

NW8 Adult Mental Health Initiative Board Meeting

Minutes

9:00 am – 12 pm * May 13th, 2020

Zoom

Present: Karla Langaas, Kathy Johnson, Chris Kujava, Julie Sjostrand, Julie Hanson, Jan Carr, Shauna Reitmeier, Miranda Solem, Shannon Rud, Leon Flack, Steve Summers, Gary Sprynczynatyk & Molly Paulsrud

Absent: Kristi Nelson, Carrie Serna, Ashley Warling-Spiegel, Larry Laudon & Dawn Baumgartner

Agenda Topic	Time	Discussion Points	Actions/Discussion	Whom
Introductions	9:00-9:05	<ul style="list-style-type: none"> Introductions 		Chris K.
Agenda	9:05-9:10	<ul style="list-style-type: none"> Review Agenda for Additions or Changes 	Julie made a motion, Karen seconded, all aye- motion carried.	Chris K.
Minutes	9:10-9:20	<ul style="list-style-type: none"> Review and Approve 3.11.2020 meeting minutes 	Kathy made a motion, Julie Seconded, all aye- motion carried	Chris K.
Solutions	9:20-10:20	<ul style="list-style-type: none"> Overview of Trainings & Services Solutions has to offer 	<p>Solutions has been operating for 21 years and offer a variety of services, trainings and have residential facilities as well as a outpatient clinic. They receive the high behavioral cases (patients that have been placed several different times in several different places.)</p> <p>They offer a lot of school trainings in Moorhead. They recently offered the Incredible Years programming to West Fargo School District and recently finished training Teachers PreK-3rd Grade. Incredible years is evidence based training. They do not have a train the trainer for incredible years. There are only 4 programs that are evidence based for children under age 12. They chose incredible years because the program offers 3 separate components (teacher, parent and child). Teacher training is - 40 hours, 2 hours/ week for 16 weeks (Child), Parents- must be involved in a group or individual therapy or PCIT (Michelle Love How- Offers Train the Trainer for PCIT.)</p> <p>Although Solutions offer many different services their main focus is early intervention in Elementary aged children.</p> <p>Crisis Consultation Service (24/7) through DHS. Behavior Assessments, Face to Face Support, Writing up treatment plans, etc. 100% of it is covered under the grant as long as the referral comes from a Crisis team member. No fee for Families, counties, or the schools.</p> <p>Waiver Department- DD Contracts with the Counties- Solutions has 10-15 individuals that they hold contracts with the Counties to assist with the individual and train parents or group home staff. They are more of a support for these clients.</p> <p>Board Certified Behavioral Analyst- they have 10-12 working at Solutions. They create a plan and present it to the entire team (MH provider, Case manager, parent, etc) this could take up to 10 hours with the team to make sure everyone is able to properly execute the plan. EVERYTHING is covered under the Grant as long as the patient is referred by a MCRT member. The Crisis Teams need to reach out to solutions for Consultation and follow up.</p> <p>Could the BCBA provide trainings in group homes in our region? Training staff in Group Homes, Crisis Teams, etc... We need the Coordination with the Group Home, Family member, Crisis Team, Solutions, etc- How do we Coordinate? We need to look at the Whole picture and find the opportunity to utilize these dollars. Preventative training in the group homes.</p> <p>Steve suggests to go to the Agency Directors and ask them what they really need.</p> <p>Next Step- SS Directors to talk to homes in the Counties- give them a list of trainings to see what they would like to be trained on. Suggestion: look at buying camera's or technology for these group homes to assist with consultation at the time of the episode? Crisis team or Solutions can assist with de-escalation during the incident. It is more effective as the patient responds differently with more than one person in the room so it is more effective having someone on camera assisting at the time.</p> <p>Subcommittee will meet in June to narrow the focus and have a proposal to the board by July.</p> <p>Solutions 24/7 Crisis Grant line: (DD Crisis Call) 218.979.0083</p>	Steve Summers
Crisis Applications	10:20-11:20	<ul style="list-style-type: none"> Review Sanford & NWMHC Crisis Applications for 2021-2022 Grant Cycle 	NWMHC would like to focus on marketing the Crisis line differently as some people feel deterred to call in as they don't feel they are in a "Crisis". Look at new marketing "24/7 Support & Crisis Helpline"	All

