

**MO DEPT OF MENTAL HEALTH-COMPREHENSIVE PSYCHIATRIC SERVICES-STATE ADVISORY COUNCIL (CPS SAC)  
MEETING MINUTES-April 28, 2016**

**Members Present:** Mickie McDowell, Linda Myers, Amanda Dumey, Toni Jordan, Sarah Earll, Stacey Gilkey, Jesse Gilkey, Mary Horn, Denise Mills, Mindy Ulstad, Carrie Rigdon, Barb Scheidegger, Shawn Sando

**Members Absent:** Bruce Charles, Daniel Cayou, Liz Hagar-Mace, John Harper, Eric Martin, Scott O’Kelley, Mark Sooter, Susan Scott, Amy Stevens

**DMH/DBH Staff:** Lexy Thompson, Laurie Epple, Richard Gowdy, Mark Shields, Amanda Baker, Jessica Bounds, Angie Stuckenschneider, Kathy Huber, Lori Franklin, Rosie Anderson-Harper, Nora Bock, Mia Ferrell, Connie Cahalan, Nicole Baldwin, Susan Leonard

**Guests:** Maureen Gelzer, Brenda Schell

<b>TOPIC/ISSUE</b>	<b>DISCUSSION</b>	<b>ACTION/PENDING Responsible Due Date</b>
<b>Call To Order</b>	Mickie McDowell called the meeting to order with self-introductions.	
<b>Division Director Update/ Discussion</b>	<p><b>Dr. Richard Gowdy, Division Director</b></p> <ul style="list-style-type: none"> <li>• The governor has the budget and has until May 6, 2016 to sign.</li> <li>• DBH received word from CMS April 27, 2016 that their application for the Mental Health Crisis Prevention project (1115 Waiver) was complete. CMS will open for federal public comment. DBH is hopeful to receive final approval and be ready to roll out July 1, 2017.</li> <li>• DBH continues to work on the Excellence in Mental Health Act (CCBHC PPS). Application is due October 2016.</li> <li>• DBH has concerns over legislation that would allow management of MO HealthNet psychotropic medications.</li> <li>• Mental Health Commission presentation October 2016.</li> </ul>	
<b>Budget Update</b>	<p><b>Laurie Epple, Deputy Director of Administration</b></p> <p>The House Bills have been Truly Agreed and Finally Passed and were sent to the Governor for signature by next Friday, May 6. The items that were approved by the General Assembly this year include:</p> <ul style="list-style-type: none"> <li>• \$750,000 for treatment services for offenders</li> <li>• \$1.2M for mental health trauma for kids</li> <li>• \$142,000 to fund teachers at Hawthorne Children’s Psychiatric Hospital</li> <li>• Youth Suicide Prevention Grant, a five-year grant that will serve 10 to 24-year-old youth living in Jackson, Platt, Clay, Cass, and Ray counties in the Kansas City area</li> </ul>	

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<p><b>Legislative Update</b></p>	<ul style="list-style-type: none"> <li>• \$1.6M added to Emergency Room Enhancement (ERE) diversion</li> <li>• \$2.5M added for Kansas City Assessment &amp; Triage Center for crisis intervention</li> <li>• \$1.1M for community care access services in eastern region</li> <li>• \$3.4M GR and \$5.9M FED for ADA and CPS Medicaid Utilization Increase to serve individuals new to Medicaid or newly eligible for our services</li> <li>• Funding for Health Care Home PMPM inflationary increase</li> <li>• Funding for residential programs for conditionally released individuals in SORTS Programs at Fulton State Hospital and Southeast Missouri Mental Health Center</li> <li>• State employees will receive a 2% across the board increase</li> <li>• Because state had a good year, we had to come up with more general revenue due to the Federal Medicaid matched adjustment</li> <li>• Authority for a System of Care Expansion Grant we applied for in collaboration with 3 CMHCs, a four-year, \$3M per year grant, serving youth between the ages of nine and 17</li> <li>• The Governor added \$2M GR for a total \$7M GR for the Mental Health Crisis Prevention Project (1115 Waiver). With federal funding the waiver totals \$19M</li> <li>• Total budget increased by \$23M for both ADA and CPS combined</li> </ul> <p><b>Susan Flanigan, Legislative Liaison</b></p> <p>House Bills 607 and 608 - Under these acts, the Department of Social Services may utilize best clinical practices to achieve cost efficacy when administering MO HealthNet's pharmacy program. Although this bill is aimed at controlling costs, for the individuals with a persistent mental illness it means they may not receive the psychotropic medications they need to treat their mental illness. Bills can be tracked on the DMH website.</p> <p>Denise Mills – Misty Snodgrass reported that this language from bills has been completely removed so bills are not going to go through with language that would have a negative impact on DMH.</p> <p><b>SAC Integration</b></p> <p>A discussion regarding integration of ADA SAC and CPS SAC was held. Although there are some concerns, it is believed that integration of the two state advisory councils will allow the councils to work on issues together. This will benefit the individuals it serves, whose mental health and substance use issues are often co-occurring.</p>	

