

**EXECUTIVE SUMMARY
MISSOURI MENTAL HEALTH COMMISSION**

Missouri Department of Mental Health
1706 East Elm Street
Jefferson City, MO 65101

September 8, 2016

PRESENT

Mary Patrick Seigfreid
Dennis Tesreau
Karl Wilson, Ph.D.
Stephen Huss, Ph.D.
Steve Roling

ABSENT

Kathy Carter

STAFF

Mark Stringer, Director
Debra Walker, Public & Legislative
Affairs
Susan Flanigan, Public & Legislative
Affairs
Cathy Welch, Public & Legislative
Affairs
Sara Murphy, Human Resources
Lynne Fulks, Division of Administration
Rick Gowdy, PhD, Division of
Behavioral Health
Val Huhn, Division of Developmental
Disabilities
Wendy Witcig, Division of
Developmental Disabilities
Gail Vasterling, General Counsel
Laine Young-Walker, MD, Children's
Services
April Maxwell, Division of
Developmental Disabilities
Cory McMahon, Division of
Developmental Disabilities
Connie Cahalan, Division of Behavioral
Health
Angie Stuckenschneider, Division of
Behavioral Health
Vickie Epple, Division of Behavioral
Health
Emily Koenig, Children's Services
Dave Kingsbury, Deaf Services

GUESTS

Hannah Swann, Senate Appropriations
Chris Bramlett, OA Budget & Planning
Ed Bothe, NAMI Missouri
Jackie Hudson, NAMI St. Louis
Felix Vincenz, PhD, MIMH

TOPIC/ISSUE	DISCUSSION
CALL TO ORDER/ INTRODUCTIONS	<p>Mary Seigfreid, Chair, called the Missouri Mental Health Commission meeting to order at 10:05 a.m. on September 8, 2016. The meeting was held at the Department of Mental Health, 1706 East Elm Street, Jefferson City, MO.</p> <p>Self-introductions were made.</p>
APPROVAL OF MINUTES	<p>Steve Roling motioned for approval of the August 11, 2016, meeting minutes. Karl Wilson seconded the motion; motion carried.</p>
OPEN DISCUSSION	<ul style="list-style-type: none"> • Emily Koenig with the Office of Comprehensive Child Mental Health has accepted a new position with the St. Louis County Children’s Services Fund. Steve Roling took the opportunity to thank Ms. Koenig for her work with DMH toward the betterment of children’s services throughout the state. • Dr. Huss voiced his concerns with children’s services in Missouri. He stressed that even though children’s services are currently the best they have ever been, and staff is competent, skilled and dedicated, he and Dr. Wilson feel this would be the right time to do something to bring more focus on the mental health needs of children. Dr. Huss made a motion to create a children’s task force that read as follows: <p><i>"I move that the Commission create a time-limited Task Force on Children’s Services and Prevention to represent the Commission:</i></p> <p><i>PART 1. The Task Force will:</i></p> <ol style="list-style-type: none"> 1. <i>Gather information about the a) need for additional services, b) status of current services, c) gaps in services, d) areas of excellence, and e) networking practices. This will be accomplished through Service Area meetings; discussions with stakeholders; investigation of evidence based and promising practices including issues of cultural competence in the replication of these practices; and through other community outreach activities to be determined by the Task Force.</i> 2. <i>Gather information for the purpose of expanding existing evidence based or promising practice prevention and early intervention strategies statewide, especially through partnerships with providers, other state departments, private and public local funding entities and other creative use of shared resources.</i> 3. <i>Prepare a “white paper” to be presented at the next annual retreat which will include at least the following:</i> <ol style="list-style-type: none"> 1) <i>a summary and analysis of information found;</i> 2) <i>a reasonable goal for FY 2018 and beyond in regard to expansion of quality services and</i>

