



Central Service Area Authority Board Meeting

centralsaamontana.org

May 31, 2013 9:30 am- 3:15 pm

2401 Colonial Drive, Helena, MT

All Central Service Area Authority (CSAA) Board meetings are open to the public.

PUBLIC COMMENT STATEMENT: In accordance with 2-3-103(1), MCA, the CSAA Board will hold a public comment period. The Open Forum is the public's opportunity to address the Board on any public mental health issue. While the Board cannot take action on the issues presented, the Board will listen to comments and may place the issue on a subsequent agenda for possible action. The Chairperson of the meeting determines the amount of time allotted for public comment

Statutory purpose: *To collaborate with the AMDD and LAC's, to promote consumer and family leadership, and to foster individual choice and access to a continuum of mental health services in the Central Service Area.*

Statutory duties: *(1) Collaborate with the AMDD on the planning, implementation and evaluation of the mental health system. (2) Submit a biennial review and evaluation of mental health service needs and services within the service area. (3) Review and monitor crisis intervention programs within the service area.*

Minutes

I. 10 a.m. Andrea Lower (vice-president) called meeting to order.

• Check In/Quorum: Board Members – quorum – Andrea Lower, Brian Garrity, Crystal Evans, Jill Brodin, Mike Murray, James Gustafson, Tammy Kevwitch, Cindy Smith, Jeanette Kotecki, Tom Peluso,

Absent-Excused: Sydney Blair, Alicia Smith, Sally Miller, John Wilkinson, Lenore Stiffarm, Louise Livingood, Brett Linneweber, Betsy Garrigues, Jodi Daly.

Guests: Nancy Milligan, Faith Rose

AMDD: Kristi Rydeen, Jane Wilson.

PUBLIC COMMENT:

Kristi questioned about how far out do the members need to notify about absences and whether it would be worthwhile to cancel meetings when it is known that there will not be enough to meet a quorum.

Jane commented that during the information on putting veterans on the CSAA that we include the two veterans that were interested on the board because one veteran was from the Vietnam Era and the other veteran was a recent combat vet and that they both have different issues. Vietnam veterans are dealing with homelessness, etc. Current combat vets are dealing with young families, etc. Mike argued that veterans from any era deal with mental health issues. Andrea asked Tom if there were openings available for both veterans. Tom suggested that the board change the need for veteran slots.

OLD BUSINESS:

The March minutes were passed around and Andrea asked for corrections. Tom moved to accept the March minutes as corrected, Brian seconded, approved.

Cindy Smith motioned to approve the April minutes, Mike seconded, minutes approved.

Andrea asked if everyone had looked at the upcoming meetings and discuss whether we need to keep the upcoming minutes as shown or there needs to be a change. It is costing about \$2400 for each meeting that we have – this does not include Congress or Summits. There will be money left over before the end of the fiscal year which is around \$5000.

Tom suggested the board may use part of the money as a diversity training - especially the Native American culture in Montana.

Andrea suggested that we set money aside prior to planning the meetings and budget so that we know where the money is going each fiscal year. Mike stated that the money needs to go to the LACs because they had to cut their budget because of no money.

A questionnaire was given to the LACs to give information on how the money they were given by the CSAAs was spent, what was accomplished, how many meetings, etc. This information was compiled and Andrea handed out the information on the LACs.

Andrea asked for motion on the current meeting schedule. Brian asked that we change the December date to the 13th in lieu of the 20th. Tom suggests we put the August meeting back in the schedule instead of combing it with the July meeting. With the change of dates being to add and include June 28, 2013, July 26, 2013, August 23, 2013, September 27, 2013, October 25, 2013, December 13, 2013, January 24, 2014, February 28, 2014, March 28, 2014, April 5, 2014 (Congress), May 23, 2014, June 27, 2014. Tom suggests using all these dates in order to have them on the schedule and then as the board determines which meetings need to be held they will be cancelled or postponed as appropriate. Kristi thinks this is hard to budget for. Brian thinks having the meetings scheduled and then cancelling is confusing. Andrea would like to table this discussion until next meeting. James states we have some very important things to do in the next couple months so he agrees that we table this discussion. Tom states it is easier to cancel a meeting than set one up at the last minute. Cindy moves to approve the calendar as stated above with the exception that the executive include a strategic plan with the calendar. Jill seconded. Motion approved.

