

**State Advisory Councils for Division of Behavioral Health
 Department of Mental Health
 Meeting Minutes
 February 7, 2018**

Members Present: Daniel Cayou, Barb Scheidegger, Denise Mills, Rebecca Maynard, Page Nichols, Mark Smith, Sean Adams, Randall Robb and Stephanie Washington

Members Present via Conference Call: Sandra Jackson, Sarah Earll, Amy Stevens, Carrie Rigdon, Mindy Ulstad, Toni Jordan, Kathi Grose, Nancy Johnson, Richard Kenney, Angela Reynolds and Eric Martin

Members Absent: Amanda Pearl, Jean Sokora, Christine McDonald, Malva Yocco, Liz Hagar-Mace, David Stoecker and Kara Waddle

Department of Mental Health/Division of Behavioral Health (DMH/DBH) Staff: Laurie Epple, Stacey Williams, Tim Rudder, Sam Gierer, Lori Franklin, Natalie Erickson, Karen Will, Amanda Baker, Natalie Fornelli, Carolyn Conus, Amber Stockreef, Michelle Gerstner, Amy Barnes, Jon Sabala, Rosie Anderson-Harper, Lexy Thompson, and Susan Leonard

Guests: Chuck Daugherty, Shawn Billings, Susan Depue, Tara McKinney, Anna Long, Gena Terlizzi

TOPIC/ISSUE	DISCUSSION	ACTION/PENDING Responsible Due Date
Missouri Partnership for Success Grant Update	<p>Substance Use Prevention and Recovery (SUPR) SAC Session</p> <p>Susan Depue, Research Assistant Professor, Missouri Institute of Mental Health (MIMH) at University of Missouri-St. Louis (UMSL)</p> <p>The MIMH provides the Department of Mental Health (DMH) with the Project Director/ Workgroup Chair and Epidemiologist for the Partnership for Success grant. Through this grant, the Project Director oversees local coalitions as they implement data-driven decision making while addressing underage drinking and prescription drug abuse in their target communities.</p> <p>An update on the grant was provided. Information/data was reported on Missouri National Outcome Measures (NOMS), Missouri Student Survey (MSS), Training and Events, State</p>	

**Substance Abuse
Traffic Offender
Program (SATOP)
Presentation**

Epidemiological Outcomes Workgroup, Media Campaign, Subrecipient Community Stakeholder Education, Subrecipient Evidence-Based Program, and Subrecipient Evidenced-Based Interventions.

Lori Franklin, Program Specialist II, DBH

The Substance Abuse Traffic Offender Program is Missouri’s education and intervention program for impaired drivers. It was established by the Missouri Legislature in 1993 as an expansion of our earlier program, Alcohol Related Traffic Offender Program (ARTOP), consisting of a 10-hour education program for all impaired drivers.

- SATOP is administered by Missouri Department of Mental Health and includes interagency effort with Missouri Department of Revenue.
- It is the goal of the traffic offender to complete SATOP to meet the license reinstatement requirement.
- It is the mission of SATOP to inform and educate these drivers as to the hazards and consequences of impaired driving, to promote safe and responsible decision-making regarding driving, to motivate for personal change and to contribute to public health and safety in Missouri.
- Completion of SATOP may be required by Missouri Department of Revenue, Missouri Probation and Parole, Missouri Municipal or Circuit Court or DWI Courts.
- There are an array of services provided depending on the results of screening. There are several education levels and several treatment levels.
- A Comparable Program can be completed through Missouri Department of Corrections or a certified or nationally accredited substance use treatment program.
- SATOP currently has 43 contracted providers throughout the state of Missouri.
- Each of the two DMH program specialists has a designated region and SATOP agency assigned to them.
- SATOP programs are certified every three years by their designated program specialist and in off years by the area treatment coordinator.
- The Division is taking steps to rename the program, taking the word abuse out of the name but retaining the acronym.

