

## Utah Behavioral Health Planning and Advisory Council

### *Meeting Minutes*

September 28, 2015, 1:00-3:00 pm, MASOB, room 4051,  
Multi-Agency State Office Building (MASOB)  
195 N 1950 W, Salt Lake City

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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:** Ginger Phillips, Christina Zidow, Cooper Landvetter, Jamie Justice, Jacqueline Gomez-Arias, Jane Lepisto, Ken Rosenbaum, Liz Felt, Marty Kelly, Nicole Fraedrich, Peggy Hostetter, Ron Bruno, Valerie Fritz, William Bryant, Zinna Burks

**DSAMH STAFF:** LeAnne Huff, Dave Felt, Jeremy Christensen, Michael Newman, Geri Jardine, Pete Caldwell, Kim Myers, Heather Lewis

**REMOTE ATTENDANCE:** Nathan Peterson (IHC)

1. Welcome & Introductions:

Ginger Phillips welcomed all in attendance and introductions were made. Ginger reported that there have been many individuals who have recently died by suicide or by drug overdose that were peer specialists and advocates. She asked for a moment of silence in their memory.

2. Review, approve and vote on August 31, 2015 minutes

Ginger Phillips asked everyone to review the minutes. Nicole Fraedrich made a motion to approve the minutes as written and Jacqueline Gomez-Arias seconded the motion. The minutes were unanimously approved as written.

3. Division Reports/Information

Jeremy Christensen reported that the Utah Fall Conference was held this week. He stated there are no Healthy Utah updates available and JRI continues to be discussed. Jeremy reported he sent out a draft DSAMH rule that they have been working on to the members of the Executive Committee. The Executive Committee will forward the draft to all members following this meeting. Jeremy asked the committee they give any feedback to him prior to October 8<sup>th</sup>. Jeremy also reported that DSAMH's monitoring process will be starting next week. This is where the DSAMH will be visiting/monitoring each Local Authority. The previous years' reports are available on DSAMH's website for those interested.

LeAnne Huff reported that Dave Felt is retiring from State employment this week. Ginger Phillips thanked him for all his hard work.

4. Man Therapy Campaign:

Kim Myers, representing the State Suicide Prevention Coalition, gave an overview of the Man Therapy campaign. She stated that one of the goals is to raise awareness of mental health, suicide prevention, and substance use disorders, in order to assist those seeking help in knowing what resources are available. She stated the Coalition, with a really dedicated subgroup of

individuals from NAMI-Utah, DSAMH, Department of Health, and others, have worked to bring a mental health awareness campaign to the State called Man Therapy. Kim passed around a chart showing the sex and age range of individuals who died from suicide around the state. Due to this information, the Coalition has looked around the county for ways break down stigma and stereotypes and create conversation around mental health. The Man Therapy Website (Mantherapy.org) allows individuals to go through set of questions that will then give resources. The Coalition is launching a short-term campaign in November to get the word out and will then evaluate to see how the message resonates in our community. Kim passed around a sign-up sheet for those wishing to participate. Posters are also available to those who want to take them today.

5. Preferred Drug List (PDL) Legislative Update:

Ginger Phillips stated that this issue is planned to be brought up at the Legislative session again this year. She expressed her concerns educating legislators regarding generic vs. non-generic medications and their value. Jamie Justice explain that this bill will add antipsychotic and psychotropic medications to the PDL, making an individual try a medication on the PDL and fail prior to being given authorization for a drug that is not on the PDL. NAMI will be training individuals in who to advocate to help get individuals involved and engaged and hopefully defeat this bill. Ron Bruno indicated that someone should gather names/contact information for individuals who are willing to advocate. Jeremy Christensen suggested also gathering data/studies to present to the Legislators. Ginger stated that there needs to be more peer voices at the Legislature and stated there will be a subcommittee again this year regarding the PDL before the legislative session.

6. Peer Specialist Summit:

Jacqueline Gomez-Arias reported that the Summit will be held October 23<sup>rd</sup>. She stated they are still needing volunteers. Those interested in helping were encouraged to attend the meeting on September 30<sup>th</sup> @ 9:00 a.m.in Room 1020 at DSAMH. A flyer was handed out to the group. Ginger Phillips reminded the Council this Summit is for all peers and they do not need to be a peer specialist.

7. USU Mental Health CPSS Training:

Ginger Phillips stated that she specifically mentioned mental health as there has been discussion as to what the CPSS training is covering and if there is enough curriculum within the training to education a CPSS who can work with substance use treatment. Because of the grant, which is mainly a grant covering CPSS with a youth in transition endorsement, there will be an additional 8-hour training for CPSSs to work with youth in transition (ages 16-26). This will be the only training for this and it will be free. The training is one of the top in the nation; a program by Appalachian. Six individuals have already been trained to specifically teach this curriculum. Michael Newman and Ginger have added some substance abuse training that is required to be within this curriculum. Ginger reported that Mary Jo McMillen is trying to get a 40-hour training which is specific to substance use disorder treatment geared towards CPSS.

Michael reported that there will be more trainings. DSAMH has contracted with Optum Health and they will be also be providing a free training in Salt Lake. The U of U is also currently contracted to provide trainings; although Michael is uncertain how more trainings they will be able to provide as it is the only program that requires a fee. He stated the VA also provides

training for veterans. Dave Felt suggested ensuring that these trainings will cover all the new rule requirements. Michael stated he will make sure that these requirements are covered in the trainings. Ginger reported the applications will specify which training the participant is taking.

8. Coverage Gap Solutions Letter:

LeAnne Huff stated that Kim Gardner is wanting to write a letter on behalf of UBHPAC in support of the coverage gap to the Republican Caucus, as they will be meeting tomorrow. Kim is asking for approval from the Council not to bring a formalized letter back to the committee prior to it being sent. Ron Bruno made the motion and Christina Zidlow seconded the motion. The motion passed unanimously.

9. Open Discussion:

Nicole Fraedrich gave an update on the USOR's wait list. She stated if you go to their website (USOR.utah.gov) they have real time numbers regarding the specifics in terms of how many people are being served and how many are in the three categories. It also talks about their re-allotment money from the federal regulating body. USOR needs to ensure funds are allotted to get an individuals through their current plan prior to opening up new applicants. The category rankings were not changed. Nicole suggested making sure individuals are keeping in touch with their counselors so that their contact information is accurate as there are time restrictions on getting the process started once they are eligible.

Ginger Phillips reported that the NAMI Walk and Recovery Day was a big success.

There being no further items for discussion Christina Zidlow made a motion to adjourn the meeting and Jamie Justice seconded the motion. The meeting adjourned at 2:20 p.m.

Next Meeting: October 26, 2015 at 1:00 pm

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*Thank you for your support of the UBHPAC!*