II. Tammy Kevwitch:

Tammy presented EMPower Plus – A Brain Health Breakthrough that has an 80% success rate at helping people transition off psychiatric medications and onto EMPowerPlus, which has proven effectiveness greater than most medications and without the harmful side effects.

III. ELECTION OF COMMITTEE MEMBERS: Due to timing and people leaving throughout the meeting it was decided to move to next month's meeting agenda.

IV. Monthly Updates:

- **LAC reports:**

Cascade (need new LAC rep appointed) James said that it's falling apart – not enough support for meetings.

Lewis & Clark (Brian) Meeting with architects, county and going through design process with consumers for building crisis facility called Journey Home. They are looking at early spring to open. Design work has taken longer than anticipated. They are hoping to break ground in fall. SMA Architects have done an incredible variety of things including designed and expanded Shodair, Warm Springs and other mental health projects. They will have six voluntary beds and two emergency detention beds. Judy is the lead at the drop in center which is doing well.

They are working on more sustainable funding. The county is putting in money and has included a big commitment to crisis facility, drop in center and CRT (Crisis Response Team). The crisis facility is being built on campus of Center for Mental Health. Startup funds are coming from county, WMMHC and CMH. The community has come together on this including Rocky, St. Peters, county commission and law enforcement with those already listed.

Park (Tammy) Park County LAC only had two board members. Tammy reported that there are several people who come to the meetings but aren't willing to serve on the board,

Gallatin (Jill, Tom) To date the Gallatin County LAC has used \$204 of \$420 allocated, which was used for taking legislators to lunch where they shared the state of mental health including gaps in service to legislators to take to legislation. They also publish a 4-page resource guide which is in a Word document and can be made available to other LACs. They also started an anti-stigma campaign headed up by Lori Marchek, a local clinician. An LAC member from the university started a Facebook page for the LAC. Top three priorities are the drop in center, expand peer support, mental health and criminal justice, a local detox unit, and a suggestion for more supportive housing units. Challenges include participation by appointed members, maintaining focus and moving the agenda forward between meetings. Some initiatives are to build the detox unit. A new stakeholder, Dr. Kilchew with two adopted children with mental illness. She is dedicated to advocating for children's mental health. They had a crisis meeting yesterday as an adjunct to the LAC where children was a primary focus.

Hill County (Cindy) Going over strategic plan and talking about bylaws. Having difficulty getting members. Members get discouraged when they don't see progress. They are thinking of combining with Havre. Are planning to use some of their funding to help get website and pamphlets written. Person who wrote grant is gone. They struggle with keeping the agenda going and moving forward. They are trying to hold folks accountable who had committed to mental health first aid training. They were talking about House Bill 130 and how it would work very well with peer support objectives and would help with collaborative piece for LAC.

- **Providers: Crystal Evan with Blackfeet Family Wellness Center**, currently undergoing renovations. The center is a tribal program. They are waiting for renovations to be complete in two weeks. They got a visit from State of Montana quality assurance division representative. The inspection went well. They are now considered an IHS (Indian Health Service) provider.
- **AMDD** – Kristi Rydeen passed out the 39-page Mental Health Local Advisory Council Toolkit and asked for feedback from board members. Way to feedback is on cover letter or email comments to hhsademail@mt.gov. She said to keep in mind that this is the nuts and bolts. Individual communities can add their own information for their own uses. AMDD talk about having community program officers break up the information into a Powerpoint presentation. They are willing to have representatives go to individual LAC's to talk over and explain the toolkit.

V. Legislative Update

- James Gustafson said that peer task force is still being worked with and trainings are being planned.
- Kristi said that peer-to-peer money that the state got is still moving forward albeit slow.

