

## CFAC Meeting Minutes

### June 18, 2009

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

**Guest:** Donna Cotter, RecoveryNC

**Minutes:** The minutes of the May meeting were approved.

#### **NEW BUSINESS:**

Donna Cotter presented information on the "RecoveryNC" campaign. Donna's background was as a professional working with SAMHSA (the Substance Abuse & Mental Health Services Administration). She came to North Carolina to start this campaign. Their focus is to help people in recovery from addiction to become self-advocates, and to work to increase the availability of services for people in recovery. To date, 5,853 people have signed on to support the RecoveryNC campaign.

Donna noted that it's difficult to get good press regarding addiction, which leaves people afraid to seek treatment and feeling the need to hide their addictions. And the bad press also makes it hard to get funding directed to the field of substance abuse treatment. Currently, N.C. has a dearth of resources available to support people in recovery. However, it's important to recognize that for every dollar spent on treatment, \$7 come back to the community because of a decrease in violence & crime, a decrease in accidents, and a decrease in incidents of child abuse and neglect. In addition, the community benefits from improved job and school productivity.

RecoveryNC is a vehicle for people to feel proud of their recovery, and to support and empower each other in speaking out. The message is "we are clean and sober, we pay taxes, and we need respect and support in maintaining our recovery." Currently, 17 people in recovery from across the state are volunteering with Donna on the RecoveryNC campaign. Their vision is to have North Carolinians understand the value of recovery from addiction and its significance for the well being of the community. Their mission is to educate and advocate for recovery. They ask people to come forward and register for the campaign by providing their name and county of residence (e-mail addresses are optional). They collect the names to maintain a database of people who care about the issue of addiction, but these names are never sold/given out to other parties. People can sign onto the campaign in any one of three ways:

- sign-up sheets are available at various events (a sign-up sheet was circulated tonight during Donna's presentation),
- registration is available on their website: [www.recoverync.org](http://www.recoverync.org), or
- interested persons can fill out a postcard and return it to Donna.

After people sign up, Donna said RecoveryNC asks that they pass along the information to 4 people, because each person dealing with substance abuse has at least 4 people in their lives who are impacted by their addiction.

Donna wrapped up her presentation by distributing pins, fliers, and pens. CFAC members thanked her for the information, and let her know that they are looking for new members who represent substance abuse. They asked that if she works with anyone from Orange, Person, or Chatham County, to let them know about CFAC vacancies.

## **REPORTS:**

**Update from CFAC Chair:** Steve did not have a report this evening.

**Update from OPC CFAC Liaison:** Michael provided a brief update on the merger with Alamance-Caswell. During their meeting earlier this month, the Area Board gave their approval to proceeding with the merger, so OPC's attorney is now drawing up a letter of intent. The Board still has some concerns about the large number of retirees in Alamance-Caswell (because it would be a significant financial liability for OPC to take on), so the merger is not yet a "done deal." But the Director of Alamance-Caswell is working with their County Commissioners to try to resolve the issue, and he seemed to feel confident it could be handled satisfactorily.

**Update from State CFAC Liaison:** Suzanne let members know that the House had approved its budget, and that committees were now meeting to reconcile the budgets approved by the house and senate, as well as the governor's budget proposal. The reality is pretty serious. There is currently a \$4.7 billion deficit that the final budget must address. Yesterday, Gov. Perdue asked legislators to approve \$1.5 billion in new tax revenues. She was asked whether she would veto a budget that did not include this request, but she declined to say at this point.

## **NEW BUSINESS (cont.):**

### *2009 LCFAC to SCFAC Survey*

Members completed the survey during the meeting. The survey prompted a lot of discussion. Members agreed with all of the statements regarding CFAC's ability to provide input. They disagreed with nearly half of the questions describing CFAC's composition and functioning. One example is that members did not agree that the CFAC reflects the racial and ethnic composition of the community. They also did not agree that the CFAC reviews RFP (Request for Proposal) submissions and provider contracts. Members commented that while they had fairly active participation in reviewing RFPs when OPC was divesting its services, they had not done so in a long time. And they never review provider contracts. They also disagreed with items describing CFAC having a role in monitoring the LME in attaining measurable outcomes and assessing all of the LME's functions.

