from being included in the state sample</p>
<p>2. The Nomination and MH Vice Co chair will go out and be held via virtual vote</p>	<p>Nathan Lusk</p>	<p>11/2/2023</p>		<p>Completed Nomination Requests sent 11/13/2023. Nominations for MH Vice Chair: Tessa Clements. Virtual Vote went out 11/29/2023. 11 Yes, 8 No Reply/Abstain. Tessa Clements elected MH Vice Co Chair 12/11/2023.</p>
<p>3. Block Grant team to follow up with consultants about hybrid strategic planning</p>	<p>Nathan Lusk</p>	<p>11/2/2023</p>		<p>Ongoing. BHAC Executive Committee met with the consultants 12/20/2023 to review best practices and recommendations. For strategic planning in a hybrid setting. The Executive Committee is looking into reserving the March 2023 meeting for strategic planning.</p>
<p>4. The meeting expectations revisions will go out for a council virtual vote.</p>	<p>Nathan Lusk</p>	<p>11/2/2023</p>		<p>Complete. Final draft of the meeting expectations went out to the council to review 11/9/2023. A virtual vote went out to the full council 12/7/2023. 11 Yes 7 no reply/abstain. Meeting Expectations Adopted.</p>
<p>5. Share Bryan Smith/David Musser information regarding trainings that are occurring in December</p>	<p>Nathan Lusk</p>	<p>11/2/2023</p>	<p>11/3/2023</p>	<p>Completed. Shared with Council 11/3/2023</p>
<p>6. Nathan will compile BHAC Calendar recommendations, review with the executive committee and send out to the full council</p>	<p>Nathan Lusk</p>	<p>11/2/2023</p>		<p>Ongoing. BHAC Executive Committee met to review the compilation of 2024 Calendar recommendations 12/1/2023 and met again 12/20/2023 to discuss holding 2-3 themed meetings in 2024. Will continue to meet to discuss logistics, budget, etc.</p>

