

CFAC Meeting Minutes

January 21, 2010

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

Guest: Peggy Yonuschot/OPC

Minutes: The minutes of the December meeting were approved.

NEW BUSINESS:

Needs Assessment Quarterly Update

Peggy presented a brief overview of the process for submitting the needs assessment to the Division of MH/DD/SAS, and reviewed data included in the meeting packets for this CFAC meeting. OPC's assessment includes overall priorities, as well as priorities broken down by age and disability categories. Peggy pointed out that some things that *have* been identified as priorities are not included in the document simply because there is no money available to address them. An example of this would be MH and SA prevention services for children and adolescents. Benita asked whether the needs assessment should include *all* priorities, regardless of whether funding exists to address them. Peggy acknowledged that this made sense, but added that the document was intended to indicate where OPC would put money first.

Because there is not sufficient time to complete a thorough needs assessment this year, the Division has instructed LMEs to use data they already have (from sources such as Utilization Management and Screening, Triage & Referral). Peggy said that she would like to get CFAC's input into the needs assessment before it is submitted. But she noted that the turnaround time to get this input might be short, since the Division's time line for submission has historically been pretty short.

Linda asked for information regarding one of the priorities for Child & Adolescent MH/SA services, having to do with the provision of culturally appropriate services for Latino youth and families and youth and families from Burma. Peggy explained that surveys from previous years have indicated that there are not enough Spanish-speaking clinicians to meet the needs of the Latino population in the OPC area. In addition, approximately 600 refugees from Burma have settled in the Orange County area over the past few years. These refugees have also settled in other areas, but the largest concentration seems to be in Orange County. Due to their history of trauma (there is ongoing persecution of religious minority groups in Burma, including torture), there appears to be a disproportionate percentage among these refugees of persons with MH and SA issues. CFAC members discussed the issues these refugees likely face with regard to having to adapt to a very different culture (in addition to surviving persecution), and suggested this may also contribute to the disproportionate need for services.

As Peggy completed her review of the needs assessment, Diane asked what information existed with regard to the racial breakdown for consumers receiving services in the OPC catchment area. Peggy did not have this information available during the meeting, but said she would get it to Michael so that he could share the information with CFAC.

Next, Peggy provided an update on the initial CIT session, which was held last week at the Hillsborough campus of Durham Tech. She said that six of the local police departments participated, including Hillsborough, Chapel Hill, Carrboro, Pittsboro, and both Durham Tech and UNC Public Safety. The feedback has been very positive. Law enforcement officers though it

was useful to learn about the resources that are available, and reported that it helped them to develop more understanding and empathy for the persons served through the public MH/DD/SA system. Peggy said that CIT will be offered twice each year. The planning committee is going to schedule the next session in the summer, so that hopefully school resource officials can also attend. She added that some judges and legislators have contacted police departments that did not send anyone to the January training, encouraging them to have officers in the next session.

CFAC expressed their appreciation to Peggy for the information she provided this evening through a round of applause.

REPORTS:

Update from CFAC Chair: Steve said that the meeting with Judy Truitt and the CFAC Chair and Vice-chair was scheduled for next month. He did not have a report for this evening.

Update from OPC CFAC Liaison: Michael updated CFAC members on the provider situation in Chatham County (information had been e-mailed to CFAC members on January 14th). Michael noted that both Freedom House and Therapeutic Alternatives had expressed difficulty in their ability to sustain the level of services they were providing in Chatham County. The problems were largely due to the number of MH and SA consumers seeking services in Chatham County, along with the mix of insurers for these consumers. After some discussion, both Freedom House and Therapeutic Alternatives agreed that the county could realistically support only one major provider, and both agencies submitted a proposal to OPC for how they would manage the entire region. After careful review, it was determined that Therapeutic Alternatives would become the primary provider for outpatient MH/SA services in Chatham. They will also provide both walk-in and mobile crisis services. Freedom House will remain in Chatham County as a provider of SA services that are CASP-funded. They will also continue to provide services to consumers involved with criminal justice through the TASC program in Chatham County. Michael added that none of this impacted Freedom House services in Orange and Person Counties, where they will maintain a strong presence as a provider of MH and SA services, as well as crisis services. Diane asked whether Therapeutic Alternatives would continue to operate just in Siler City. Michael said that they would have outpatient offices on both Pittsboro and Siler City. Unless they choose a different provider, Michael said that the Chatham County residents who receive their services through Freedom House (a little over 200 consumers) would be transferred to Therapeutic Alternatives on March 1st.