VI. Committees –Kristi recommended that the LAC really “bragged” about their accomplishments in their reports. And this same information should be reflected in the Annual Report. Andrea is asking who is interested and able in writing the report. James suggested that we include the reports on spending from the LAC's in the report as the information is an overlap. It is suggested by Jane that Tom's accomplishments and efforts in expanding the board be included in the report.

Tom states that he does not think the committee structure we are currently using is not effective and suggests that we form committees instead based on areas and that there would be one person from each of those areas that would sit on the executive committee. That would ensure that each committee/area would have a strong voice. Each committee would also be responsible for a budget and track the expenditures for each area. This would encourage cost saving efforts such as carpooling. This would build vision, build agenda and would focus us on the needs of each individual community. This would also include a greater involvement by the CPO's. Tom also suggested that we are "grooming" primary and secondary consumers for leadership. Possible we have different people chair the meeting each month. This would give the opportunity for growth in leadership and member buy in. Brian agrees that this makes sense as the LAC's are charged with determining the needs in their regions and by doing this we would be pulling them together.

Cindy mentioned that once the report is written we should be spreading the information back into the communities utilizing media as a way of doing outreach. Mike asked for bullet points out the report that we could use as talking points. Tom suggests that we make sure that our communication tree is function well and that leaders from the CSAA should put a list together of legislators and stakeholders that should be receiving information on what the needs in the communities are and what actions are being taken.

Kristi asked what we as a board would like to hear from the board what we would like to hear in the AMDD budget. Jane said that the update used to be very organized with bullet points and materials to be passed out. Brian asked for information on various programs coming through AMDD and ARM changes. This will all encourage the collaboration between the CSAA and AMDD. Brian also asked for written summaries versus verbal reports. Jane recommends sharing information from the CD side with the CSAA. Brian recommends that we have someone from the CD bureau attend our meetings.

Tom asked if we have a delegate at MHOAC. It was stated that Jodi Daly is our liaison. The group seems to feel that more communication with MHOAC would be helpful to this board. Tom spoke about MHOAC being charged by SAMHSA with advising AMDD. They also are supposed to be looking at how the block grant is spent. This is something that Kristi stated we should look into further. It was mentioned that the MHSP waiver program will now cover Major Depressive Disorder.

VII. Treasurer's Report – Tom Peluso. Amount of cash on hand = \$10,118.07 balance. Tom suggested that we accept the treasurer's report and send to audit. After the next two meetings, there will be roughly \$5,000 remaining in the bank.

VIII. New Business - There was discussion about what to do with the remaining funds including giving it to the LACs (possibly for specific use such as mental health first aid training), providing funding to peer support task force (including standardized peer support certification), print costs, community outreach not necessarily through the CSAA or LACs. Jane said that there are a lot of stakeholders in the Central Service Area who are not on the board who would benefit from mental health first aid training. Funds could be spent on advertising, hotel stays for trainers, lunches, etc. Jill suggested that we do a feasibility study to see if \$5,000 is enough to do mental health first aid training and/or peer support task force. Tom asked Crystal if she would support the start of an LAC in Glacier County; she said yes absolutely. Further discussion about if an LAC did not respond in time about how funding was spent if they should be eligible for funding through CSAA in the future as only 5 responded. Discussion happened about how other SAA's (Western specifically), distributed money to LACs.

Mike made a motion to distribute the remaining moneys to all LAC's evenly including a potential LAC starting in Glacier County. Tom asked for specification in including Glacier. Cindy seconded. Motion passes.

IX. Next Meeting: *June 28th, 2013*

X. Adjournment: Brian motioned to adjourn at 2:47pm. Cindy seconded.

UPCOMING 2013 DATES TO REMEMBER:

Upcoming CSAA Board meeting dates:

All meetings held at TRW Building, 2401 Colonial Drive, 2nd floor conference room unless otherwise stated. TBA = to be announced.

- June 28, 2013
- August 23, 2013
- October 25, 2013
- November 22, 2013
- December 20, 2013

Contractual Obligations:

- SAA's Combined Biennial Report due November 2013
- Annual Report due August 1, 2013