

MINUTES OF THE BOARD
February 18, 2016
North Country Community Mental Health
Commissioner's Room
Antrim County Building
203 E. Cayuga
Bellaire, MI

BOARD MEMBERS PRESENT: Ed Ginop, Joel Evans, Craig Crambell,
Christian Marcus, Louis Scholl, Dennis Priess,
Karla Sherman, Paul Liss, Gary Averill,
Dan Plasencia, Sr. Augusta Stratz

BOARD MEMBERS ABSENT: Robert Boyd, Sue Allor, Ron Isler

STAFF: Alexis Kaczynski, Joan Booth, Christine Gebhard,
Donna Wheeler, Michael Lucido, Ph.D.,
Stacey Chipman, Deb Hiltz

Ed Ginop called the meeting to order at 4:30 p.m.

ROLL CALL

Mr. Ginop welcomed the Board members and staff to the meeting.

PUBLIC COMMENT

There was no public comment

CONSENT AGENDA

Financial Statement – Provider Operations - North Country CMH:

Balance on Hand, Dec. 31, 2015	\$6,604,154.94
Receipts, Adjustments & Transfers, Jan.	\$1,724,889.26
Total Disbursements & Adjustments, Jan.	\$3,867,890.32
Decrease in Cash Balance	\$2,143,001.07
Balance, Jan. 31, 2016	\$4,461,153.88

*Approximately \$1,737,417 has been advanced from the State of Michigan and has been encumbered for outstanding bills.

**Received January 2016 B/B3 payment of \$1,909,423.43 on February 3, 2016 and January 2016 Healthy Michigan Plan payment of \$194,928.42 on February 3, 2016.

MOTION BY LOUIS SCHOOL, SECOND BY SR. AUGUSTA STRATZ, TO APPROVE THE CONSENT AGENDA. MOTION CARRIED.

Information (I) Items from Committee reports

Information items were included in the committee minutes.

Privileging Recommendations

There were no privileging recommendations this month.

COMMITTEE RECOMMENDATIONS – BOARD ACTION

Finance Committee

Mr. Plasencia reviewed the FY15 Pre-audit Budget Status Reports. The auditors are in the process of finalizing the FY15 audit and no changes to these reports are expected as a result of the audit.

Mr. Plasencia reviewed the first quarter budget status reports for FY15. The agency is slightly under spending its budget.

Mr. Plasencia reported that the Director discussed re-hiring a jail liaison worker.

ACTION ITEMS – WITHOUT COMMITTEE REVIEW

There were no action items without committee review.

PRESENTATION

Mental Health First Aid

Michael Lucido and Stacey Chipman introduced themselves and discussed what the Mental Health First Aid (MHFA) initiative is all about. They distributed the booklets that are given to clients about MHFA. They used a power point presentation to give a program overview and told why MHFA is important. They talked about understanding substance use disorders and the MHFA action plan and how to use MHFA training. It was explained that MHFA is the help offered to the person developing a mental health problem. Mental health problems are common. Stigma is associated with mental health problems. People are not well informed about mental health problems. Professional help is not always on hand and people often do not know how to respond.

They provided the percentages of adults with a mental disorder in the United States for one year: Anxiety disorders 19.1%; Major depressive disorder 6.8%; Substance use disorders 8.0%; Bipolar disorders 2.8%; Eating disorders 2.1%; Schizophrenia .45%. Recovery from mental illness was discussed and is the process in which people are able to live, work, learn and participate fully in their communities and live a fuller life. MHFA can be held for any group. The acronym, ALGEE, is taught, which means to assess for risk of suicide or harm, listen nonjudgmentally, give reassurance, encourage appropriate professional help and self-help and other support strategies. This training is

not just talking for 8 hours; there are a lot of activities. There are questions to ask, like “Are you having thoughts of suicide?” Are you thinking about killing yourself?” This is very uncomfortable to do. Then you ask if the person has a plan. The second part of the training is about the symptoms of a panic attack and these symptoms were reviewed. The characteristics of schizophrenia were reviewed. The characteristics of bipolar disorder were discussed. Understanding substance use disorders such as alcohol or drug addiction was discussed. Mental Health First Aid is the help offered to a person until a treatment program can be developed. This program is international and is presented to group homes, probation officers, schools, etc. North Country CMH and the Health Department each have two people trained.

DIRECTOR’S REPORT/COMMUNICATIONS

Ms. Kaczynski referred to the information included in the Board packet from MACMHB. Last week the Governor offered his FY17 budget proposal. She read Section 298 from the Health and Human Services section of the budget proposal and explained what it means: that Medicaid money, currently going to CMHSP’s through the PIHP’s (i.e., the Northern Michigan Regional Entity), would be funneled through Medicaid health plans by September 30, 2017. Section 298 goes on to say that the Health Plans will contract with CMHSPs, but it does not say that they will contract with us exclusively, nor at what cost.

Last month, Ms. Kaczynski shared with the Board the paper from the Michigan Primary Care Association and two Crain’s articles. The mental health system is mobilizing and she participated in a telephone conference convened by the Association to discuss strategy. It was reported that Lieutenant Governor Calley called a meeting with several mental health boards and advocacy groups and told them to disregard the language in Section 298 and consider what would be best for the mental health system and how it could be reinvented. This is a crisis time for the mental health care system. She is going to write letters to key legislators and would like the Board members to also write to them. She is going to mobilize the Consumers’ Council to engage in a letter writing campaign also. Ms. Kaczynski will provide the Board members with resource information, including a template letter, a list of the legislators, and key issues.

She mentioned that Lou Hollow, a former Board member from Charlevoix, had died and referred to the information included in the Board packet. She talked about him and some of his accomplishments and explained that he was a community leader and a dedicated Board member.

Ms. Kaczynski referred to the information in the Board packet on the PAC contribution and asked Board members to consider contributing. Donations can be sent to her to forward to MACMHB.

QUALITY IMPROVEMENT UPDATES

Ms. Gebhard referred to page 17 in the packet. In the fourth quarter performance indicators, all targets were met for Medicaid and all funding sources. During the year only two metrics were missed.

The integrated health care learning community was funded through a SAMSA grant and is with the National Council for Community Behavioral Healthcare and MACMHB. It is an opportunity to work with our peers. Five people will be going to a workshop in Grand Rapids. She explained the five stages of integrated health care and they want to go to level 6. One of the facilitators conducted training for the staff yesterday on “case to care management” and 75 agency staff participated. Something interesting learned was that one agency in the City of Miami has 26 health plans it must contract with to provide services.

NORTHERN MICHIGAN REGIONAL ENTITY

Ms. Kaczynski indicated that Nancy Miller, former CEO of the Mid-Michigan PIHP, who has moved to North Carolina, is facilitating the planning session this weekend in Gaylord. She gave Ms. Miller’s credentials.

OLD BUSINESS

There was no old business.

NEW BUSINESS

There was no new business.

MOTION BY KARLA SHERMAN, SECOND BY JOEL EVANS, TO ADJOURN THE MEETING AT 6:30 P.M. MOTION CARRIED.

Ed Ginop, Chair