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	<p><i>strategies; and</i></p> <p>3) <i>recommendations for future activities for the DMH to support services and early intervention and prevention strategies for children.</i></p> <p><i>PART 2. The Task Force co-chairs will be Dr. Stephen Huss and Dr. Karl Wilson who will act on behalf of the Commission in the activities of the Task Force.</i></p> <p><i>PART 3. DMH staff will assist the Task Force as needed.”</i></p> <p>Dr. Huss stated that the proposed task force is not an attempt to tell people what to do but to gather information on need.</p> <p>Motion was seconded by Karl Wilson.</p> <p>Dr. Wilson added that he suggests tabling Dr. Huss’ Motion until the October meeting. Dr. Wilson stated he appreciates the fact that DMH staff has been reduced to a point that we should not create additional burdens; however, we do need to find out where in the state we have high points of service and where we are lacking. Dr. Wilson made a Motion to table the Children’s Task Force Motion, Steve Roling seconded, and motion carried to table the issue until October.</p> <ul style="list-style-type: none"> • Mary Seigfreid shared that she recently attended Mental Health First Aid training and found it to be an excellent course that was interesting and informative. She encouraged everyone who has not yet attended this training to do so.
<p>DIRECTOR’S UPDATE</p>	<p>Mark Stringer updated Commission members on the following:</p> <ul style="list-style-type: none"> • The Real Voices-Real Choices (RVRC) Conference was held August 21-23. Approximately 850 people were in attendance. He, Valerie Huhn and Dr. Gowdy provided a DMH update for one session, with a question and answer period following. The conference was informative and fun. <ul style="list-style-type: none"> – Debra Walker added that Katie Andrews, Coordinator of the RVRC, did an excellent job leading the development and coordination of this year’s conference. There was an additional focus on family and children, which was very well received and will expand next year. • Veto session is scheduled for September 14. A copy of Governor Nixon’s news release that highlighted his reasons for vetoes was shared with Commissioners. This news release can be found at http://governor.mo.gov/news/archive/gov-nixon-highlights-reasons-vetoes-advance-veto-session . If the legislature overrides the Governor’s vetoes, it could cost the state more than \$50 million. <ul style="list-style-type: none"> – Dr. Nietzel shared that a veto override of SB 641 related to disaster payments, and SB 1025 which

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	removes the sales tax from certain instructional programs, would be the most costly to the state.
BUDGET UPDATE	<p>Lynne Fulks, Acting Director for the Division of Administrative Services, provided <u>draft</u> information on the department's FY 2017 supplemental budget request, as well as a <u>draft</u> of new decision items for FY 2018. A copy of the handout can be found at http://dmh.mo.gov/about/diroffice/commission/2016meetingschedule.html.</p> <ul style="list-style-type: none"> • FY 2017 Supplement items include: <ul style="list-style-type: none"> – Overtime – SEMO SORTS Group Home – Overtime Rule – the federally mandated overtime rule goes into effect December 1, 2016. This will change the overtime status of certain DMH positions earning \$47,476 per year or below. Human Resources will work with supervisors/management staff on how to reduce the impact of accrued overtime hours for these positions. • FY 2018 Decision Items. Ms. Fulks noted that DMH was asked to only submit Mandatory items. Other priority items are to be submitted at a later date. Mandatories include: <ul style="list-style-type: none"> – Increased Medical Care Costs – Medicaid Utilization Increase (DD and DBH) – Overtime Rule – DBH Increased Medication Costs – DBH Increased Food Costs – SEMO SORTS Transitional Services Cost-to-Continue – Fulton SORTS Step Down Unit Cost-to-Continue – SEMO SORTS Group Home Cost-to-Continue – SEMO SORTS Expansion – 17-Bed Unit <ul style="list-style-type: none"> ▪ Dr. Gowdy shared that the SORTS items are in part due to the recent lawsuit. Dr. Huss asked to receive copies of any lawsuits that name Commissioners. ▪ As some SORTS residents are now eligible to move to a transitional setting, Dr. Wilson asked about the need for the 17-bed expansion unit. Dr. Gowdy clarified that there are many residents who have not yet reached the level to move to a transitional setting. There are also new referrals that need placement in a secure environment. Until the new FSH is opened and patients are moved out of Guhleman, there is no more room for expansion. – DMH Non-Emergency Medication (NEMT) Increase – DMH Additional Authority – Opioid Prevention Grant Authority

