

Western Service Area Authority (WSAA) Board Meeting

Tuesday, February 27, 2018 • 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), Tricia Herman, Denelle Pappier, Dawn Sandberg, Pete Snyder, Geri Stewart, Stacey Wheeler.

(Board Advisors from AMDD): Vicky Varichak

(Members/ Guests): Laurie Fillo, Claire Leonard (by phone), Weston DeBuck (UM intern), Anton Johnson (VA)

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

A. Welcome / Introductions / Announcements — Stacey Wheeler, Chair

1. Watson's Children Center has moved forward with Healthy Foundations Program to prevent aberrant childhood experiences (serves prenatal up until 5 years); support staff in evidence-based home visiting **program** for expecting parents.

2. St. Patrick Hospital is to begin offering ECT (electroconvulsive treatment) services beginning in about July 2018; standard = 12-15 treatments.

B. Guest Speaker — Anton Johnson, BSW; Veteran's Affairs

Missoula VA Community Based Outpatient Clinic (Mobile Vet Center),

910 Brooks St., Missoula, MT 59801; anton.johnson@va.gov;

Phone: 406-721-4918; 1-877-927-8387; Fax: 406-329-3006

Deals with Vets with mental illness, PTSD, TBI, SUD, and combinations; every vet who served in major war (since WW1 to present) and any Vet who received trauma, and family members who've lost a veteran. They know that PTSD trauma is cumulative and gets harder to recover from those symptoms with multiple episodes. Families are important to include in assessments as they often recognize changes in veteran before the individual does. Holds individual and group therapy, also sometimes couple and family sessions. Besides mainstream cognitive counseling, also offer yoga and wholistic therapies. Includes a new program: "Extreme Sports for Veterans" to introduce athletic pursuits (e.g., riverboarding, rock climbing, trike flying, whitewater rapids, etc.) while bonding with others with similar interests and problems. Vets have accustomed to living with consistently high cortisol/adrenaline levels while in service; lack of that stimulation often is felt as depression/boredom.

All programs are free for veterans: includes food, transportation, equipment loan. Expand every year with applying for additional funding (in-kind donors) and more volunteers. Can see new clients on same day if in crisis, or within a few days, to determine needs and refer to appropriate therapist. For sports adventures, they'll prioritize new participants before repeat attendees. Can include vets who are physically fit or somewhat physically-challenged. Website: [www.xsports4vets.org/](http://www.xsports4vets.org/) and Facebook to help spread the word of events and programs. Been featured in some news magazines and newspapers; holds annual benefit (April 7, Gov's Ballroom) to raise money/awareness.

Holding a Veteran Suicide Awareness & Prevention Walk (Fort Missoula Regional Park gazebo, on Saturday, May 5, 2018 10am) and BBQ/music festival. Free to participate (or register for timed points for prizes); [www.vetsuicideawareness.com/](http://www.vetsuicideawareness.com/). Unfortunately, Montana is number one in states for numbers of completed suicides in general population and veteran populations.

Anton and others have "revitalized" the local VFW hall (post is downtown Missoula) to link younger vets with others to support camaraderie and facilitate communication. Including the Auxiliary (family of VFW) is growing strong. Mobile Vet Center (40ft. RV) with offices for benefits and services

C. Secretary's Report — Denelle Pappier

Vicky: Regarding Section D/AMDD Report of last month's minutes: CM is not "virtually non-existent," she misspoke; it is reduced on fee schedule (reduced reimbursement rate to providers to "fee for service" rate). Was an RFP for liaisons from MSH, but that position does not replace/eliminate the CLO positions. Another RFP was introduced to replace the funding rate for CM.

**MOTION:** Pete/Rena. To approve January 23, 2018 board minutes as read with clarification. PASS.

D. Treasurer's Report — (Not present to report)

Natalie McGillen of WMMHC will be continuing search for new fiduciary agent to represent as our Treasurer. Paul Meyer is Acting CEO for WMMHC and may be contacted to clarify

E. AMDD Report — (CPO Vicky Varichak)

CMS (Center for Medicare/Medicaid Services) is coming to Montana in May for informal look at reductions in Medicaid programs that expend federal monies; it's an educational and directional visit, primarily. Some changes in Waiver Programs are proposed to "clean up" wording to be clearer in keeping with intention.

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) — Not present to report.

