

Western Service Area Authority (WSAA) Board Meeting

Tuesday, September 24, 2017 • 10:00 a.m. to 1:00 p.m.

Western Montana Mental Health Center

1321 Wyoming St., Room 102, Missoula, Montana

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PRESENT: (Board Members – for quorum): Rena Ayres, Sylvia Carollo, Monique Casbeer (by phone), Vicky Croft (by phone), Brenda Desmond, Doris Fischer (by phone), Chris Glines, Katherine Isaacson, Denelle Pappier, Courtney Rudbach (by phone), Dawn Sandberg, Douglas Schimmel, Pete Snyder (by phone), Geri Stewart, Stacey Wheeler (by phone).

(Board Advisors from AMDD): Vicky Varichak.

(Members/ Guests): Josh Starcher (Sunburst [jstarcher@sunburstfoundation.org], by phone), Patti Herman (Butte LAC, by phone), Heidi Kendall (guest speaker), Dan Ladd (MT Board of Visitors, by phone), Dennis Nyland (MH Ombudsman, by phone), Kevin Schimmel.

Convened at 10:05 a.m. – Telephone conference call initiated through poly-com.

A. Welcome / Introductions / Announcements — Chris Glines, Chair

1. NAMI MT Annual State Conference on MI: Wed-Fri, 10/25-27 Great Falls, Best Western Inn.
2. Brenda: Free training: Missoula training for Veteran's Court 12/2 Sat 8:30a-1p and Tues 12/5 eve; at UM Law School. (\*Contact Brenda: bdesmond@mt.gov)
3. Monique: MT Peer Network holding Peer Support Specialist 101 Training; dates this Fall, locations around state. Email jim@mtpeernetwork.org or alexandra@mtpeernetwork.org for training application.

B. Guest Speaker — Heidi Kendall, Suicide Prevention Coordinator

hkendall@missoulacounty.us; 406-258-3881

Missoula Public Health Dept., 301 W. Alder, Missoula, MT 59802

Recently increased budget for suicide prevention and is now fulltime! She teaches QPR classes (Question, Persuade, Refer) for public education; known as "CPR for MH." Crisis intervention approach, addresses needs of adults (16yo+). Seeing increase in numbers of suicides in Missoula County. Project Tomorrow is coalition of organizations & individuals to combat suicide; working together (meets monthly at Veteran's Center, Missoula).

QPR Class: Discuss statistics and view slide show of what to look for with suicidal people. It is fairly common to think about suicide; less common to have a plan; class designed to intervene with person who has reached stage of making a plan. Heidi said Missoula has 8 trained teachers to go into community to offer free classes through many venues; 60-90 minutes, day or eve; can be to any number of students.

Most MT suicides are by firearms (@70% in Missoula compared to US @50%). PHD gives out gun locks with attached information about suicide prevention. They also have printed information from Tamarack MHC for suicide survivors, and info from Project Tomorrow on resources (local & national), including National Crisis call line (phone 1-800-273-TALK/8255 and text "MT" to 741741 are available).

Most suicide episodes are by people who have visited MD within previous month; they are looking to implement MH screening by all MDs at every visit. PHD has a kit to educate MDs on need. OPI just sent "MT Students and MH" data from youth risk survey (incl. bullying in schools). All teachers & counselors in MCSD are trained in QPR, about 1,000 people. Have laminated posters to post on Suicide Prevention crisis lines that are available by request to PHD.

Billings (Claire at Riverstone Health, Yellowstone County HD) has found funding to begin pilot program to implement the "Good Behavior Game" for students, beginning in Kindergarten, to keep order in classroom and encourage student behavior to be positive and involved. Heidi wants to implement it in Missoula Co.; estimates all K classes in Msla would cost \$16K. Suggested that they begin a GoFundMe page to get funding.

Sept. 9th at McCormick Park, held Out of Darkness Walk; \$32K raised for American Foundation for Suicide Prevention by over 325 people participating. Next year scheduled for Saturday, Sept. 15, 2018. Heidi is state rep. to AFSP board. Free event by AFSP: National Survivor's Day to be held Sat., Nov. 18, in AM; an event with film showing and panel discussion; probably at St. Patrick Hospital.

