

Behavioral Health Advisory Council
Meeting Minutes
January 9th, 2019 – Ramada Inn

Mission Statement:

The Behavioral Health Advisory Council mission is to advise and educate the Division of Behavioral Health and Recovery, for planning and implementation of effective, integrated behavioral health services by promoting individual choice, prevention, and recovery in Washington State

Present:	<p>Attending in person: Annabelle Payne, Beth Dannhardt, Cathy Callahan Clem, Carolyn Cox, Dennis Swennumson, Haley Tibbits, Jorden Rosa, Kristina Sawyckyj, Myra Paull, Nelson Rascon, Phillip Gonzales, Sharon McKellery, Susan Kydd, Vanessa Lewis, Taku Mineshita, Jonathan Sherry, Michael Reading, Michael Langer, Pamala Sacks-Lawlar, Tory Henderson, Karen Huber, Jenni Olmstead, Matt Gower, Sandra Mena-Tyree, Martha Williams, Janet Cornell</p> <p>By Phone: Becky Hammill, Mary O'Brien, Richelle Madigan, Shelli Young, Melodie Pazolt</p> <p>Visitors: <i>Stu Parker, Brian Briggs</i></p>
Members Excused:	None
Not Present:	Cary Brim Reid, Connie Batin, Jeff Aldrich, Kimberly Miller, Linda Kehoe, Moira O'Crotty, Paul Neilson, Bryan C Smith, Jim Leingang, Cary Retlin, Katie Mirkovich, Steve Kutz, Marci Arthur
Minutes taken by:	Ryan Keith
Call to Order	The meeting was called to order at 9:01 a.m.
Welcome, Introductions, Review of agenda, Review September and November minutes, amendments proposed, and approval of September and November minutes	<p>A quorum was reached. Corrections requested for November meeting minutes: Confirming members present by phone or in person, clarification of notes surrounding "Peer Review Team Outcomes" item on agenda.</p> <p>Susan requested that meeting notes going forward provide a more concise overview. Motion was carried to approve notes with the requested corrections. Susan requested that September notes be reviewed via email as physical notes were not available.</p>
Stop the Stigma Campaign / Small Group Activity	<p>Susan led discussion and presented a video as a possible example of outreach materials. The <u>Matrix Model</u> and <u>Stages of Change</u> were introduced as resources to emulate. Dennis raised idea of a campaign that would allow people to tell their own stories through multiple creative formats (examples cited include <i>50 hours of film</i> in Spokane and the "It gets better" project), which received enthusiastic support.</p> <p>Next steps included identifying and reaching out to existing prior campaigns to discuss successful practices. Suggestions were made about the value of organizing a competition, as picking a "winner" might not provide the most inclusive platform for fighting stigma, while awarding prizes might run afoul of funding requirements. Using the wording "Stigma" can reinforce a potentially negative message, so care was urged as an effort stemming from an official body.</p> <p><u>Subcommitte formed:</u> Cathy Callahan, Dennis Swennumson, Haley Tibbits, Jorden Rosa, Kristina Sawyckyj, Michael Reading, Pamala Sacks-Lawlar, Richelle Madigan, Sharon Mckellery, Shelli Young, Susan Kydd,</p>

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	<p>Vanessa Lewis (with exec. committee included on distribution list)</p> <p>ACTION ITEM: Pamala will provide information on the Matrix Model, Janet will clarify Block Grant limitations around awarding prizes</p>
<p>Director’s Update</p>	<p>Discussed visit by Governor Inslee to HCA building earlier in the day, explained ongoing interviews and anticipated timeline for hiring permanent director of DBHR as well as potential impacts for legislative session stemming from this process. Outlined some bills being reintroduced for the 2019 session; BH bill is substantial so efforts are being made to track changes and ensure that it’s easy to distill. HCA staff is working on impact analysis for the high number of pre-filed bills that touch on BH, which will expand once the full session starts on Jan. 14th. Senate has decided to enact a BH subcommittee. SUD peers in budget, anticipated by July 1st, piloted federal grant. Discussed ongoing resolution for Trueblood, Governor’s efforts regarding adult BH and questions around 5-year plan and budget discussed in Dec. 2018. Conversations around Workforce, will be addressed in part through the large BH bill. Money efforts in HCA for a dedicated position around Workforce and shortages at all levels. 1115 waiver around expanding capacity, Melodie Pazolt is the lead on the SUD waiver (with several subgroups under that), Diana Cockrell is the MH lead.</p> <p>Michael solicited feedback from the membership present around identified trends or community interest, challenges or successes, etc.</p> <p><u>Kristina</u> brought up “Mason’s case” that has been in the news that explains crossover between DD systems and behavioral supports and consumer education around ER boarding.</p> <p><u>Carolyn</u> asked about the TR lawsuit and where it stands – Currently around 95% of desired outcomes but is ongoing to fully resolve, need parity in all regions of the state to move out of it.</p> <p><u>Sharon</u> asked about supporting employment & housing efforts and the qualifications in place for participating.</p> <p><u>Jorden</u> asked for contact info around TR lawsuit, indicating a loss of flex funding and impacts on other efforts. Tina Burrell at HCA is the main point of contact.</p> <p><u>Dennis</u> asked about ensuring consistent and standardized care across all providers- Some agencies/providers appear to be imposing their own view of how services should be provided or what levels of care are utilized as a base level (i.e. clients seen as ‘double dipping’ by one provider for services</p>