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	<p>Ms. Fulks discussed proposed priority/critical issues DMH is currently considering for submission to OA Budget and Planning. This is not a complete list, but a work in progress:</p> <ul style="list-style-type: none"> • Caring for Missourians Mental Health – a workforce initiative to address shortages in professional and direct care staff resulting in high vacancy rates, significant levels of annual staff turnover, and increased reliance on the use of overtime. • Statewide need for replacement of DMH vehicles – it is estimated that 134 DMH vehicles will need to be replaced; 73 of these vehicles have over 150,000 miles. If a facility has an immediate need for vehicle replacement, funding comes from its E&E budget. • The Division of DBH is considering several items, including but not limited to: <ul style="list-style-type: none"> – A 25-bed treatment unit at Metropolitan St. Louis Psychiatric Center to address the needs of those ordered to DMH for competency restoration by the criminal courts. – CIT Expansion • Additional items yet to be formulated for submission include: <ul style="list-style-type: none"> – Various Division of DD items – Trauma Informed Care – Early Intervention, Prevention and Education – Children’s items to include a multi-departmental focus on a child’s well-being
<p>GUBERNATORIAL TRANSITION DOCUMENTS</p>	<p>Debra Walker reviewed a list of upcoming due dates for transition documents:</p> <ul style="list-style-type: none"> • <u>September 12, 2016 Legislative Proposals:</u> Susan Flanigan discussed three department legislative proposals for the 99th General Assembly that are due by September 12, 2016. A copy of these proposals can be found at http://dmh.mo.gov/about/diroffice/commission/2016meetingschedule.html. At this time, DMH is aware of no opposition to these proposed bills. <p>Additional deadlines for transition documents are:</p> <ul style="list-style-type: none"> • <u>September 30, 2016 Critical Issues Papers</u> • <u>October 1, 2016 Budget Request</u> • <u>October 7, 2016 Organizational Information</u> • <u>October 14, 2016 Background Papers and Planning/Process Improvement Initiatives</u> Ms. Walker stated that background papers are being developed to highlight programs that showcase Missouri as a model state.

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	<ul style="list-style-type: none"> • <u>October 17, 2016 List of Legislative Initiatives proposed by others</u> • <u>November 1, 2016 All transitions materials compiled and ready</u> Commissioners will receive copies of all final transition documents submitted.
<p>DIVISION AND SECTION UPDATES</p>	<p><u>Children’s Services Update – Dr. Laine Young-Walker</u> Dr. Young-Walker voiced her appreciation for Emily Koenig’s work with the department in helping to serve the state’s most vulnerable citizens, and congratulated her on her new position with the St. Louis County Children’s Services Fund. Ms. Koenig’s work with DMH focused mainly on early childhood. Dr. Young-Walker shared that she has additional staff that are engaged in early childhood issues, Julie Allen and Dr. Patsy Carter, who will continue to move early childhood efforts forward. In addition, Dr. Young-Walker reminded Commissioners that we are currently in year 4 of a 5 year Project Launch grant that links actions for unmet need in the health of young children from birth to age 8. This grant currently focuses on two zip code areas in St. Louis.</p> <p><u>Division of Administrative Services – Lynne Fulks</u></p> <ul style="list-style-type: none"> • Budget staff is currently updating and reviewing forms for the October 1 budget submission deadline and preparing tracking and other reports that are needed for the FY 2018 budget request. • Accounting staff is working on the following: <ul style="list-style-type: none"> – A response was submitted to OA-Division of Accounting for the CAFR (Comprehensive Annual Financial Report) and staff is working with OA and the State Auditor’s Office on fielding any questions that arise. – As OA has closed out FY 2016, staff is also working on a response to SEFA (Schedule of Expenditures for Federal Awards) for the State Auditor’s Office. The Auditor’s Office is currently on-site to conduct the Single State Audit and will review internal controls and processes as part of the annual audit of statewide financial statements. – Staff continues to work with the Divisions of Purchasing and Accounting to learn more about e-procurement and the implementation of the Missouri Buys procurement system. – Staff is beginning their work on the indirect cost plan that is to be submitted to the federal government by the end of the calendar year. • Purchasing and General Services staff is also gathering information on the implementation of the Missouri Buys system. The Invitation to Bid for Consumer Drop-In Centers closes September 13. The RFP for the re-bid of pharmacy services for DBH hospitals is to be finalized for issuance by September 15. • Medicaid/Reimbursements unit staff is working closely with DBH on the 1115 Waiver. Reimbursement staff is specifically working on the FY 2016 cost reports with PCG and with Meyers & Stauffer on the FY 2013 DSH audit.