Marijuana Legalization White Paper Discussion

Council continued discussion on publication of marijuana legalization white paper. The Missouri Association Treatment Court Professionals (MATCP) has adopted the National Association of Drug Court Professionals (NADCP)’ Position Statement on Marijuana. The Council will review the NADCP position statement then decide how to proceed with the

Sandra Jackson
will follow up with

	<p>information. Item tabled to April 4, 2018 SAC meeting.</p> <p>Lexy reminded council that it is not their role to take a position (develop a position statement), but they can endorse pieces of information that they agree with/support statements already made.</p> <p>Harm Reduction Discussion</p> <p>Council discussed harm reduction strategies related to substance use. Data suggests that individuals who use safe consumption sites are more likely to seek treatment than those who do not and an enormous cost savings is associated with needle exchange and safe consumption sites. The majority of new hepatitis C cases are directly related to injection drug use and/or snorting drugs. Current harm reduction legislative bills include:</p> <ul style="list-style-type: none"> • Safe consumption spaces (House Bill 2367, sponsored by Karla May, <i>Authorizes local health departments and community-based organizations to establish Safe Consumption Facilities</i>). • Safe syringe exchange (House Bill 1620, sponsored by Holly Rehder, <i>Exempts health care entities registered with the Department of Health and Senior Services that distribute hypodermic needles or syringes from the crime of unlawful delivery of drug paraphernalia</i>). <p>Reports and Announcements</p> <p>Lexy Thompson – We are integrating the Missouri Recovery Support Specialist-Peer and Certified Missouri Peer Specialist credentials into one integrated credential, (CPS) Certified Peer Specialist. DMH has turned the credentialing process over to Missouri Credentialing Board. Training will be held at MIMH in St. Louis March 5-9, 2018. Trainees are now eligible for a national peer credential with the 40-hour training program – which would be the CPS training program plus 5 hours of continuing education in ethics.</p> <p>Richard Kenney – The third of nine Missouri Opioid Summits was held October 17, 2017 in Joplin, MO with 400 plus in attendance. The community was polled and their response indicated education awareness for teenagers and more access to treatment is needed.</p> <p>Kathi Grose – Substance use treatment providers work closely with school districts and routinely talk to middle and high school students about the use of substances (tobacco, alcohol and drugs). A community event at a local school to educate parents and school district personnel on different topics will take place. At the event, education will be provided</p>	<p>Stacey Langendoerfer to obtain position statement to send to council members.</p> <p>Tara McKinney will provide hepatitis fact sheet at April 4, 2018 SAC meeting and send additional information to Lexy or Susan to distribute to SACs.</p> <p>Lexy will email link to legislative bill summary to SACs.</p> <p>Dr. Kenny will send copy of his letter addressed to state representative to Lexy to distribute to SACs. Lexy will send peer specialist and Mental Health First Aid training information to SACs.</p>
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<p>Call To Order</p> <p>Approval of Minutes</p> <p>Division Director Update</p>	<p>to parents on talking to their children about the use of drugs and alcohol. Providers attend back to school fairs and continue to look for opportunities to provide substance use education.</p> <p>Stephanie Washington – Recommended A&E network’s Emmy award-winning docuseries <i>Intervention</i>, which focuses on the journey of those plagued by their opioid addictions and their families who are left to pick up the pieces. One of the opening lines of the show has a school representative saying that they are afraid to talk about opioid addiction in the schools because that would acknowledge that a problem exists, the mindset that if you ignore it, it will go away.</p> <p>Mental Health Services (MHS) SAC Session</p> <p>The Council will redirect their efforts from a suicide prevention campaign to an awareness campaign on peer support in mental health and substance use. A document from SAMHSA titled <i>Peers Supporting Recovery from Mental Health Conditions</i> was emailed to council members. With council input, Patty Henry, Missouri Mental Health Foundation (MMHF), will create a 30-second television commercial surrounding the facts introduced in the document. After discussion, the Council decided they would like the commercial to include the personal testimony of three or four individuals with visuals on the following findings of peer support in mental health: (1) Increased social functioning; (2) Increased empowerment and hope; (3) Increased quality of life and life satisfaction; and (4) Increased community engagement. At the end of the commercial, there will be a link to the DMH home web page with a link to access information on peer support.</p> <p>Substance Use Prevention and Recovery (SUPR) Chairperson, Sandra Jackson, called the meeting to order. Self-introductions were made.</p> <p>Denise Mills motioned to approve the December 6, 2017 SAC meeting minutes. Mark Smith seconded the motion. The December 6, 2017 meeting minutes were approved as written.</p> <p>Dr. Richard Gowdy, DBH Division Director</p> <p>Rosie Anderson-Harper, Director of Recovery Services, provided the Division Director update.</p> <p>With the State Targeted Response (STR) to the Opioid Crisis Grant, we have been able to serve an additional 925 individuals. Many continue in treatment. In Prevention Services, 6000 plus people, to include first responders, jail staff, recovery housing and recovery</p>	<p>Sarah will advise Patty of the council’s ideas so she can begin work on the television commercial.</p> <p>Please contact Sarah and Lexy with names of three or four individuals, preferably in the Central Region, that would provide a good testimonial.</p>