Michael also let CFAC members know that the OPC Board had approved that management enter into discussions with Piedmont Behavioral Health (PBH LME) with regard to participating in their Medicaid Waiver. He reported that PBH has managed the only Medicaid Waiver of its kind in NC for several years now, and that they had approached OPC about joining with PBH in the expansion of this waiver. OPC sees some advantages to this, particularly since the state is moving toward having all Medicaid services provided under a statewide waiver (using an expansion of the existing waiver managed by PBH). That being the case, OPC would be interested in partnering with PBH since they already know how such a waiver works. They have done a good job managing their waiver and have recognized a lot of savings in Medicaid, which can then be turned back into their service system to provide more services. They must offer all the services available elsewhere in NC, but can also develop their own services based on the needs they see in their community. This is one of the big advantages of the Waiver. Michael noted that Judy Truitt has good relationship with the Area Director of PBH. Although it is too early to know the specific details of how OPC would fit into PBH under such a waiver expansion, Michael said that it was clear there would be some sort of a local presence (and services would of course be available locally). Michael will keep CFAC posted on further developments.

Finally, Michael let CFAC members know that the mileage reimbursement had dropped by 5 cents, in keeping with the federal rate. This change was effective January 1st and is noted on the stipend forms in members' packets for this meeting.

Update from Division Liaison: Suzanne was not present this evening due to conflicting schedules for CFAC meetings.

NEW BUSINESS (cont.):

Election of Officers

As members began to review the ballot for the election of CFAC officers for 2010, Cheryl announced that she would withdraw her name since she will be rotating off of CFAC after the March meeting. Heather also stated she would withdraw her name for Secretary, but wanted to remain on the ballot for Vice-chair. This left only one CFAC member running for each of the 4 positions on the ballot. Benita moved that CFAC vote to accept this final slate and Edward seconded the motion, which was approved by a unanimous vote. The CFAC officers for 2010 are:

Chair - Steve

Vice-chair - Heather

Secretary - Diane

Treasurer - Pam

2010 Peer Support Workshop Planning

Edward noted that since the Peer Support Workshop is a CFAC initiative, it would be appropriate to request consensus on whether to continue it this year. Allen, Linda, Heather, Cheryl, and Diane all commented that they thought the workshop was a worthwhile endeavor, and the consensus of CFAC was to sponsor the workshop again this year. Based on the schedule of years past, the date for this year's workshop would be Friday, September 24th. As in years past, the group would like to reserve Camp New Hope for the day of the workshop, and May House for the evening before. Edward asked whether CFAC members had any comments on food for the workshop, and there were none made. It was agreed that the schedule and format should remain consistent with last year, and that it would be a good idea to maintain opportunities for networking. CFAC members discussed possible keynote speakers, but no consensus was reached on one person. Edward noted that last year he had taken the lead in planning, and that CFAC had contracted with Wendy to coordinate efforts and assist with planning between meetings of the PSW Committee. CFAC agreed to maintain this planning structure, and to name four members to the planning committee for 2010. These members would have the responsibility to oversee food, PR, registration, and organization of the day of the workshop. Interested members should contact Edward. Finally, members had some discussion around a possible focus or mission for this year's workshop. Edward mentioned that he and Wendy had thought about something along the lines of giving people credit for the things they are already doing for themselves. CFAC members liked this idea. The PSW Planning Committee will have its first meeting next month, at 4:30 on the afternoon of the regular CFAC meeting.

OLD BUSINESS:

Social Activity Planning

Leslie shared that she had researched options for CFAC to go bowling together. The purpose of such an event would be to help members get to know each other better and to strengthen relationships. Leslie said that there are two bowling alleys in the area: Mardi Gras on Fearington Rd. in Chapel Hill and Durham AMF Lanes on Chapel Hill Blvd. She said that Durham AMF Lanes offered a special that included a weekend deal that includes bowling games as well as all-you-can-eat pizza. CFAC members decided this would be a good option. After much discussion, CFAC decided to schedule the social event for Saturday, Feb. 13th from 1-3:00

in the afternoon. Michael will send out an e-mail closer to the date to get confirmation of how many people will be going, and arrange to pay for the outing from CFAC's budget.

COMMITTEE REPORTS:

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No report was given.

Client Rights Committee

Benita reported that this committee reviewed and approved one behavioral plan for 90 days. They also reviewed a number of incident reports related to client rights issues.

Peer Support Center Committee

Leslie shared that this committee met this afternoon. They have planned peer support activities for the next 3 months. The committee also decided that it would be useful to visit a peer support center. Michael will research options for this and get back in touch with committee members.

OPC Area Board

Heather said that the Board mainly discussed the information on PBH and waivers that Michael had presented earlier in the meeting.

Proposed Agenda for February Meeting:

- AQIC Quarterly Report.