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	<p><u>Developmental Disabilities – Valerie Huhn</u></p> <ul style="list-style-type: none"> • Both the Division of DD and DBH are currently working with the State Treasurer’s Office on the ABLE (Achieving a Better Life Experience) Program that assists families and individuals in meeting and planning for the financial challenges of living with a disability. Ms. Huhn introduced Cory McMahon, who provided an update on the program and work undertaken so far. <ul style="list-style-type: none"> – ABLÉ is a nationwide program that allows qualifying individuals to open tax-advantaged accounts used to pay for the specific costs of living with a disability. – All 50 states are participating in the program. Missouri is part of a 10-state consortium led by the state of Illinois. An RFP (request for proposals) is currently being evaluated to determine who will actually manage the consortium. – Missouri’s ABLÉ Program is overseen by the Missouri ABLÉ Board, which is chaired by the State Treasurer. – The Treasurer’s Office is preparing a fact sheet to ensure that individuals are aware of what ABLÉ is and the tax benefits it provides. The Treasurer’s Office estimates the program could be up and running by the end of the calendar year. • The 30-day comment period regarding the transition plan for the new Home and Community Based Services waiver rule ended last week. DD is in the process of summarizing these comments and making changes for resubmission to the Centers for Medicare and Medicaid Services. Three departments are working on this project: DMH, DSS, and DHSS. • Last November, with the support of the Coalition and DD providers, Ms. Huhn and Rikki Wright traveled to St. Louis to ask DBH and DD providers to put together a workgroup to focus on the MI/DD population in their area. Staff from the Behavioral Health Network (BHN), St. Louis Regional Office Directors, Lois Warren and Julia Hillyer, Laurent Javois from DBH, and others are holding monthly meetings to determine what services are available, what services are needed, and what are the next steps to move forward. A major goal is to ensure that MI/DD consumers don’t end up in crisis, emergency rooms, or jails. • The current Autism Waiver expires in June 2017. It was designed to cover individuals up to age 18. With ADA services for children now being a state plan requirement, the Autism Waiver is no longer needed as written. DD is questioning whether we want to keep the Autism Waiver or change it to remove the age limit so that it is not an age-based waiver and can incorporate other services. • The new Administration Building in Marshall should be ready for staff to move in by December 1, 2016. • Ms. Huhn met with the new director of the Productive Living Board (an SB40 Board), Rebecca Herschbach, who is interested in re-establishing a partnership with Division and working to address concerns in St. Louis County. Ms. Huhn shared that St. Louis County has a case management problem. Case management is provided by state staff only for Medicaid and non-Medicaid individuals, with the providers writing the service plans. Caseloads are too high to be effective and the new HCBS rule states

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	that providers can no longer write plans.
CLOSED EXECUTIVE SESSION	<p>Dr. Stephen Huss requested a motion to move into closed session of the Missouri Mental Health Commission pursuant to RSMo 610.021 (1) Legal. Dennis Tesreau seconded the motion. A roll call vote was taken:</p> <ul style="list-style-type: none"> Dennis Tesreau – Yes Steve Roling – Yes Dr. Stephen Huss – Yes Dr. Karl Wilson – Yes Mary Seigfreid – Yes <p>The Commission adjourned to closed session at 11:40 a.m. The Mental Health Commission meeting reconvened at 12:45 p.m.</p>
DIVISION AND SECTION UPDATES (continued)	<p><u>Division of Behavioral Health – Dr. Rick Gowdy</u></p> <ul style="list-style-type: none"> • Dr. Gowdy introduced Angie Stuckenschneider to share information regarding DBH prevention grants: <ul style="list-style-type: none"> – DBH was awarded a SAMHSA Opioid Prevention Grant in the amount of \$1 million a year for 5 years. As part of the grant, the division will be working with St. Louis NCADA and MIMH on training first responders and others on the use of Naloxone, as well as the purchase of Naloxone to assist in preventing overdose deaths. The Governor’s Office will be issuing a press release regarding this grant award in conjunction with the CDC grant recently awarded to the Department of Health and Senior Services. – DBH is partnering with Tri County Mental Health Services and ReDiscover on the implementation of a youth suicide prevention grant in the Kansas City area. The grant begins September 30th and will serve youth and young adults ages 10-24. This is also a 5-year grant, for \$700,000 each year. – The Partnership for Success grant is currently in its first year. Work so far includes the “Be Under Your Own Influence” campaign. • DBH was notified last week that it was awarded a SOC grant totaling \$12 million--\$3 million a year for four years. Connie Cahalan provided the following information regarding this grant: <ul style="list-style-type: none"> – The division’s current 1115 Waiver was developed for adults age 21--35; however, first episode psychosis starts much earlier in young adults, sometimes as early as age 9-15. This grant will focus on individuals age 15-18 who are experiencing their first episode of psychosis. Another focus of the grant will be trauma. • Dr. Gowdy provided additional division updates: <ul style="list-style-type: none"> – A letter was sent to CMS regarding the 1115 Waiver asking about next steps for moving forward. A response has not yet been received.