With regard to the LME's involvement with CFAC, there was general agreement that OPC provides important information to CFAC (such as the quality of available services and service gaps & needs) and values the opinions of CFAC members. The items CFAC disagreed with all related to the LME having sufficient resources to provide for all of the service and housing needs of persons with MH, DD, or SA issues.

CFAC members largely agreed that consumers and family members are involved in leadership roles in the LME. However, the majority opinion with regard to annual reviews of data was that CFAC agreed only that the LME provided information on the community needs assessment, provider relations, and types of activities provided by the LME. While they agreed that they received lots of data in other areas, CFAC members disagreed that on an annual basis they reviewed and gave input into compliance with regulatory requirements, results of consumer satisfaction surveys, provider contracts & fiscal policies, measurement of provider quality, and the use of the LME's resources.

CFAC members agreed that they had requested and received technical assistance from the LME and the Division, but no one could recall requesting or receiving any technical assistance from the State CFAC.

Overall, CFAC members did not agree with survey statements that the service array in the catchment area meets the needs of all identified population groups, or that the LME's budget meets the needs of all age and disability groups within the catchment area.

Finally, CFAC listed the following recommendations for the MH/DD/SA service system (in priority order):

1. Maintain Community Support services
2. Develop and fund Peer Support services
3. Increase the availability of psychiatrists and therapists in rural areas
4. Increase affordable and reliable transportation options
5. Keep Wright School and Level III & IV group homes

#### *Budget Revision & Budget 2009-10 Proposal*

Because the survey discussion did not end until after 8:00, this item was tabled until July. However, Michael noted that the caterer's rates were increasing effective next month and requested approval of this line item, so that he could develop a contract effective July 1st. Members who were present unanimously agreed to approve the Food line item in the budget for next fiscal year.

#### *State Budget Update/Call to Action*

Michael noted that member's packets included information about significant cuts included in the budget recently passed by the House. Two of the most serious are the elimination of Community Support services by April 2010 and elimination of children's Level III and Level IV group homes by October of this year. Also included in the packet were a sample letter written by the state CFAC and the names and email addresses of the members of both the House and the Senate Conference Committees (who are working to reconcile the 3 versions of the budget). He encouraged individual members to write letters if they are so inclined, and offered to meet with any members as a group who were interested in drafting a letter from the OPC CFAC. Though many members had already left before this discussion, several of those present expressed an interest in sending a letter from the CFAC. Michael agreed to send an email to all members on Friday, and any interested members should reply so that he can coordinate a meeting for the early part of next week. The draft will be sent out to all members for approval before it is sent to the Conference Committees, but time is of the essence in this matter.

#### **OLD BUSINESS:**

##### *CFAC Re-Appointments*

No member terms were expiring in June.

#### **COMMITTEE REPORTS:**

##### *AQIC*

Report tabled until July.

##### *Provider Community/Quality Management Committee*

Report tabled until July.

##### *Service Management Committee*

Report tabled until July.

##### *Public Awareness and Advocacy Committee*

Report tabled until July.

##### *PSW (Peer Support Workshop)*

Report tabled until July.

*Peer Support Center Committee*

Although an official report was not provided due to running out of time, Cheryl and Leslie asked that the minutes reflect members of the Committee did meet this past Wednesday. It was not a planning meeting, however. The members came together at the Freedom House space to actually meet as a peer support group (for which they did not receive a stipend). Members who attended were Heather, Allen, Leslie, Pam, Diane, and Cheryl.

*OPC Area Board*

Report tabled until June.

**Proposed Agenda for July Meeting:**

- No agenda items were proposed at this meeting