		<ul style="list-style-type: none"> ○ Crisis Application Due June 15th 2020 ○ AMHI Application Due July 31st 2020 	<p>They are increasing their Social Media presence to hit the region especially during COVID-19 as they have seen a significant decrease during this time. Pens, Magnets, etc. through schools and through Social Media. Recruit for NWMHC Board of Directors adult/family advisory committee. NWMHC school based and MCRT staff will distribute "swag" in school lunch program and with counselors/teachers. The board would like to continue to see Tim Denney provide the annual LEC training, but they are interested in seeing who has attended in the past. The training does count towards the CEU's that LEC needs. <i>Crisis Grant Finals need to be sent out to the AMHI board no later than May 22nd.</i></p>	
Updates	11:20-11:50	<ul style="list-style-type: none"> ● Round Robin Update from Attending Agencies <ul style="list-style-type: none"> ○ CBHH ○ Sanford ○ NWMHC ○ Life Care ○ MCO-Ucare ○ MCO-BCBS ○ DHS ○ LAC ○ County Social Services 	<p>Sanford- trying to do more business as usual. Crisis, CBS and Armhs has blown up in the last month. A lot of people are struggling right now. They are making it a priority to meet all clients face to face if the client feels comfortable. They limited census in the beginning at Northern Lights to 9 clients. They have now opened the census back up and are low census right now so would appreciate referrals. Sanford's CD counselor is still offering groups under 10 people. ½ of their IP providers are seeing their clients face to face. Some providers will see clients face to face and some will not. CBS staff would rather meet with people face to face. They have increased their staff support internally as an organization. Miranda has not had to furlough anyone to date.</p> <p>NWMHC- They have blown the Telmed target project out of the water in 4 days rather than a couple month project. Some restrictions need to be loosened up a bit and need to continue to moving forward after COVID. A challenge NWMHC is facing is that they know people need to stay connected rather than being a clinical need. All providers moved to Telemed, but if they have clients that do not have technology at home the client can still come into the office and see their therapist via telemed from NWMHC room. They have had 13 employees that have been furloughed or have reduced their hours. There were also a couple of Post doctorate students that they had to lay off as well. NW Apartments is continuing to take referrals, they have one apartment for new clients to quarantine 14 days before moving into a shared apartment. The main platform NWMHC uses is Zoom. Connection can be sketchy at times, in those cases they move to a phone call to finish the session. Opening a whole other lens that they haven't seen before.</p> <p>LifeCare- In two weeks they went from no telehealth to 100% Telehealth. Their IT department was very helpful. They are using WebEx platform which took days for them all to get the access. They have had hiccups along the way so glad they have the default option of using phone. She has seen a benefit through this as they are not seeing transportation issue for a lot of clients. They have been pleasantly surprised with the kids over Telemed and seeing their personal life a bit more. Jan's gut of No show rate has decreased. They have had challenges with other agencies using different platforms and not will top change to their platform. Life care's IT feels WebEx is the most secure and will not budge in using anything else when seeing clients It is interesting to see how different staff is responding to the pandemic. Schools have really been a challenge. The children and parents that were struggling before are struggling even more now. Even with the Hotspots that the school handed out to their student's families with no Wifi are running into issues as they are only allowed so many minutes per day.</p> <p>Ucare has embraced all of Telemed and Tephonic services and will continue to accept it. They will be paying the Face to Face rate rather than Telehealth rate. Go out to the Ucare Website with new changes and updates- Providers- COVID-19 updates. Changing daily. . Leon or Gary have not heard anything on Procurement. Kathy has been assigned to the workgroup and said it doesn't look like any changes will occur for rural counties until next year.</p> <p>Coordinator- MH Awareness Fair has been canceled and the council is tentatively looking at September 2020.HOPE materials have been ordered (Pens & Sticky Notes), radio ads are done running 5.17.2020. Shannon will focus on Social Media boosts the next month & is working on one pagers for outreach kits.</p> <p>BCBS- Gary is now the backup to Beth. He is filling in for her today. They are offering Blue ride effective 6.1.2020. They will be providing a community link with resources.</p> <p>Shauna asked Gary about denials they have been receiving. Gary said there was a fix put in place and half the claims were paid this week and half next week. If Shauna does not see these paid in the next two weeks, reach out to him directly.</p>	<p>Larry L Miranda S Shauna R Jan C Leon F Gary S. Ashley S Dawn B County Directors</p>
Adjourn	11:50-12:00	<ul style="list-style-type: none"> ● 2020 Meeting Dates <ul style="list-style-type: none"> ○ Subcommittee Meeting June 10th 2020 1:30-3:30 Location: TBD ○ AMHI Board Meeting June 10th 2020 9:00-12:00 Location: TBD 	<ul style="list-style-type: none"> ● Subcommittee narrow focus and decide on proposal to board for July Meeting ● Next Board meeting- Final review of Crisis Grant, Initial review of AMHI/CSP Grant, Review Budgets. 	Chris K.