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previously provided to other clients). Michael discussed efforts at high levels within HCA around setting appropriate baselines while allowing for flexibility in service provision.

Michael R. asked about expanded investment in Workforce Development to address regional needs, pointing out the inequity in pay and status among providers based on credentials and how that can drive high turnover. Dennis commented on how a “PhD in lived experience” doesn’t translate into the documentation that is often required to advance.

Michael solicited ideas for mitigating structural barriers such as housing, education, training, etc. What incentives are working well? Are there new or novel approaches members have encountered?

Possible solutions suggested included:

- Targeted scholarships for MH providers (with mandated commitments to work in underserved communities)
- Providing college credit for professionals in the field with years of experience who may lack formal credentials
- Create a stipend for training outside service hours
- Provide and enhance support for trainings to be provided outside of standard hours.

Members discussed how enhanced support for supervision would also help, by improving the quality of supervisors providing oversight as well as the quantity of supervisors in the field to expand who can be managed. It’s hard to backfill or provide substitutes for so many roles related to BH, especially related to peers.

Myra had a question about bringing Medically-assisted treatment into prisons - Michael discussed broad HCA support and acknowledgement of existing barriers/impacts, also discussed some efforts around PPW and infants programs. Myra also asked about funding in budget for PAC programs - Melodie confirmed that this is in place as part of the five-year plan.

ACTION ITEM: Ryan will send out an update on the Governor’s 5-year strategic plan for Behavioral Health to all members.

Council Member Updates

-Participation in a regional BHA board in eastern WA

-Efforts to explore evidence based models around BH for gang grants and addressing opiate use impacts in juvenile justice

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<ul style="list-style-type: none"> • Membership Committee Next Steps 	<ul style="list-style-type: none"> -A new grant for OIC to investigate healthcare parity among commercial carriers -Implementation of MH endorsements for early childcare providers -Governor’s budget supporting DCYF efforts and upcoming report on recent efforts such as home visit and outreach -Upcoming start of leg session and attending impact days/hearings -Advocating for issues in King County -Expanded coverage to four managed care providers in SW WA -Celebrated a year of sobriety with a family member -Was asked & accepted to serve on Pierce county advisory board -Looking to open up “Washington Hope” as a business -Becoming part of a local council around juvenile justice that will be working with some national orgs on successful efforts enacted in Pierce county (family youth system partner roundtable or FYSPIRT) -Working on adding an internal resource group at HCA regarding recovery supporting internal staff as well as an update around BCOP advisory board still waiting for approval -Ongoing transition for King County BHO and MCO, BHASO, dealing with new acronyms entering use -Passed out new roster of non-agency members -Received funding to assist non-parental custodians raising kids who are BH-involved (Often through opioid impact), recently graduated first hybrid training class
<p>Presentation: Public Disclosure</p>	
<p>Presentation: HCA Communications</p>	
<p>BHAC Norms</p>	<p>Susan led discussion. Request was made to modify language from handout.</p> <p>Members asked to have handouts earlier to facilitate review, possibly 72 hours or up to a week. DBHR staff assured the group that efforts would be made but also pointed out that documents had been sent out four business days in advance of this meeting. An additional request was</p>

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	<p>made for information and training on the travel and reimbursement forms and process.</p> <p>Discussion was held about agency representation. Executive committee asked that further conversations happen around how to best clarify information for members to ensure block grant rules are being followed appropriately.</p>
BHAC Membership	<p>Phillip discussed open positions and applications currently under review. He provided an updated roster for contact info and explained some of the geographical distribution needs for the available roles.</p> <p>Myra Paul addressed the meeting to discuss leaving BHAC and relocating across the US, thanking members for the opportunity to participate in such meaningful work. Members expressed their thanks for her contributions to BHAC over time.</p>
Topics for March	<ul style="list-style-type: none"> • Strategic Planning Project (Mary O’Brien, Michael Reading) • Visibility (Jeff Aldrich, Susan Kydd) • Drug Type Testing Strips - Tom Fuchs from DBHR or Sarah Deutsch from DOH suggested as presenters • Presenter idea: What is DOC doing regarding opioid responses - Dawn Williams suggested as presenter • Legislative updates from Michael/Melodie • Update on Healthy Youth Survey