MCPHD is seeking more volunteers to be QPR training; contact Heidi as needed.

C. Secretary’s Report — Denelle Pappier

**MOTION:** Geri/Rena. To approve July 25, 2017 board minutes. PASS.

D. Treasurer’s Report — Katherine Isaacson

|                  |                                                                                        |
|------------------|----------------------------------------------------------------------------------------|
| July Expenses    | \$ 799.29 mileage<br>\$ 102.65 lodging<br>\$ 58.33 meals<br><u>\$525.00 contracted</u> |
| Total Expenses   | \$ 1,485.27                                                                            |
| Balance 08/31/17 | \$ 23,514.73                                                                           |

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|------------------|---------------------------------------------------|
| August Expenses  | \$ 108.99 lodging*<br><u>\$ 325.00 contracted</u> |
| Total Expenses   | \$ 433.99                                         |
| Balance 08/31/17 | \$ 23,080.74<br>*July SAA Summit                  |

Submitted report of FY’17 expenses and copies of proposed FY’18 Budget. Ended FY’17 with \$7.52 left to return to state as unused funds. Beginning this year with \$25K for our annual funding. FY’18 budget is approximately the same as previous year’s; (\*\*KI will send to Denelle to distribute\*\*). This could include projected approximately \$4,450K for mini-grant funding. Current financial situation: she has submitted the first draw request to AMDD on Monday, Oct. 2nd to receive the funding from the state. Need to decide amount of annual stipend for LACs. In the past, we’ve given \$300 to each active LAC. Some concern that we need to receive reports on where that money is being spent; perhaps a quarterly statement of how stipend is expended. (AMDD also included in our new contract that they want to receive accounting of how our funds are spent.) Chair Chris: suggests a letter asking

LAC how FY’17 funds were spent; Brenda suggests that it’s easier to request that information moving forward; FY’18 requirement to report. Should this be given a template to include what info is requested?

**MOTION:** Katherine/Rena. Katherine will create a stipend request form for LACs to report on anticipated FY’18 funding expenditures\*; also a budget form of expenditures to submit mid- and end-year report. PASS. \*To include LAC officers/Reps contact info, meeting time/place, and last meeting held.

**MOTION:** Rena/Sylvia. To approve Treasurer’s Report. PASS.

Chris shared with board directors copies of the FY’18 contract from AMDD. What’s new is the implementation of biennial contract (every 2 years); term is July 2017 to June 2018. New also, a required annual combined SAA Congress; can be held at same timing as the state NAMI conference (Chris will continue to coordinate with other SAAs and Sandy Mihelish/NAMI). AMDD requires year-end report of our activities, accomplishments, and recommendations (due 8/1/18); should get this from LAC reports.

This contract does not accurately reflect an equal collaboration with the state; we need to write recommendations of what WSAA needs from AMDD to help serve and support our mission. State law is written that we are to be equal partners with the state and that is not currently being done; we don’t even get current update reports on AMDD activities in MH system. Recommended to write a letter asking AMDD to better partner with us. Could Disability Rights advise us on how to proceed? We should contact and coordinate with other SAAs to ask state for equal representation on all of our contracts. This could happen at the SAA Congress with the NAMI conference in October. Chris will make phone contact with other SAAs to arrange. Could also accept Sheila Hogan’s offer to discuss with MH stakeholders about improving services through DPHHS. Chris will contact her to invite her to a future board meeting.

E. AMDD Report — CPO Vicky Varichak

She is no longer able to attend any LAC meetings outside of Missoula and only this WSAA meeting, due to continued budget constraints. If other LACs need, they should send a letter of request to Vicky so that she can request a special consideration of that travel request. [vvarichak@mt.gov]. ADART cancelled until further notice (re: collaboration on patient discharges from MT state hospital).

Proposed State Budget: number 33 is AMDD on Governor’s website available for public review. Looks like extensive cuts are imminent. Vacancies in personnel positions are not able to be filled.

