

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

June 29, 2015, 1:00-2:30 pm, MASOB, room 4051,  
Multi-Agency State Office Building (MASOB)  
195 N 1950 W, Salt Lake City

*You may attend electronically via a computer with a Go-To-Meeting link. Directions are listed below. Please contact Leanne Huff, [lhuff@utah.gov](mailto:lhuff@utah.gov) or at 801-538-4326 for assistance.*

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

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**ATTENDEES:** Kimball Gardner, Ginger Phillips, Lana Lomax, Lori Cerar, Michelle Vance, Nicole Fraedrich, Peggy Hostetter, Valerie Fritz, William Bryant, Carol Ruddell, Jacqueline Gomez Arias, Laura Henrie, Mary Gully, Mary Jo McMillen, Robyn Emery, Erin Sullivan, Matt Campbell, Ian Acker, Lacey Garcia and Uday Teki

**DSAMH STAFF:** Jeremy Christensen, Michael Newman and Susan Hardinger

**REMOTE ATTENDANCE:** None

1. **Welcome and Introductions-** Kimball Gardner, NAMI Utah and Ginger Phillips, Certified Peer Specialist
2. **Review & requested approval of June 1, 2015 minutes & announcements-** Kimball Gardner  
Motion to approve the June 30, 2015, 2015 meeting minutes: Valerie Fritz  
Seconded by: Lori Cerar                      All voted in favor

Kimball Gardner:

**NAMI Walk** for mental health awareness will be held **September 12** at Liberty Park in SLC.

**10<sup>th</sup> Annual NAMI Conference**-Utah Cultural Celebration is **November 10** in West Valley City.

Michelle Vance:

**Youth Move Utah Summit** for young adults ages 16-26 who have lived experience in the systems of mental health, substance abuse, juvenile justice and foster care are invited.

Thursday **July 16**, 1-5 pm and Friday **July 17**, 9 am-4 pm at the SLC Library 210 E 400 S.

Jacqueline Gomez Arias:

July is Minority Mental Health Awareness month. We are looking for partners. We are invited to share information on social media. There will be a flyer in 5 languages.

There will be a **Fiesta July 7**, 6:00 pm at Riverside Park 739 N 1400 W SLC.

Contact Jacqueline 801-604-8732 [latinobehavioral@gmail.com](mailto:latinobehavioral@gmail.com) (see flyer)

501 C 3 – Will partner with USARA for substance use disorders and receive help from NAMI.

The Craft model pamphlet will be in Spanish.

Mary Jo McMillen:

Distributed a USARA pamphlet- **Family Support Program**- Change...it begins with YOU

They use the CRAFT (Community Reinforcement and Family Training) intervention.

Ph 385-210-0320 [FamilySupport@myUSARA.com](mailto:FamilySupport@myUSARA.com) [www.facebook.com/myUSARA](http://www.facebook.com/myUSARA)

Website: [www.MyUSARA.com](http://www.MyUSARA.com)

**September is Recovery Month** nationwide (recoverymonth.gov) October 4 there will be a walk in DC, Walk to unite for addition-more information to come.

There will be several events in many counties statewide. September 12, 5K at Gallivan Center

Uday Teki from the Pioneer Park Coalition (*501(c)(3) nonprofit organization*) spoke to the Council. A goal is to reduce crime and homelessness. This is a cooperative between city, county and state. The nonprofit organization stakeholders consists of local business, landowners, residents, social service providers, law enforcement and public officials in downtown Salt Lake City. The blend of public and private partners is dedicated to the revitalization of Pioneer Park. The fundamental goal is to make Pioneer Park and the surrounding neighborhood family-friendly, 24 hours a day, seven days a week. They are asking for comments and suggestions. They are looking at the impact on business, homelessness and those who suffer with substance abuse or have mental illness. They are hoping to be a model for the nation.

There will be a live discussion at KSL in the Triad Center, SLC on July 1, 3:45 pm. They are looking for an audience. All are welcome to attend. Doors open at 3:00 pm and guests must be in their seats by 3:30 pm. For tickets text your name to Uday 575-495-0800. Email is [udayteki@icloud.com](mailto:udayteki@icloud.com)

### **3. Vote on and welcome new UBHPAC members**

### **4. Member input/open discussion**

#### **a. Fit to Recover**

Ian Acker began the program in 2012 for people in recovery, due to his life experiences. The gym is a place with personal connection mixed with exercise and music for personal reflection. There are 30 classes held each week. The cost for monthly membership is \$30. However, ATR will pay the fee as part of a person's recovery. The gym is located at 789 West 1390 South in Salt Lake City.

Lacy Garcia is the women's coordinator. She works on the inside issues women experience. There is no charge for her groups.

Ginger Phillips asked that since the gym is peer run, would it be possible for them to receive Block Grant funding.

Their website is [www.fit2recover.org](http://www.fit2recover.org)

The question was asked, "What is CABHI?" CABHI stands for Cooperative Agreement to Benefit Homeless Individuals. It covers the chronically homeless and veterans with mental illness or substance abuse.

### **5. Stipend/travel reimbursement recommendations status**

Jeremy Christensen reported that the Department of Human Services has approved the recommendations. It has now moved to the State Finance Office.

## 6. Peer Conference Status

Ginger Phillips reported that they had a productive meeting. There will not be a large peer conference this year. There will be one in May 2016.

October 23 from 8:00 am until noon there will be a Summit in Salt Lake City. This will be funded through the Mental Health Block Grant.

There is no longer Empowerment Services.

FRF and Peer Support will see how they can support each other.

July 1, at 10:00 am in DHS room 1020 C will be a planning meeting for those interested in participating.

Michael Newman said they are looking at changing Rule 523-2-9 for Adult Peer Support Specialists. Currently a person must have 20 hours of CEU's every year (2 hours ethics training, six hours pertaining to Peer Support Services and 12 hours of general mental health and/or substance use disorder training). We are proposing that be changed from yearly to every two years. Comments are welcome. This is in the preliminary stage. A handout was distributed which shows the current rule and proposed changes.

## 7. Jail Reinvestment Initiative (JRI) status; committees on which Council/peers can serve

Jeremy Christensen explained that JRI is for those individuals transitioning out of jails and prisons with substance abuse or mental illness. DSAMH will set standards for treatment, certification and parameters. The funding begins July 1, 2016.

Kimball Gardner said there will be a stake holder Health Care Round Table July 1 from 1:00-2:00 pm at the American Cancer Society.

## 8. Block Grant (FY 2016) TA highlights

The Planning Council is statutorily required. We want to have some meaning. The Council is looking at integration and prevention strategies. The subcommittees we have identified will help us understand what we can do.

Councils across the nation are struggling. We can be leaders with our Council.

Jeremy Christensen said that if a person has difficulty getting services they should call the Division and let them know.

DDL testify in committees. Be informed advocates.

## 9. Training on sub-committees

Tabled

**Next Meeting: July 27, 2015 at 1 pm**

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*Thank you for your support of the UBHPAC!*

To join this meeting remotely, please use the following information--

1. RSVP to [lhuff@utah.gov](mailto:lhuff@utah.gov) no later than Monday morning at 10:00 am
2. She will send you an invitation with a go-to-meeting link to be connected
3. If you don't have speakers on your computer, there is also a number to call that will connect you – it is included with the link.

The State provides reasonable 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](http://www.dsamh.utah.gov) – Initiatives – Behavioral Health and Advisory Council – Information & Forms – UBHPAC Stipend Policy.