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<p>Budget Update</p>	<p>community center staff and family members have been trained to administer Narcan. Narcan kits have been distributed.</p> <p>In Recovery Services, the National Alliance for Recovery Residences (NARR) has approved a number of recovery houses with the Missouri Coalition of Recovery Support Providers (MCRSP). Sean Adams assists agencies with NARR accreditation. Having a recovery house accredited gives the general public additional confidence that quality, effective programming is provided. A number of agencies are being reimbursed for recovery housing through the treatment provider.</p> <p>Four Recovery Community Centers are now in operation – Missouri Network for Opiate Reform and Recovery and St. Louis Empowerment Center, both in St. Louis; Springfield Recovery Community Center in Springfield; and Healing House in Kansas City. They have served hundreds of individuals, providing groups, peer support and a place to belong and connect in the community. They are also receiving training on administering Narcan.</p> <p>Laurie Epple, Deputy Director of Administration</p> <p>Link to Fiscal Year 2019 Department Budget Requests with Governor’s Recommendations.</p> <p>https://oa.mo.gov/budget-planning/budget-information/2019-budget-information/2019-department-budget-requests-governors</p> <p>New Decision Items</p> <ul style="list-style-type: none"> • DMH FMAP Adjustment – The federal share of the blended Federal Medical Assistance Percentage (FMAP) rate will increase in FY 2019; thereby decreasing the state's share. As a result, the Governor recommended additional Federal Authority in the appropriate house bill sections utilizing MO Health Net funding. Also, as a result of the increase in the federal share, corresponding General Revenue amounts are reduced in core funding. • FY19 Pay Plan – The Governor's Fiscal Year 2019 budget includes appropriation authority for a \$650 pay raise for state employees making \$50,000 or less. • DMH Opioid Initiative – This item requests funding for two opioid initiatives: Peer Recovery Coaches in the emergency departments, \$2.6 million; and Faith and Community-Based Recovery Support Services, \$2 million. • Peer Recovery Coaches working with Emergency Departments (ED) assist people who have overdosed on opioids establish immediate linkages to substance use and medication assisted treatment (MAT) services. It will expand on a one of a kind 	<p>Susan will email link to budget information to SACs.</p>
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<p>Membership Application Review</p>	<p>program currently operating in St. Louis as a pilot, Engaging Patients in Care Coordination (EPICC). The goals are to engage patients during emergency room stabilization with MAT and substance use treatment services and to coordinate care to reduce future ED visits, overdoses and deaths. Currently the Behavioral Health Network (BHN) of Greater St. Louis, in partnership with Behavioral Health Response (BHR) and local treatment programs, provide a Peer Recovery Coach who responds to the ED to meet with an individual recovering from an overdose to schedule an intake appointment for initiation of medication-assisted treatment and other substance use disorder treatment services. BHN currently has five Peer Recovery Coaches and covers 12 participating hospitals.</p> <ul style="list-style-type: none"> • Community-based prevention programs provide preventive interventions with children, families, and college students; training, technical assistance, and support for coalitions; prevention evaluation, research, and data analysis; public education and social marketing, and information and referral services. • Nixon Forensic Center Security Differential – The opening of the new Nixon Forensic Center (NFC) in February 2019 will require the consolidation of operations and staff from the Biggs Forensic Center (BFC) and the Guhleman Forensic Center (GFC). Historically, BFC staff from a variety of merit classes have received a security differential associated with working in maximum security. The NFC will be a high security setting comprised of patients from both maximum and intermediate security. Patients will not be distinguished based on their security levels-all will be considered high security. Procedurally patients' access to certain locations and privileges within NFC will be based on the immediate risk they present. Staff within the same job classes, whether they previously worked in BFC or GFC, will have comparable expectations and responsibilities in the execution of all security and treatment procedures, and thus should have equitable salaries. The Governor recommended approximately \$200,000 to cover that. • SORTS Ward Expansion – A budget item to fund a new SORTS ward is no longer needed so funding will be removed from the budget. <p>Council members discussed new state advisory council membership application, which is on the DMH website and was sent to treatment providers. The Membership Committee reviewed four applications and chose two for recommendation to the council, issuing a motion for the council to accept these two recommendations. Robb Randall motioned to accept the Membership Committee's recommendation to approve both candidates. Stephanie Washington seconded the motion. Motion carries.</p> <p>The Membership Committee will continue to reach out to providers, Recovery Community Centers, Consumer Operated Services Programs and other potential partners in the geographical area where they are looking for more representation.</p>	<p>Rosie will ask Dr. Reitz or Dr. Gowdy to respond to questions from council member regarding moving patients from intermediate security setting to high security setting in terms of least restrictive environment. Lexy will submit the two recommendations for council membership to Dr. Gowdy to</p>