F. Local Advisory Council (LAC) Reports — LAC Representatives

**(Beaverhead Co., Flathead Co., Lake Co., Lincoln Co., Madison Co., Mineral Co., Missoula Co., Ravalli Co., Sanders Co., Silver Bow Co., Pintler: (Deer Lodge & Granite counties)**

1. Beaverhead Co./Dillon (Rick) — The big event was the LAC hosting the 2017 Behavioral Health Summit on the campus of the U of M Western on Sept. 6th/7th. There were 100 registered for the Summit, including the members of our own LAC and planning committee. By all accounts the Summit was a tremendous success, with lots of comments on the content of the presentations and quality of the speakers. Everyone attending had a special treat as all three Close sisters attended, including Glenn Close.

The initial positive “take aways” from the Summit for our community include: One attendee was a Professor in the teachers education dept. at Western who indicated she was going to try to integrate more of the ACES and QPR information in the curriculum for the future teachers.

Three of the physicians at Barrett Hospital in Dillon indicated they began talking about the process of implementing Project ECHO at the local hospital, as well of having discussions about increased BH screening at all levels of patient contact.

Some school board members in attendance as well as educators were interested in pushing for the implementation of the PAX program in the school system, something we have been trying to move forward for some time. These new key people who heard about it at the Summit should help the cause.

The LAC discussed other possible integration growth opportunities for Dillon at our monthly meeting that may have resulted from the Summit. We did conduct several activities for Suicide Prevention Week including ACES presentations, a Fun Run and QPR trainings. Attendance at these activities was disappointing.

Our Co. Sheriff has again applied for the County matching grant funds, but the status of his request is unknown at this time due to the state budget issues.

The Telepsych is up and running at Barrett Hospital, with 10 adult patients currently taking advantage of this new process. Great news for our community!!

2. Flathead Co./Kalispell (Susan) — Courtney: LAC Picnic was August 8th. Met in Sept., readying for NAMI Walks, and guest speaker on homelessness; establishing partnership with WMMHC to raise money for group home situation.

Newly-elected officers for the Flathead NAMI/LAC are as follows: Director: Eileen Lowery 253-7880; President: Julie Doyle 854-2323; Vice President: Susan Thomas 752-2353; Secretary: Joann Sauter 755-1795; Treasurer: Eileen Lowery 253-7880; WSAA Representative: Susan Thomas 752-2353; WSAA Representative: Grant Anderson; 752-2766.

3. Lake Co./Polson (Douglas) — Only attended by two people at last meeting; exchanged contact info and will meet again this month.

4. Lincoln Co./Libby (Chris) — No report; no activities. Sunny Terry continues as LAC chair; wants to revitalize the group.

5. Madison Co./Virginia City (Jim/Doris) — Madison County was very, very impressed and inspired by the Big Sky Behavioral Health Summit last month in Dillon. Thanks to our Beaverhead Co. neighbors!

Haven't yet heard about our County Matching Grant application to DPPHS. Still hope to run a seven-month pilot project of contracting with our local mental health counselors to take some mental health crisis calls and go to our local ERs or medical clinics to provide crisis counseling. This would be for situations where someone is in crisis, but it's not so severe that they are suicidal or perhaps violent towards others. This would supplement, not replace, the Crisis Response Team services currently provided by Western Montana Mental Health. Instead of just sitting back and continuing to wait for word from DPPHS, yesterday we submitted our funding request to our two local hospital foundations in hopes they can make a quick YES decision and we will be able to launch our project before the holidays.

Jim Hajny and Michelle Jermunson with MT Peer Network met with our LAC in August. They inspired us to do some outreach in an effort to get some peers to go through the training and become certified as peer support specialists in Madison County. We then hope to help in the formation of 1-2 peer support groups.

We're also turning some of our attention to drug and alcohol addictions. Want to take some actions that would help on the prevention side in particular. We recently connected with the Addiction Policy Network, who trains you to go out and give community presentations about the science of addictions. That may be something we start doing around the county.

Through Kenny Bell, we received DPPHS Director Sheila Hogan's letter offering to meet with various groups around the state to get input re: the agency's delivery of services in light of pending budget cuts. Is this something WSAA would want to follow up on? Invite Sheila Hogan to a future meeting? That way, she could get input from a whole lot of counties all at once.

