

CENTRAL SERVICE AREA AUTHORITY



Central Service Area Authority Annual Report FY 2013

The Central Service Area Authority (CSAA) is a non-profit corporation of the State of Montana. The central area is defined by the Montana Department of Public Health and Human Services, and includes the counties of Blaine, Broadwater, Cascade, Chouteau, Gallatin, Glacier, Hill, Jefferson, Lewis & Clark, Liberty, Meagher, Park, Pondera, Teton, Toole. Three Indian Reservations are included in the CSAA: Blackfeet Reservation, Browning; Rocky Boy Reservation, Box Elder, and Fort Belknap Reservation, located in Blaine County.

There are seven Local Advisory Councils (LAC) within the CSAA: Park County; Gallatin County; Lewis and Clark County; Great Falls; Havre, Hays – TiNellnKiin and Glacier County- Blackfeet Family Wellness Center. Each LAC appoints a representative to the CSAA Board of Directors. The remainder of the CSAA Directors are elected.

Central Service Area Authority Mission Statement

The Central Service Area Authority (CSAA) was established by State statute to collaborate with the Department of Public Health and Human Services (DPHHS) and Local Advisory Councils (LACs) in the planning, implementation and evaluation of a consumer-driven, recovery-oriented and culturally competent public mental health care system.

Our mission is to assure that people living with mental illness (also known as consumers), their families and other community Stakeholders have a strong voice in defining, developing, managing and monitoring public mental health care delivery in Montana, with a focus on the Central region of the state. The primary objective is to ensure that consumer's needs and preferences are at the center of the services provided.

Service Area Authorities operate on the premise that an effective public mental health delivery system depends, first, on the active participation of consumers of services and their families, and then from stakeholders and advocates. The Central Service Area Authority follows an affirmative action plan in order to insure that the needs of people

living with serious and disabling mental illness have voice so that they have the opportunity to shape the system providing services. Over 80% of the CSAA Board of Directors is a Consumer of mental health services or Family- members.

Objectives of the Central Service Area Authority

Ensure that care provided to individuals with mental disabilities in Central Montana is:

- Consumer-Driven, so that consumers' needs and preferences significantly influence the services provided, and so that consumers have some choice regarding their services and providers.
- Family-Centered, thereby ensuring that the consumer and their families assume greater leadership in the public mental health care system, for instance, have a stronger voice in managing funding of services, treatments and support systems.
- Clinically Effective and Evidence Based, in order to enhance accountability, ensures a continuum of care and promotes "best practices."
- Fiscally Responsible, ensure the most efficient use of resources possible, given the budget constraints for each service region and the state.
- Recovery-Oriented, that is, focused on meeting basic needs, enhancing coping skills, facilitating recovery, promoting independence and building resilience.
- Locally-Informed, One size does not fit all. Service needs in different catchment areas are not the same. Although many essential service needs may be identical, the distribution of service assets will differ from location to location.
- Well-Coordinated, with what is provided in other areas of the State when appropriate.

Action items that the CSAA members participated in or funded in fiscal year 2013

- New board members have been added with a breadth of experience expanding and reaching out to new regions in our service area including Glacier County-Blackfeet Family Wellness Center, Veteran advocate and peer supporter who is also a co-founder of the Veteran Stand Down and a clinical director with experience in geriatrics from St. Pete's Hospital in Helena.
- The annual Congress had great participation this year with 30 attendees. Cindy Stergar, Health Policy Advisor to the Governor presented information on Medicaid Expansion bills and the Affordable Care Act.
- Trainings were offered to board members during monthly meeting times. Information was also shared about Provider's projects in their communities. Some of these include Heart and Soul of Change in Great Falls, Helena and Bozeman. Beacon in Bozeman and Spirit Riding program in Hays. An invitation of Barry Duncan to Montana reached out to mental health treatment providers which also included chemical dependency residential treatment providers Three workshops have been provided and reaching over 150 attendees targeting mental health professionals, State and VA representatives. WMMHC sent nine staff to a 'Train the Trainers' workshop so that this client-driven initiative would continue throughout the WMMHC and Center 4 MH communities.
- The CSAA website continues to evolve with additional resources and over 62,000 visitors to the site. During SAA Summit meetings, the website was also

shared and discussed so ESAA and WSAA can create more informative websites for their regions.