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<p>Engaging Patients in Care Coordination (EPICC)</p>	<p>Shawn Billings, Project Manager, Behavioral Health Network (BHN) of Greater St. Louis</p> <p>EPICC is about increasing access to treatment for opioid overdose survivors: Connecting individuals from emergency rooms to treatment after beginning Medication Assisted Treatment in the emergency room. EPICC literally saves lives and reclaims futures.</p> <p>BHN is a 501(c)3 non-profit organization formed in 2010 based on the recommendation of the St. Louis Regional Health Commission’s (RHC) four year “Eastern Region Behavioral Health Initiative” to establish a permanent structure for ongoing regional behavioral health system planning and coordination. BHN is a collaborative effort of providers, advocacy organizations, government leaders and community members dedicated to developing an accessible and coordinated system of behavioral health care with emphasis on the uninsured, underinsured and underserved population of DMH’s “Eastern Region” (City of St. Louis and Missouri counties of Franklin, Jefferson, Lincoln, St. Charles, St. Louis and Warren.</p> <p>Project Partners: NCADA and MIMH who provide opioid education and the Narcan and Naloxone we distribute; substance use treatment providers – Preferred Family Healthcare, Community Treatment (COMTREA), Gateway Foundation, Center for Life Solutions and Queen of Peace; and the recovery community centers – St. Louis Empowerment Center and Missouri Network for Opiate Reform and Recovery. Other partners include Mercy Hospital Systems, SSM Health and Barnes Jewish Hospital.</p> <p>Target Population: Age 18 and older, opioid overdose, residency in the Eastern Region or presents as homeless in the Eastern Region.</p> <p>Social Determinants: 30 percent of clients presented at referral as homeless; 97 percent of clients reported not being enrolled in substance use treatment services; and 67 percent of clients reported no insurance.</p> <p>Project Barriers: Housing continues to be a barrier for at least 30 percent of clients outreached and significantly impacts engagement in treatment. The availability of Opioid Treatment Program (OTP) certified medical personnel who can prescribe MAT remains limited.</p> <p>Project Goals: Improve client recovery ambivalence; increase substance use treatment and MAT access via outreach/engagement; provide overdose education and Narcan distribution;</p>	<p>make final decision.</p>
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<p>Reports from Subcommittees</p>	<p>increase MAT induction in emergency departments; and increase medical staff willing to provide longterm MAT.</p> <p>During the program pilot, recovery coaches successfully outreached 82 percent of referred patients in the emergency department. During the program expansion, recovery coaches successfully outreached 91 percent of referred patients in the emergency department. Unsuccessful peer outreaching at the emergency department is a result of patients leaving the hospital against medical advice.</p> <p>Kathi Grose, Children and Family</p> <ul style="list-style-type: none"> We are looking at ways to provide education to primary care physicians on substance use treatment referral. The primary care physicians we have spoken to, do not have a standard screening assessment. We are looking at the screening materials we have and will come to a consensus about what we might be able to use. <p>Denise Mills, Orientation and Education</p> <ul style="list-style-type: none"> Lexy and Denise have been discussing ways to provide orientation and education to council members. <p>Lexy Thompson, Membership</p> <ul style="list-style-type: none"> The subcommittee recommended two candidates for appointment to the council. They will continue to reach out to providers in the geographical area where they are looking for more representation. <p>Lexy Thompson, Integration Steering</p> <ul style="list-style-type: none"> Integration Steering does not have an update; however, the SACs were awarded technical assistance from SAMHSA to be provided by SAMHSA representatives at Advocates for Human Potential (AHP). AHP will hold a State Technical Assistance Leadership Academy and include council leadership (chairs and co-chairs) and two council members identified by leadership. AHP will provide guidance on leading planning councils and being an effective leader. The first meeting will take place February 13. If you are interested and want to volunteer, email Lexy. <p>Randall Robb, Council Outcome Measurements</p> <ul style="list-style-type: none"> No update at this time. We could use more members. <p>Missouri Credentialing Board (MCB) is not present.</p> <p>Rosie Anderson-Harper, Missouri Recovery Network (MRN)</p> <ul style="list-style-type: none"> MRN's Recovery Advocacy Day was today. MRN had 200 people registered. The Governor attended and spoke, as did Representative Holly Rehder. It was a chance for people to tell their personal recovery stories, family stories, or stories of loss and grief. Sean Adams said it was a success. There was a great turnout with people speaking to their legislatures. It was amazing to educate them on what treatment and 	<p>Denise will submit a written report to distribute to SAC members after this meeting.</p> <p>Executive Committee will select two council members to participate in Leadership Academy and provide names to Lexy by February 9.</p> <p>Sandra encouraged council members to join Council Outcome Measurements subcommittee if they are currently</p>
<p>Reports and Announcements</p>		