2. Flathead Co./Kalispell (Susan) — Not present to report.

3. Lake Co./Polson (Douglas) — Not present to report. (Emailed: No attendance at last meeting.)

4. Lincoln Co./Libby (Chris) — Not present to report.

5. Madison Co./Virginia City (Claire) — Meets 1st Monday/month 2:30pm at Co. Admin bldg; major activity last meeting was to clarify priorities for coming year: finish old priorities or focus on new issues? Worried about cut-backs in services; WMMHC has tried to find alternatives, but only option is to drive to Butte or Bozeman. Set-up to do Tele-Psych, but not implemented yet. Also, implementing pilot program for Crisis Assessment as intervention, up to needing emergency medical services. May is MHAM, working on ideas.

6. Mineral Co./Superior (Dawn) — Meets on 1st Tuesday/month. Has FB group set-up for Jails Formulary work online (Search "Montana Detention Formulary Discussion"); she could add another site manager, if interested. Link to WSAA website and FB page? (Tricia and Denelle will coordinate\*\*\*). Prepare a short survey on SurveyMonkey to ask

7. Missoula Co./Missoula (Sylvia) — Had Valentine's Day party with good attendance; Committee is working to get speakers for LAC meetings; ideas for MHAM; discussed possible mini-grants.

8. Ravalli Co./Hamilton (Denelle) — Discussed whether or not to apply for Mini-grant for the Rx program; discussed potential for a public event to introduce LAC, possibly for MHAM in May.

9. Sanders Co./Plains (Shelby/Vicky C.) — Not present to report.

10. Silver Bow Co./Butte (Tricia) — Higher Recovery coach training next week; begins service April 1st in Butte area. PSS available, but CBPRS funds limited for reimbursement of services. Getting MHFA training in May in SLC. Local presentation in school: 5 Steps to Help Your Students, and peer student support potentials. Butte Homeless Shelter is losing funding after May. Discussed mini-grants

Working to set-up website for Butte LAC to include resources and local programs; Tricia offered to help other LACs establish websites and/or put links to pages onto our WSAA website.

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

OLD BUSINESS:

G. MHOAC nomination — Claire Leonard, Madison Co. LAC

Stacey wrote a letter of nomination and support to confirm the appointment of Claire Leonard as our liaison to MHOAC. We are awaiting word back from the council on their decision.

H. WSAA Website — Tricia Herman

Posted 2017 board minutes and updated some other pages/links. Wants to post current LAC meeting directory; board members' bios/pictures. Discussed how to gather this information from members.

I. WSAA Mini-Grants – Dates & details reminder:

- E-mail Notice of Intent to Apply Friday, March 23, 2018, 5 p.m.
- Application Submission Friday, April 20, 2018, 5 p.m.
- Determination to Award Funding Tuesday, May 22, 2018

NEW BUSINESS

J. SAA Summit (Monday, March 26, AMDD offices, 100 No. Park Ave., #300, Helena)  
Stacey, Denelle, and Geri will attend and informally report the next day at our March WSAA board meeting.

K. Mental Health Center Services — Stacey  
Proposed changes to the Fee Schedule and a new Manual will decrease services. This includes limiting Case Management to 2 hours per month and CBPRS (Rehab and Support) limited to 2 hours/day. Such capacities are restrictive and unrealistic. One idea is to have CBPRS looked at on a weekly or monthly hour limit which would give more flexibility. For example if an CBPRS staff is taking someone to a doctor appointment, it may take more than 2 hours on that one day, especially if they live out of town, doctor's offices run behind, etc.

Hearing scheduled for March 1st to take testimony regarding proposed cuts. Should WSAA write a letter to have Stacey present to hearing?

**MOTION:** Pete/Geri. To authorize Stacey to write a letter of general concern to present to the hearing committee that the proposed limits may not meet client's needs. PASS.

L. Advanced Directives (AD): online registry for individuals to file AD. Tyler Steinebach had requested to be on agenda to discuss this matter, but did not attend today or contact any board member to reschedule.

Adjourned at 12:40 p.m.

Next meeting: **Tuesday, March 27, 2017, 10:00am-1:00pm** (at WMMHC in Missoula)

Submitted by: Denelle Pappier, WSAA Secretary  
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ACRONYMS GLOSSARY:

AMDD Addictions & Mental Disorders Division

BH Behavioral Health

CBPRS Community-Based

Psychiatric Rehabilitative Support

CIT Crisis Intervention Team

CM Case Management

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 Enforcement 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

PACT Program for Assertive Community Treatment

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

Committees for the WSAA:

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

By-Laws — CMTE: Denelle, Stacey, Sylvia

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

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