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	<ul style="list-style-type: none"> - Planning for the Certified Community Behavioral Health Clinic project is ongoing. Community partners have completed cost reports and are working on their applications to become CCBHCs in order to meet the October submission timeframe. DBH staff has been working long hours on this project and both Dr. Gowdy and Mark Stringer shared their appreciation for the hard work. - The National Council for Behavioral Health recently held a summit in Kansas City that highlighted Missouri's model for crisis response. Law enforcement, Community Mental Health Liaisons, three local legislators, and area providers were in attendance. - Dr. Gowdy and Brent McGinty with the Coalition met with providers from the Kansas Governor's Behavioral Health Services Planning Council, which is looking at ways to improve their system. They shared information on community services, crisis response and early diversion programs. - Family Counseling Center in Poplar Bluff recently held a 40th Anniversary celebration. Dr. Gowdy, Mark Stringer and Nora Bock attended, along with various community dignitaries, legislators and consumers. - Andy Atkinson has been named the new Chief Operating Officer for Fulton State Hospital. Mr. Atkinson, a nurse by training, previously worked for 10 years at FSH as the director of Quality Assurance. For the past several years, he has worked in Central Office with DBH nursing staff and The Joint Commission efforts. Dr. Gowdy believes Mr. Atkinson will establish a different culture at FSH when the new facility opens. - Construction of the new Fulton State Hospital high security facility continues to be on schedule and on budget. <p><u>Human Resources – Sara Murphy</u></p> <p>Ms. Murphy learned yesterday that the consultants hired to review state employee salaries have submitted their findings. Some of the information is below:</p> <ul style="list-style-type: none"> • 85% of state employees are paid at market rate, which takes into account the state's benefit package. • 5,050 employees are paid under the minimum range for market rate. • 32,595 employees are within the market rate range. • 261 employees are paid over the market rate. • DMH is ranked third for the number of underpaid employees. DOC is first, followed by DSS. • DOC is also ranked first for the number of overpaid employees, followed by DMH. The consultants have recommended that salaries be frozen for those employees. • Returning to the 5-year retirement vestment was also discussed. • Recommendations were also made to move toward an open range pay grid, rather than a range/step grid. A rule change will be needed before this could go into effect. • Removing the restrictions on geographic differentials was also recommended. Currently, the same classification is paid at the same rate, whether the individual lives in a rural or urban area. This change

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	<p>was recommended due to differences in cost of living between rural and urban settings.</p> <ul style="list-style-type: none"> – Dr. Huss raised concerns with this recommendation. It is harder to recruit professional positions, i.e. physicians and nurses, in rural areas. <p>Representative Barnes had many questions during the presentation that the Consultants and Mr. Nelson will need to review. Next steps include presentations to be held in January when the legislature is back in session, as well as a presentation for the new administration.</p> <p>Each department will be receiving its specific data from the report.</p>
PUBLIC COMMENT	No public comment received.
NEXT MEETING	The next Mental Health Commission meeting is scheduled for Thursday, October 13, 2016. The meeting will be held at the Department of Mental Health, 1706 East Elm St., Jefferson City, MO.
ADJOURN	<p>Dennis Tesreau made a motion for adjournment; Dr. Wilson seconded. Meeting adjourned at 1:30 p.m.</p> <hr style="width: 30%; margin-left: 0;"/> <p>Karl Wilson, Secretary</p>