6. Mineral Co./Superior (Dawn) — Re-elected Dawn as LAC Rep. Still pushing on the Pharma Formulary in Jails project. Tyler is trying to get them on a state pharmacy board to represent this issue.

Continuity of Medications in Correctional Facilities (CMCF) is core concern. Also, some jails need training on how to handle/dispense meds to prisoners; looking into what that may look like. (Meets 1st Tuesdays)

7. Missoula Co./Missoula (David) — Elected officers; KI guest speaker on state budget cuts. Talking about inviting mayoral candidates to speak next month. Discussed holiday party.

8. Ravalli Co./Hamilton (Denelle) — Attended by three members, one guest. Elected officers Denelle as Chair/Sec./LAC Rep; Jenny as Vice Chair/Rep. Alt.

9. Sanders Co./Plains (Shelby/Vicky C.) — Abby on maternity leave. Haven't held elections due to lack of attendance; small core group still meeting; tomorrow hopes to get elections done. Looking to partner with county for MH activities (relay run, or other activity?).

10. Silver Bow Co./Butte (Karen) — New LAC Rep. Patti Herman [pberman87@gmail.com]. Cindy Perdue-Dolan is Rep Alt. Held elections: Chair Miles Finlen, Vice Chair Bryan Greer, Secretary Karen Sullivan, Treasurer Karla Foster. (\*\*\*)will send contact info(\*\*\*)). Sub-cmte with JIm Hajny to apply for grant for Peer Recovery Coach in Butte. Working on situation of low income housing, to serve population, now that there is no homeless shelter in Butte; including hotel vouchers. Working on transportation for Silver House residents to go into community; looking for free activities for them to participate.

11. "Pintler" (Deer Lodge & Granite counties)/Anaconda (Charlotte) — Not present to report.

G WSAA Committee Updates — (none)

H. NEW BUSINESS:

1. WSAA Elections, confirm LAC Representatives & Alternate Reps.

**MOTION:** Geri/Monique. To defer elections until October board meeting with all positions continuing to be held by current members, who have all agreed to that arrangement. PASS

Adjourned at 12:40 p.m.

Next meeting: **Tuesday, October 24, 2017, 10:00am-1:00pm** (at WMMHC in Missoula)

Submitted by: Denelle Pappier, WSAA Secretary  
406-363-1311 / [dpappier@aol.com](mailto:dpappier@aol.com)

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ACRONYMS GLOSSARY:

AMDD Addictions & Mental Disorders Division

CIT Crisis Intervention Team

CMTE Committee (*not acronym!*)

CLO Community Liaison Officer

CPO Community Program Officer

DPHHS Dept. of Public Health & Human Services

FY Fiscal Year (*July to June*)

LAC Local Advisory Council

LEA Law Enforc. Agency

MCSD Msla Co. School District

MH Mental Health

MHAM Mental Health Awareness Month (May)

MHC Mental Health Center

MHFA MH First Aid training

MHOAC MH Oversight Advisory Council.

MI Mental Illness

MOU Memo. of Understanding

MSH Montana State Hospital

NAMI National Alliance on Mental

Illness

PSS Peer Support Specialist

PT Project Tomorrow

SAA Service Area Authority

SDMI Severely-Disabling Mental Illness

SUD Substance Use Disorder

TBD To be determined

WMMHC Western Montana MHC

WOC Winds of Change MHC

WSAA Western Service Area Authority

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Committees for the WSAA:

WSAA FY'18 Mini-Grants — CMTE: Denelle, Chris, Brenda, Monique, Leah, Dawn, Geri

By-Laws — CMTE: Denelle, Tyler, Sylvia

Strategic Plan — CMTE: Courtney, Stacey, Monique, Doris, Pete

Sub-CMTE: Geri, Brooke, Stacey, Pete, Chris, Denelle

Jails Formulary Investigation — CMTE: Tyler, Dawn, Geri, Monique, Rena

LAC Report Form — CMTE: (TBD) (Info from LACs to WSAA; to enable writing Biennial Report)

LAC Needs Assessment Form — CMTE: (TBD)

Response to MNA — CMTE: Brenda, Pete, Leah, Rena, Denelle

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