

## **CFAC Meeting Minutes**

### **November 19, 2009**

**Present:** Steve, Cheryl, Benita, Heather, Linda, Marcus, Diane, Leslie, Edward, Shira, Bradley, Allen, Pam and Michael

**Guest:** Laci

**Minutes:** The minutes of the October meeting were amended to reflect that Linda was present. The amended minutes were approved.

#### **REPORTS:**

**Update from CFAC Chair:** Steve said that he had learned OPC would not be merging with the Alamance-Caswell LME. He also reported that he and Heather had recently participated in advocacy efforts for Club Nova with the Knights of Columbus. They helped with a PowerPoint presentation, along with the director of Club Nova and one of their board members. Steve said that the presentation was well-received.

**Update from OPC CFAC Liaison:** Michael added some background information to the withdrawal of OPC's letter of intent to merge with Alamance-Caswell LME. He said that OPC's Board had grown quite concerned with how protracted the discussions had become. Each time OPC responded to concerns raised by Alamance-Caswell, the OPC Board received a counter response with re-stated (and sometimes additional) concerns. Because statutes stipulate that an LME can be dissolved *only* on June 30th, the Board was concerned that there was not sufficient time to work through a merger appropriately. Michael said that at this point, he believes Alamance-Caswell intends to try to operate as a two county LME. Michael also provided more details on the e-mail he had sent a couple of weeks before this meeting regarding the reduction in CFAC's budget. He said that OPC's management had made a decision to shift 10% of all county dollars into service categories in an effort to deal with the budget cuts for the current fiscal year. Since CFAC's entire budget is funded through county money, it was subject to the 10% reduction. However, this had been overlooked since the cut was across the board for all county money (as opposed to going through each expenditure line-item by line-item). OPC extends apologies for this oversight, which was discovered only recently. Michael asked whether members were interested in working with Pam to develop a revised budget. Allen, Leslie, Diane, Linda, Heather, and Steve agreed to work with Pam on this task. The group will meet at 5:00 on Thursday, November 24th.

**Update from Division Liaison:** Suzanne was not present at this meeting.

#### **NEW BUSINESS:**

##### *Board Member Appointment*

Last month, Heather had volunteered to represent CFAC on the OPC Board. Since there was not a quorum available at the time this discussion took place, the agenda item was brought forward to this evening's meeting. Heather expressed her continued interest, and was approved by unanimous vote to fill the vacant CFAC position on the OPC Board. Michael said that Janine (Judy Truitt's executive assistant) would contact Heather to schedule an orientation to the Board prior to the December meeting.

#### *Critical Access Behavioral Healthcare Agencies (CABHAs):*

Michael shared information on the newest initiative from the Division of MH/DD/SAS, known as the "CABHA," which will impact only MH and SA services. DD services will not be incorporated into the CABHA. The idea behind the CABHA is to try to improve the clinical quality of services, and to develop agencies that offer more of a continuum of care so that consumers do not have to have multiple providers if they have a number of different service needs. All CABHAs will be required to provide assessments, med management, outpatient treatment, and case management services. Also, once the service definition for "Peer Support Services" has been approved, this will be added to the services provided by a CABHA. In addition, every CABHA must offer at least two other services such as Community Support Team, Day Treatment, Intensive In-Home Treatment, Multi-Systemic Therapy, PSR, ACTT, SA Intensive Outpatient services, and others. The additional services provided by a CABHA would be determined in part by whether they are serving adults, children, or both. Three of the services (Community Support Team, Day Treatment & Intensive In-Home services) can only be provided by a CABHA. Other services, such as PSR, do not have to be part of a CABHA. So Club Nova could decide to continue as a free-standing clubhouse without becoming a CABHA. Every one of these agencies will be required to have a medical director, a clinical director, and a director of training & quality improvement. They will also have to have a 3-year accreditation. Michael said that OPC thinks the model is a good one, but has some concerns about the aggressive timeline (the current implementation date is June 30, 2010). It's not yet clear whether the time line will be extended. OPC assumes several of our providers will be interested in becoming a CABHA. Michael said he will keep CFAC informed of any further developments.

#### *AQIC Quarterly Report*

Michael noted that the entire AQIC Quarterly Report is available in the Pass Around Folder. Members have a copy of the Progress Indicators and institutional use data in their packets for this evening's meeting. OPC either met or exceeded the state's performance standard on 15 out of 27 indicators. Michael pointed out that even though OPC exceeded the performance standard on most of the indicators that reflect penetration rates, we did fall below the state average on most of these. This has been an ongoing issue that OPC believes is largely explained by the fact that the Division's figures are taken only from Medicaid and IPRS paid claims data, and there is likely to be a larger percentage of OPC's population covered by Medicare and private insurance. In addition, there is something of a financial disincentive to increasing penetration rates in a system that doesn't have enough funding to meet all of the needs of existing consumers. Michael also pointed out that the trends in use of state hospitals and ADATCs are good. For the most part, they reflect a decrease in the use of these institutions and an improvement in follow-up after discharge.

#### *NAMI Conference Report*

Both Linda and Leslie attended the recent NAMI Conference. The theme was "Creative Hearts, Healing Minds: the Art of Living with Mental Illness." Linda said that the keynote address was very good. David Anderson Brown and his daughter spoke about their experiences with mental illness. Mr. Brown has written a book on their experiences called *Duct Tape & WD-40*. Linda attended one session on the link between violence and mental disorders, and another on benefits such as SSI or SSD. She said that the presenter, Susan Hartley, spoke about things people can do to avoid losing their benefits.

Leslie said that she learned a lot about research that is being done on medications for children, as well as issues of medication-related weight gain and diabetes in children. She said that they are using more of the older antipsychotics now. Leslie said she also learned about studies on possible genetic predictors of schizophrenia, involving people with schizophrenia and their family members.

Both Linda and Leslie said that the conference was very informative, and expressed their appreciation to CFAC for being able to attend.

## **OLD BUSINESS:**

### *Membership Update*

Michael said that Allen's first term expired last month. He is eligible to serve a second term through October 2010. Allen said he would like to continue with his second term on CFAC. Heather's first term expires this month, and she is eligible to serve a second term through November 2011. Heather also agreed to serve a 2nd term on CFAC.

## **COMMITTEE REPORTS:**

### *AQIC*

Pam said that AQIC reviewed the entire Quarterly Report during their October meeting.

### *Client Rights Committee*

Benita reported that CRC did not review any behavior plans this month. They did review a lot of incident reports and noticed a trend of an increase in the use of physical restraints. They will continue to look at this data in the months ahead to see whether the trend continues.

### *Provider Community/Quality Management Committee*

Leslie said that this committee reviewed information on the CABHA during their meeting, which was just this past Monday. She noted that in some ways, seemed like the system was going back to the way things used to be before reform.

### *Service Management & Public Awareness and Advocacy Committees*

These Board Committees held a joint meeting last week, and they reviewed accomplishments of OPC's Care Management Unit, including housing activities and trainings they sponsored.

### *Peer Support Center Committee*

Leslie reported that 4 people met for peer support activities. They learned that 2 others had come early and left when they did not see anyone else there. The next time the group will meet is December 16th, when they will take part in an activity to make frame ornaments. Then the Committee will meet for another planning meeting on December 17th.

### *State CFAC*

Pam reported that the State CFAC reviewed the results of the surveys completed by local CFACs.

### *OPC Area Board*

Michael said that the OPC Board got information about CABHAs and Medicaid waivers at their meeting last Monday.

## **Proposed Agenda for December Meeting:**

- A report will be submitted on recommendations for the revision of CFAC's budget.