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<p><b>Let's Start Program Overview</b></p>	<p><b>SAC Integration – Behavioral Health IQ Assessment</b>  <b>Lexy Thompson, Staff Training and Development Coordinator</b>  The SAC Integration Steering Committee met April 19, 2016. The plan was to set the purpose of the steering committee to get a good picture of exactly what integration would look like, down to the bylaws and membership adjustment, should both councils integrate. Our SAMHSA consultant, Bruce Emery, provided us with the Behavioral Health IQ Assessment (BHIQ). The BHIQ is a tool designed for councils to assess how integrated they are. We will use it to keep us organized on all the different moving parts that we would need to make adjustments to and analyze what that would look like for our own organization. Both councils will complete the BHIQ, then compare. The Integration Steering Committee will meet monthly. At this time, state statutes will not be changed.</p> <p><b>Toni Jordan, Women's Support Coordinator and Maureen Gelzer, Executive Director, Let's Start</b>  Maureen Gelzer shared with the council that Let's Start was started 26 years ago by a nun who was working with Criminal Justice Ministry in St. Louis. This ministry organizes resources, services, and religious meetings in jails and facilities around St. Louis and surrounding counties. Let's Start also provides peer support to women released from prison to break the cycle of incarceration. They perform for audiences all around St. Louis, representing the work of Let's Start. Their stories are stories of hope. Let's Start not only provides support to these women; it also provides support to their children with an active youth program designed for all ages, but one that is especially critical for young teens. In addition to peer support they provide education about the issues of incarceration, mental illness and substance use disorder. They advocate for changes to legislation, but also talk to people and try to help them understand the challenges that so many families face. Sharing their stories is empowering to these women. The biggest challenge for Let's Start is communicating what resources are available. They have found that many clients, parole officers, social workers, and others do not know about Let's Start and the resources that are available.</p> <p>Toni Jordan shared the story of her involvement with Let's Start, starting as a participant in 1998. Let's Start provided Toni with encouragement and support to her and her family, helping them to recover. Toni helped provide transportation to women that wanted to attend meetings at Let's Start. She was asked to be on the Board and last year began working for Let's Start,</p>	<p>Lexy Thompson requested that CPS council members review BHIQ and submit suggestions, questions, and/or concerns to her for placement on the steering committee's agenda.</p>

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<p><b>Approval of Minutes</b></p> <p><b>Old Business</b></p> <p><b>New Business</b></p> <p><b>Member Reports &amp; Announcements</b></p>	<p>providing a support group to women in criminal justice facilities in St. Louis and Vandalia.</p> <p>Motion was made to approve minutes as written by Denise Mills, seconded by Shawn Sando. The February 25, 2016, meeting minutes were approved.</p> <p><b>Mental Health Commission Presentations</b></p> <p>May 12, 2016 Presentation – Stacey Gilkey will give presentation on family support providers and challenges parents face in caring for children with mental health issues. Barb Scheidegger will provide back-up.</p> <p>October 13, 2016 Presentation – Discussion regarding presentation topics took place. Denise Mills volunteered to give presentation on early intervention and prevention, teaming up with an ADA SAC council member if they agree. Treatment access and capacity as a presentation topic was felt to be of significant importance. Shawn Sando stated he would put some things together and give an update each time we meet.</p> <p>At the Housing Summit in Springfield, Missouri, Toni Jordan gave a presentation on housing. LuAnn Reese also presented as well as staff from Transitions. There are housing developers that are mission driven and special-needs individuals are on their radar. There is new housing being built specifically for this population. The advantage is affordable housing for the people we serve. The disadvantage is that it connects people to treatment, which means to be eligible for housing you need to be connected to treatment, and not everyone is ready for treatment. We still need options for people to have affordable housing that is not connected to treatment in any way. Mickie McDowell and Tish Thomas gave a presentation on employment.</p> <p>Sarah Earl</p> <ul style="list-style-type: none"> <li>• Toni, Mickie, Lexy and I have been holding refresher trainings for the Peer Specialist Program. If you have individuals working in your organizations that were trained between 2008 and 2013 and they are Certified Missouri Peer Specialists and have not taken the refresher training, they have one more opportunity to do so in Kansas City in May. If they do not attend that training they are going to lose their certification and you can no longer bill for them.</li> <li>• Peer Specialist basic training will be at DMH next week.</li> </ul> <p>Toni Jordan</p> <ul style="list-style-type: none"> <li>• We have been busy with back-to-back training sessions.</li> </ul>	

