

CFAC Meeting Minutes

February 19, 2009

Present: Steve, Cheryl, Heather, Allen, Gwyn, Pam, Linda, Marcus, Vicente, Edward, Diane, Leslie, Bradley, Benita, Virginia, Rhonda, Ken, and Michael

Guests: Peggy Yonuschot, Beth, Janice & Natalie

Minutes: The minutes of the January meeting were approved.

REPORTS:

Update from CFAC Chair: Steve shared that he had learned during the meeting of the budget sub-committee that Chrysalis Foundation had filed for bankruptcy. Diane noted that Club Insight, which had been operated by the Chrysalis Foundation, was taken over by Therapeutic Alternatives. Steve added that Club Nova had accumulated a significant level of debt, but had gotten a grant from Orange County that would help to cover a portion of their debt. Since Steve mentioned the meeting of the budget sub-committee, Cheryl explained that the members of the sub-committee met to discuss OPC's request from CFAC to return some of the money in the budget, which would be used to help pay for services in the event of further cuts in the current fiscal year. OPC was also looking at other sources of county money to be used for this purpose. Members of the sub-committee had a fruitful discussion and agreed to recommend that CFAC agree to return up to \$5,000 of the budget. The money would be spent on consumer services only (i.e., not for LME expenses), and CFAC would request an accounting from OPC on how the money was spent. The members of the sub-committee asked Michael to compose a draft of the letter to Judy Truitt and the OPC Area Board Chair, which is in tonight's meeting packet. Members read over the letter, and Cheryl moved to approve the recommendation to return up to \$5,000 from CFAC's budget to help cover consumer services if OPC faces further budget cuts. Gwyn seconded the motion, which passed by unanimous vote.

Update from OPC CFAC Liaison: Michael announced several upcoming events, including the annual Legislative Breakfast at the Friday Center this Saturday, February 21st, the Coalition Legislative Breakfast in Raleigh on Tuesday, March 10th, and the two "Listening Sessions" of the Chapel Hill Mayor's Task Force on MH Reform that would take place on February 24h and 25h. Information on all of these events is included in the Pass Around Folder. Michael noted that each of these was an opportunity for consumer input. Edward added that the meetings CFAC chairs have with Judy Truitt is a good opportunity for local input. Michael noted that Virginia is a voting member of the OPC Area Board, and this was another good venue to voice opinions. Michael added information to the earlier discussion on the Chrysalis Foundation. As Diane noted, Club Insight has been taken over by Therapeutic Alternatives. They will also take over Club Creative in Roxboro. However, that building needs some repair work so the program will have to close down for a few weeks. OPC is working on a plan to maintain contact with members of Club Creative in the interim. Chrysalis operated a residential S.A. treatment program for women with young children called Hope Meadow. They had three residents, each of whom was moved into the Sunrise Residence operated by UNC Horizons, so they had no loss of service. The Hope Meadow property also needs some renovation, and once it is complete, that program will likely go to another provider through the RFP process. Chrysalis operated two other programs. One was a summer camp for kids held at Carol Woods in Chapel Hill. Because it was operated from funds raised by the Chrysalis Foundation, the future of that program is uncertain. And Chrysalis managed several housing units in Chapel Hill & Carrboro. These are all HUD funded and we expect them to remain available. Management of these units will likely be taken over by a non-profit with housing experience.

Update from State CFAC Liaison: Suzanne was unable to attend due to illness.

NEW BUSINESS:

Needs Assessment

Peggy explained that the State requires LMEs to conduct an annual needs assessment in the 3rd Quarter of the Fiscal Year, and to provide quarterly updates to CFAC. Peggy came to this evening's meeting to request CFAC's input as a focus group in determining the needs in the community. She noted that various surveys had been developed for different groups of stakeholders. They can be accessed via the internet, and are also available in the Pass Around Folder if anyone does not have internet access.

Peggy noted that the instructions given to LMEs ask that a CFAC member lead the discussion in tonight's meeting, and Linda volunteered to facilitate the discussion.

The first item to be addressed was identification of service gaps. The following items were identified:

- Transportation is a huge issue for Chatham because it is so spread out. It's also an important need for people in electric wheelchairs but not always accessible.
- Chatham County needs an ACT Team.
- Quick access to psychiatrists is often lacking.
- There's a lack of follow-up among psychiatrists. One member decided to switch psychiatrists, and her old doctor never called to see what had happened and why she stopped coming.
- More psychiatrists are needed.
- Peer support/Drop-in Centers are needed, with Peer Support Specialists trained, hired, and in place.
- One member said she needed what she called "the full package" (a psychiatrist, a therapist, and medications).
- Health insurance is a need, and there are often problems with pre-existing condition clauses.
- Freedom House & the Adult Treatment Program need to be certified by Medicare.
- The CAP-MR/DD waiting list is too long; more slots are needed.
- "Maintenance level" care is needed for many people who are doing well *because* they are receiving services.
- DBT groups, Trauma Recovery groups, and 1-on-1 therapy is needed.
- Teenagers and kids with emotional problems need skill building groups like DBT.
- Kids have to be in the court system in order to qualify for Level IV residential treatment. But some people who need the service are not involved in the court system.
- Safe, affordable housing is needed.
- It's important to remember that the family cannot support their family members all the time. They need help.
- Chatham has a lack of Spanish-speaking providers, which at best causes a delay in the provision of services.
- Peers or case managers who are bilingual are needed to help with things like disability applications.
- Workshop programs for people with DD are lacking space. This is especially critical when people finish school and have no daytime activities/no where to go.
- Too many people fall through the cracks because they don't qualify for services.
- The police won't help when there is a crisis with a person with MR/DD. It's left up to the family members to deal with the crisis.
- There is no transitional option for people who are not functioning well to get them to the point of being functional again. Partial Hospitalization programs are good for this.
- One member wondered why the terminology changed for special education schools. It makes it confusing when the terminology changes.

Next, Linda asked members to identify strengths in the system:

- Clubhouses in all 3 counties
- Freedom House S.A. services
- OPC has worked aggressively to keep services that have good outcomes.

- Judy Truitt keeps fighting for what is needed.
- CFAC is strong and benefits from OPC support.
- Family-to-Family is an asset. It's great that it exists here.
- The local Mental Health Association is strong.
- Services are person-centered.
- DD has excellent case managers.
- The Family Advocacy Network
- OPC has consistently provided CFAC with strong liaisons.
- NC DD Institute will help pay for people with disabilities (and their families) to attend trainings.
- Special Olympics

Peggy thanked CFAC members for their input, which will help OPC to complete the needs assessment.

OLD BUSINESS:

Social activity planning was tabled because the meeting ran over time.

COMMITTEE REPORTS:

These items were tabled because the meeting ran over time.

Proposed Agenda for March Meeting:

- Presentation on NAMI-NC Peer Support Initiatives
- Carry-over of items tabled from tonight's meeting