- Board members provided educational testimony during hearings in regard to mental health bills and attendance during Mental Health Day at the Capitol.

LAC and Provider updates are shared at each meeting. The following are accomplishments from each community.

Blaine County-

This past year has been an extremely difficult year for the Fort Belknap Indian Reservation and especially the Hays-Lodge Pole area of the reservation. Since January 2013, our community has experienced 30+ deaths. For a small isolated community, this has affected each and every member. When losses of this magnitude occur, everyone is affected. Healing circles, sweat lodges, ceremonies have played a central part in the healing process. The local advisory committee has been an integral part of this healing process. Number of participants have included anywhere from 5 participants to 50+ participants. While funding is miniscule from the Central Service Area Authority, each penny is appreciated. It is used towards food and healing expenses.

Cascade County

A plaque and refreshments were purchased for Joan-Nell MacFadden's reception. There are plans to use the rest of the funds to do a strategic planning retreat in the fall and hire a facilitator. There are plans to host a speaker to inform us about Public Defenders and their work with the mentally ill. We had 10 meetings this past year and have 15-20 active members. Top priorities are: Transitions, Speakers Bureau Exchange, Growing the LAC, Children's Crisis Services, Homelessness, and Veterans. The top three challenges are: Getting more participation in LAC, lack of funding for mental health services in Cascade County, lack of children's crisis services. A Legislative breakfast is hosted in the Fall each year to discuss topics and issues.

Gallatin County

To date, \$201 has been spent of the current allocation of \$406 for a legislative luncheon to bring legislators in our area up to date on our concerns. There is a proposal to spend another \$108 for a printing of 300 of our Mental Health Resource Guides. The remaining funds to further our "Faces Campaign" – an initiative designed to address the stigma associated with mental health issues by putting real faces and real stories before the public. Three local legislators attended the luncheon. The Council and advocacy members spoke candidly about the mental health needs in our community and legislative priorities. In turn, the legislators that attended presented their view on funding of things such as Medicaid Reform. The Mental Health Resource Guide is a useful tool for providers, physicians, churches and other agencies and organizations that work with people from the community and often encounter folks in need of services of one kind or another. Copies are distributed throughout the community as well as made available throughout the year for various programs such as CIT Training. The Faces Campaign has recently kicked off with the creation of a Facebook page (Gallatin

County Sharing Stories) as well as a beautiful brochure that discusses stigma and invites community members to share their stories. Remaining funds from the CSAA grant will allow the printing and distribution of the pamphlet. In addition to furthering the efforts of the Faces Campaign (additional funds are needed to cover printing costs), Gallatin County is seeing an increased need for education and outreach and are considering possible workshops for the school district, local churches, and others. These programs are in the initial planning stages, but seen as an area where the money may be best spent. Gallatin County supports programs which are in dire need of funding, but the CSAA funds could not hope to make a dent in the funding need. The top 3 LAC priorities according to our current list are: Drop-in Center for Mental Health Consumers; Expand peer support recovery programs in the county; Mental Health and Criminal Justice. However, Bazelon made the following suggestions for priorities: A Detox Unit locally, a Ride-Along program for Mental Health professionals with Law Enforcement, and additional Supportive Housing units. Current work has been focused on : a campaign to address the stigma associated with mental health and addiction issues. The top three challenges continue to be consistent participation/attendance by those appointed members. This is improving, but still not where we want it to be. Maintaining focus in the midst of economic budget cuts, which create distractions for members as they deal with the real-world issues of maintaining programming and moving the agenda forward between meetings.

