

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

October 26, 2015, 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, Jamie Justice, Ken Rosenbaum, Karen Ford, Lori Cerar, Michelle Vance, Robyn emery, Aimee Langone, Jeremy Allen, Liane Frederick, Peggy Hostetter and Valerie Fritz

DSAMH STAFF: LeAnne Huff, Jeremy Christensen, Robert Snarr, Charles Bentley and Susan Hardinger

REMOTE ATTENDANCE: Jacqueline Gomez-Arias

1. Welcome, Introductions and Announcements:

Kimball Gardner welcomed all in attendance and introductions were made.

National Alliance on mental illness Utah presents the **10th Annual State Conference**, Power of the Mind, to be held on November 10, 2015 at the Utah Cultural Celebration Center in WVC from 8 am-5 pm.

Register at namiut.org/conference Cost is \$45 for NAMI members and \$60 general audience. Several topics will be covered and CEU credit is available for \$70.

Utah Suicide Prevention Coalition and NAMI Utah is sponsoring a program called Man Therapy on November 7, from 11:30 am to 1:30 pm at the Red Barn Farms 1200 W Red Barn Lane in Farmington. **mantherapy.org** This is designed to break the stigma preventing men from seeking help for their issues.

Register to attend at <https://goo.gl/M6ROV1> The media launch was today. Kimball Gardner will be in KSL radio 1160 AM this evening at 6 pm to talk about the event.

Aimee Langone said that 10 -14 more offices will open for Vocational Rehabilitation.

Michelle Vance announced the upcoming **MOVE Utah Art Show** will be December 4 from 6 pm-9 pm at 270 South Rio Grande Street in Salt Lake City. This is a collaboration of art from young adults who want to break down the stigma of mental illness and addiction. There will be a photo booth, live slam poetry and prints for sale.

Valley Behavioral Health is hosting a **BBQ for the homeless** at Safe Haven, 550 W 700 S SLC on November 5 from 11 am – 1 pm.

**Robert Snarr will send the flyer LeAnne Huff who will send out to those on the UBHPAC roster.*

Jacqueline Gomez-Arias said that the first week in December there will be a **Mental Health First Aid Training** in Spanish. Flyers will be distributed at a later date with all the details.

2. Review, approve and vote on September 28, 2015 minutes
Kimball Gardner asked everyone to review the minutes. Jamie Justice made a motion to approve the minutes as written and Valerie Fritz seconded the motion. The minutes were unanimously approved as written.

Kimball Gardner stated that it is written in the by-laws that if a person wants to join UBHPAC they must attend a meeting two times then fill out the application to request to become a member. The by-laws also state that if a member misses three consecutive meetings without being excused by the chair or co-chair, it will be grounds to ask the person to step down from the council. DSAMH staff wishing to be excused from a meeting must notify Leanne Huff.

3. Division Reports/Information

- a. DSAMH budget process “mini training” by Charles Bentley (who has worked in the system 27 years)

Charles distributed a handout which charted out the budget process timing. He explained that the process is not a straight timeline. There are a bunch of overlapping cycles. This is a political process. 7/1-6/30 is the fiscal year the state works on. The budget is generally 2 years out. We just submitted DSAMH budget FY ending in 2017. We send our budget to the Governor in October.

HOW CAN THE UBHPAC COUNCIL HAVE A MORE MEANINGFUL VOICE IN THE BUDGET PROCESS?

Timeliness is important as well as credibility. As UBHPAC presents things, make sure it represents the whole system and not just a particular program in that system. Cultivate positive relationships with Senators, Legislators, etc.

There was much discussion on the budget. Points that were made are;

- What things are flexible with the budget that we can change or have an effect on
- There is protocol in working with the Legislature
- We as a council should advocate for 2-3 items
- Don't let the complexity of the process discourage us
- The diversity of UBHPAC is to our advantage
- Pilot programs are good
- There is much talk and interest in early intervention for the mentally ill
- The money follows public policy.

- b. DSAMH Mental Health Screening Tool presented by LeAnne Huff

Funding came from the Block Grant. The screening tool was launched online September 10. This is on the division's website. It is confidential and anonymous. It is in questionnaire form and intended to encourage a person to seek mental health and substance abuse help who needs it. The Division is looking for input as they are still working on this. Input is to be sent to Leanne Huff at lhuff@utah.gov Several comments were made, and again it was asked that those comments be sent to LeAnne Huff.

Davis County has piloted the tool and feels it has been very helpful.

**LeAnne Huff is to invite someone from Davis County to attend next month's UBHPAC meeting to talk about the screening tool.*

- c. Monitoring Visits was tabled due to time constraints.
4. Peer Specialist Summit Report – Ginger Phillips

Ginger Phillips reported that the Summit was a success. There were 120 who registered and over 120 who actually attended. It was very informative. Jacqueline Gomez-Arias stated that the energy created of wholeness and empowerment was very motivating. She said it was truly a completely bi-cultural, bi-lingual program and there were translators on hand. People left with a good feeling of accomplishment.

5. Homeless Coalition – Peggy Hostetter

This was tabled in the interest of time. It will be on the agenda next month.

Robert Snarr reported that there is a Collective Impact Group for homelessness and housing committee. Currently there is a lot of crime by the Road Home homeless shelter. They are looking at options to solve the issue. This topic is open for public input and recommendations.

6. Man therapy Update – See #1

7. Coverage Gap Solutions Letter Status and Update – Kimball Gardner

The letter that the Council had discussed going to support Access Plus did not go out.

It was suggested by the Health Care Round Table to draft a letter not for a particular program as a coverage gap solution but for essential need to fill the coverage gap in general.

8. Member input/open discussion

Valerie Fritz spoke about an article which came out about substance programs, which really hurts legitimate programs.

Jeremy Christensen said they were approached by some insurance companies regarding the situation. The problem has been no government oversight on substance abuse programs that don't receive state or federal funding. The programs in Utah have gone from 100 programs to 400 programs. Sam Peay will address this situation. There needs to be fiscal management for private providers.

**Jeremy will keep UBHPAC informed on what is happening with this situation.*

The meeting adjourned at 3:00 p.m.

Next Meeting: November 30, 2015 at 1:00 pm

Thank you for your support of the UBHPAC!

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

1. RSVP to lori@allieswithfamilies.org 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 – Initiatives – Behavioral Health and Advisory Council – Information & Forms – UBHPAC Stipend Policy.