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	<p>Stacey Gilkey</p> <ul style="list-style-type: none"> <li>• Jesse and I registered for the Real Voices Real Choices Conference.</li> </ul> <p>Mary Horn</p> <ul style="list-style-type: none"> <li>• I have nothing to add.</li> </ul> <p>Carrie Rigdon</p> <ul style="list-style-type: none"> <li>• The Compass Health Network, which includes Crider, Pathways, and Royal Oaks Hospital, will have Commission on Accreditation of Rehabilitation Facilities (CARF) survey next week.</li> <li>• We are just starting to get rolling with IPS supported employment. We just hired an employment specialist. He will start May 16, 2016. We are starting very small with our IPS program, with just one employment specialist initially, serving transitional-aged youth populations (age 16 or 17 to age 25 or so).</li> </ul> <p>Barb Scheidegger</p> <ul style="list-style-type: none"> <li>• The Shining Light Award Ceremony was in April. Mickie's daughter received Youth Advocate of the Year. One of Stacey's parent's received Parent of the Year. We had great attendance and presentations for awareness. I invited the mayor of Jefferson City, Commissioner of Cole County, and many people from the community. Representative Charlie Norr was there to present the awards.</li> <li>• Children's Mental Health week is the week of May 1-7, 2016.</li> </ul> <p>Shawn Sando</p> <ul style="list-style-type: none"> <li>• Family Counseling Center will be celebrating 40 years as a community mental health center in July. We changed our name to FCC Behavioral Health as it more adequately represents what our organization has become over the past 40 years and the direction we are moving into the future.</li> <li>• MRSS/MRSS-P series of trainings for the southeast region in May.</li> <li>• We are just getting started with IPS. We are looking at starting our women's substance use disorder program in Cape Girardeau. As that one gets going, our Poplar Bluff mental health program and then the West Plains general population substance use disorder program. We are also looking into starting programs in Dunklin and Pemiscot Counties. We are very excited to bring that vocational piece into both our substance use and mental health programming.</li> <li>• We are actively reaching out to federally qualified health centers/rural health clinics, specifically in Reynolds County, Carter County, Wayne County, and Ripley County to provide mental health clinic services as we do not feel that we are in any way meeting the needs of the populations in those areas. Those counties are in an area that as an</li> </ul>	<p>Lexy will see if there is anything on the DMH website about Children's Mental Health Week and send an email to make sure people know what activities are going on.</p>

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	<p>administrative agent we are responsible for covering. The closest clinic to any of those counties is Poplar Bluff which is less than convenient, and with no formal public transportation it becomes a real significant challenge. We have several leads on folks letting us come in and partner with them. It is good for them, offsetting some of their facility costs, and it is good for us because we don't have to totally open a brand new facility. We are hoping this gains a lot of traction very soon.</p> <ul style="list-style-type: none"> <li>• Two of our programs placed in the Director's Creativity Showcase. We had clients from our women's program in Cape Girardeau. I believe they received 2<sup>nd</sup> place with the beautiful vase sculpture they did. Then we had some of our clients in our general population program at Hayti receiving 4<sup>th</sup> place. We will be taking the clients involved to the Mental Health Champion's Banquet where we will show all of the entries. We are very proud of these clients and our program teams for really encouraging these kinds of activities.</li> </ul> <p>Amanda Dumey</p> <ul style="list-style-type: none"> <li>• At Legal Services our executive director of 35 years retired in November and our permanent new executive director started sometime in March. As with most organizations when a new administration comes in there has been some turnover. We are looking to hire another attorney to help with cases.</li> <li>• At this time we are trying to find some time to do outreach to our sheltered partners in the 19 counties that our office serves.</li> <li>• We have staff attorneys that help with the homeless court in Springfield, which has been really successful.</li> <li>• We have community partners helping with things like dental treatment. It has been successful up to this point.</li> <li>• Currently, Springfield does not have a municipal jail so people are not going to court, which is how we get people into homeless court. Once we get the jail up and running we are going to have a lot more people coming back to homeless court to seek those services.</li> <li>• We are also looking at getting a domestic violence court started, which will also dovetail into referral services because many of these people who are abusers also have some mental health needs that are unmet.</li> <li>• Housing is always an issue. I was recently asked to join the board of Habitat for Humanity, which I will be starting in July. I am interested to find out more about this program.</li> </ul> <p>Denise Mills</p>	

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<p style="text-align: center;"><b>Adjourn</b></p>	<ul style="list-style-type: none"> <li>• We hosted the Transgender Health Conference in April. We had 150 attendees that came from all over the country. It was very successful and created a lot of awareness.</li> <li>• We held our Abuse, Neglect and Trauma Conference with 140 attendees.</li> <li>• We submitted a grant to the Missouri Foundation for Health for our Rooms for Recovery project, which are beautiful planters made out of recycled tire rims.</li> </ul> <p>Linda Myers</p> <ul style="list-style-type: none"> <li>• I attended the 1115 Waiver hearing in Jefferson City.</li> <li>• I attended the Mental Health First Aid Training for adults.</li> <li>• In June, I plan to take Mental Health First Aid Training for military veterans in Columbia</li> </ul> <p>Rosie Anderson-Harper</p> <ul style="list-style-type: none"> <li>• I do not have anything additional.</li> </ul> <p>Lexy Thompson</p> <ul style="list-style-type: none"> <li>• We are concerned that we haven't seen as many peer specialists attend the refresher courses, so if you have peer specialists, ask them to check their dates. There is only one refresher course left (May 23 and 24, 2016) and we want to make sure everyone has the chance to attend.</li> </ul> <p>Motion to adjourn was made by Sarah Earll and seconded by Mary Horn.</p>	<p>In planning for our joint SAC meeting, if there are any items that you think would be particularly appropriate to place on the agenda, please send to Lexy.</p>