	<p>recovery actually mean.</p> <p>Chuck Daugherty, ACT Missouri</p> <ul style="list-style-type: none"> • Provided council members with the weekly ACT Missouri Bill Status Report listing the bills they are tracking this session. • Prevention Day at the Capitol was January 24, 2018. We met with and educated our legislatures on policies important to our communities, met the Youth Ambassadors at the Community Breakfast, and provided advocacy training on Tobacco 21. • Our 14th Annual Speak Hard Youth Conference is March 29, 2018 in Jefferson City. Visit our website for more information at https://actmissouri.org. <p>Amber Stockreef, Children's Services</p> <ul style="list-style-type: none"> • In January, DMH provided National Association for the Dually Diagnosed (NADD) certification and accreditation trainings for providers in the St. Louis area. Our next steps are to individualize NADD content then develop a Professional Learning Community to use throughout the state. These trainings are funded through a Substance Abuse and Mental Health Services Administration (SAMHSA) funded grant, the Transformation Transfer Initiative (TTI), awarded to Missouri in 2016. The National Association for the Dually Diagnosed is a not-for-profit association established for professionals, care providers, and families to promote understanding of support needs for individuals who have developmental disabilities and behavioral health needs. The goal of the grant is to (1) expand the co-occurring protocol; (2) increase family support; and (3) build up skilled capacity for providers. <p>Daniel Cayou, Missouri Protection and Advocacy (MO P&A)</p> <ul style="list-style-type: none"> • Shared information and concerns that MO P&A has with regard to the rights of individuals they serve. (1) We are in an era of tightening budgets, but the need has not abated. If anything, it is growing. Organizations are trying to make do with less and sometimes this impedes on people's rights. Some of the individuals I am concerned about are individuals in skilled nursing facilities. These places are not licensed by DMH, but are consistently not getting high quality mental health or substance use treatment services. (2) One of the things we hate to see is guardians cutting families off from a family member residing in an inpatient care setting. Guardians, at the facilities request, sometimes ask that the family be barred from visiting. (3) I recently became aware of a current lawsuit against the state due to medication of children in foster care. (4) MO P&A is a federally supported agency and does not lobby. That being said, there is a bill moving through the legislature dealing with guardianship. HB 1553 modifies provisions relating to guardianship and conservatorship proceedings. <p>Gena Terlizzi, National Alliance on Mental Illness (NAMI) Missouri</p> <ul style="list-style-type: none"> • We attended MRN's Advocacy Day, today. While there, people talked to me about the cycle of underlying mental illness, anxiety or depression being what led them to a 	<p>not serving on another SAC subcommittee.</p>
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substance use disorder, stating if they had had early intervention on the mental health side, it may have stopped the cycle. Others told me that having a substance use disorder led them to having anxiety, depression or paranoia. There is so much overlap between mental health and substance use disorders that anytime agencies can partner together and let people know what services are available from both sides, it is helpful.

- NAMI Missouri's Partners-in-Policy Training & Advocacy Day will be held in Jefferson City March 12-13, 2018. We have had over 60 people register.
- The NAMI Missouri Annual Business Meeting and Luncheon will be held on Saturday, April 21, 2018 at the Capitol Plaza Hotel in Jefferson City. This event will include board member elections, a special presentation and lunch. NAMI Missouri is excited to announce special guest Stephanie Appleby as our featured luncheon speaker. Her story was most recently featured in Metro Woman Magazine. You can hear her inspiring story in person at the 2018 NAMI Missouri Luncheon.
- Children's Mental Health Week is the first week in May.
- NAMI support group trainings and family classes that take place every spring and summer are just getting started.

Sean Adams, Missouri Coalition of Recovery Support Providers (MOCRSP)

- No update at this time.

Meeting adjourned.

April 4, 2018
10:00 a.m. to 3:00 p.m.
Department of Mental Health
1706 E. Elm Street, Jefferson City, MO
Conference Rooms A & B

Adjourn

Next Meeting