Glacier County- a new board member has been added to the CSAA. Dr Evans has a Ph.D. in Clinical Psychology. She talked about consumers having choices in providers and believes that there aren't enough providers for their area. She believes there needs to be treatment options that are culturally sensitive. Crystal is a provider and a family advocate. They are currently remodeling the office and meeting space where the Blackfeet Family Wellness Center is located in Browning. The Blackfeet Family Wellness Center is a licensed mental health center. Dr Evans has also met with the County Commission to establish an LAC in Glacier County.

Hill County- The committee will utilize funds for marketing/public relations endeavors including, but not limited to: website development, brochure development and printing, and advertising. One of the Hill County LAC's primary challenges is consistent community wide participation in our meetings. It is our hope that by developing a presence on the internet as well as increasing awareness of the mission and goals of the LAC we will be able to increase participation in our meetings. We are hopeful that with additional participation and awareness, we will be better able to address our priorities as well as identify and attend to community needs in regard to mental health. Ultimately, marketing and public relation endeavors will help us better serve our mission: to increase education and access and reduce barriers and stigma associated with mental health. The Hill County LAC would like to continue working on the priorities identified in our strategic planning meeting last fall as well as continue identifying and addressing challenge. We had 8 meetings in 2012 and have had 3 in 2012. Participation in meetings varies, however, there are about 10 members who regularly attend meetings and/or attend to committee business through email.

The top priorities are: collaborate with populations affected by mental illness, reduce mental health stigma, improve access to mental health care, advocate for mental health consumers, identify gaps in mental health services.

The top 3 challenges are to attain consistent community wide participation in LAC meetings, Develop a peer support network with a sufficient number of trained peers to sustain the service Identify and effectively address community education needs in regard to mental health.

Lewis and Clark County- The LAC provided the money to support for two endeavors: money has been used by Our Place, the local Drop In Center, to fund open house costs. Money has also been used to buy consumables for Our Place Members (e.g. Coffee and other treats). The open house was a huge success, experiencing about 75 people at the event. On a daily basis, Our Place serves about 45 people on the average. Money also went to supporting a Mental Health Month Presentation in the month of May. Dr. Gary Mihelish and Robert McCabe (VA) both volunteered their time for a community presentation on Wellness and Recovery. This year the LAC worked on it's goal of developing CRT, crisis services and CIT training to its officers. All three initiatives have move forward with positive success. The newly structured CRT in Helena has now been functioning for 1.5 years and is now an integral part of the community. Community members have also met frequently and worked hard on the development of the new crisis center, Journey Home. The projected date of ground breaking will be October 2013. Finally, CIT is seen as accepted practice by law enforcement. Officers are regularly trained at CIT officers and they too are seen as an integral part of the community.

Park County- Park County LAC has struggled with a lack of participation and focus along with absence by Board members. There seems to be a lack of direction and commitment. Huge transitions have taken place with a new hospital CEO and County Commissioner. There is also a new CPO and Mental Health Director for Park County. With some of the new transitions, the hope is to bring about renewed interest in participation of the Park County LAC. Monies received from CSAA have been used for outreach and accruing funds for future efforts.

In FY2014, the CSAA will continue the conversations at every meeting among LAC's, Providers, Family Members, Consumers and representatives from AMDD and other stakeholders. Board members will continue to develop committees and discussions to fit on-going needs across the Central Service Area. Speakers will continue to be scheduled monthly to help educate the Board on various issues. And, most importantly, the CSAA will continue per contract to identify system needs and issues central to the public mental health system and coordinate and partner with the Department in Service Area Authority development and planning activities to address identified needs within the catchment area.

Respectfully submitted;

A handwritten signature in blue ink that reads "Andrea Lower". The signature is written in a cursive style with a large, looped "A" and "L".

Andrea Lower
CSAA President