

**Utah Behavioral Health Planning and Advisory Council
Meeting Minutes**

January 25, 2016, 1:00-3:00 pm, MASOB, room 4051,
Multi-Agency State Office Building (MASOB)
195 N 1950 W, Salt Lake City

“Our mission is to ensure quality behavioral health care in Utah by promoting collaboration, advocacy, education, and delivery of services.”

ATTENDEES: Kimball Gardner, Ginger Phillips, Dan Braun, Ken Rosenbaum, Liz Felt, Mary Jo McMillen, Nicole Fraedrich, Peggy Hostetter, Jeremy Allen, Erin Sullivan, Jacqueline Gomez-Arias, Clair Mantonya, Deborah Bowman, Julie Hardle, Kevin Foote, Renee Chipman, Melissa Galvin, Valerie Fritz, Leif Oldert

DSAMH STAFF: Jeremy Christensen, LeAnne Huff, Heather Lewis, Pete Caldwell, Susannah Burt, Susan Hardinger

EXCUSED: Lori Cerar, Marty Kelly, Ron Bruno, Christine Zidow, Bill Bryant, Cooper Ladvatter

REMOTE ATTENDANCE: Carol Ruddell

1. **Welcome, introductions & thank you-** Kimball Gardner, NAMI Utah and Ginger Phillips, Certified Peer Specialist

Kimball Gardner welcomed all in attendance. He said that this council is about advocacy, collaboration and improving the lives of those in the state.

Announcements:

There is a screening at the Sundance Film Festival of “Under the Gun”. Kimball Gardner has two tickets for free admission to see it at the Broadway Theater in SLC on Friday January 29 at 3:45 pm. Jacqueline Gomez-Arias asked for, and was given the tickets.

NAMI and USARA is sponsoring a “Rally on the Hill” on March 1, 4-6 pm at the Utah State Capital. It is to celebrate those in recovery of substance use and mental disorders. The walk will begin at 4:00 pm and is to remember the lives lost to suicide or addiction.

NAMI sponsored “Touched by Fire” which is about bi-polar disorder. It will be released nationally in March or April. Unfortunately, all tickets for the screening is gone.

Nicole Fraedrich said that Vocational Rehabilitation has opened the 2nd category of applicants. Within the next 8 weeks the wait list of 1,500 individuals will be released.

The Institute For Addiction Study introduces “Memo to Self” Protecting Sobriety With the Science of Safety, DVD on recovery management can be purchased online for an introductory price of \$19.95. The regular price is \$39.99 http://www.appliedrecovery.com/memo_to_self.html
In this film, Dr. Kevin McCauley re-lives his own precarious early sobriety.

Ginger Phillips said that on January 28 at 8:00 am in HR#3 the Social Services Appropriations Sub Committee will meet. Ginger will send a tentative agenda to UBHPAC.

2. Review, approve and vote on January 4, 2016 meeting minutes

The January 4, 2016 UBHPAC meeting minutes were reviewed.

Nicole Fraedrich made the motion to approve them as written, Valerie Fritz seconded the motion and all were in favor.

3. Division reports/information

a. Monitoring site visits – Susannah Burt – Prevention Team

During the monitoring visits, the prevention team reviews the division directives and what the local authorities agree to do in their plan. They look to see what they are implementing and if they are reaching their goals. They go off the prevention framework and look at gaps, capacity to fill, etc.

To see the full report go to the Division website at www.dsamh.utah.gov and click on the *providers tab*.

There is nothing currently mandated for schools by the Division. They can make suggestions only. The local authorities work with the schools to see what their needs are.

Heather Lewis reported on the Substance Abuse Monitoring

They meet with the local authorities to see how they are implementing the things they say they will in their plan. They look at wellness: tobacco cessation. They look to see if they are offering medication assisted treatment; Naltrexone, Suboxone, Methadone for opiate withdrawal. They look at suicide prevention and post-vention.

They monitor Drug Court to ensure the providers are meeting their goals. Also looking to see if peer support is being strengthened.

b. Division Strategic Plan and Priorities

c. Relevant Legislation for Advocacy Opportunities

Mary Jo McMillan spoke on some legislation that is on the schedule which pertains to substance use and mental health issues. She showed the information on the screen for those in attendance to follow along.

HB19 is on expungement

HB18 is on Medicaid preferred drug list amendments. Ginger Phillips commented that she has been working on this at the legislature for 8 years. She told a personal experience which affected her in not being able to continue on a preferred drug which was working well, due to insurance not paying for it. Subsequently she ended up off the medication because she could not afford it and was hospitalized. The other medications which they tried which were unsuccessful caused side effects.

The UBHPAC council is in support of full Medicaid expansion.

To follow what is going on with Medicaid expansion go to UHPP.org

4. **Utah Developmental Disabilities Council's draft 5-year plan** – Claire Mantonya
Clair said that her council is mandated in federal statute. Also that 60% of those on the council are appointed by the Governor.
Claire distributed a draft of the UDDC five-year state plan for review and asked for feedback from our council. She said that some of the concerns facing her council are the same ones this council may face such as gaps in services.
She also distributed the UDDC 2013-2014 Annual Report for review.

5. **Determination of the Council's Recommendation for Budget Priorities for 2018**
(2-3 priorities)
Tabled due to lack of time

6. **Member input/open discussion**

The Generations Conference will be held on March 31-April 1. The question was asked, if there were going to be any scholarships to attend this year. There are a few council members who would like to attend but do not have the finances to pay. There was a discussion by those in attendance and a motion was made.

Valerie Fritz made the motion that UBHPAC council members be encouraged to attend the Generations Conference with finance support from the Mental Health Block Grant so they can learn and better understand national and local issues.

Don Rosenbaum seconded the motion. All were in favor

Kim Gardner and Jeremy Christensen will speak with Tia K of ESI Management who organizes the Generations Conference and see if they will offer some scholarships to attend.

Announcements & Other Discussion:

Next Meeting: February 29, 2016 at 1 pm

Thank you for your support of the UBHPAC!

Accommodations to the known disabilities of individuals in compliance with the Americans with Disabilities Act. For accommodation information or if you need special accommodations during this meeting, please contact the Division of Substance Abuse and Mental Health at (801) 538-3939 or TTY (801) 538-3696.

The State has adopted a stipend policy that will pay for reasonable travel expenses related to consumers and advocates attendance at UBHPAC meetings. For more information please visit www.dsamh.utah.gov – Initiatives – Behavioral Health and Advisory Council – Information & Forms – UBHPAC Stipend Policy.