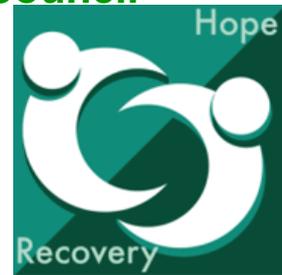




Utah Behavioral Health Planning and Advisory Council Frequently Asked Questions

What is the Division of Substance Abuse and Mental Health (DSAMH)?

- DSAMH is the state's public mental health and substance abuse authority.
- Has the duty to consult and coordinate with local substance abuse and mental health authorities regarding programs and services.
- Sets policy for programs funded with state and federal money by establishing rules and minimum standards for local substance abuse and mental health authorities.
- Oversees the Utah State Hospital in Provo.



What is a local substance abuse and mental health authority?

- State statute assigns the responsibility to provide substance abuse and mental health services to the local authorities (counties). Counties may elect to perform their local authority responsibilities singularly or through an interlocal agreement between multiple counties.
- Provide services directly or contract with private providers (such as Davis Behavioral Health in Davis County).
- Currently organized as thirteen (13) local mental health authorities and thirteen (13) local substance abuse authorities
- Required to provide at a minimum the services mandated by state statute and must provide matching funds equal to at least twenty percent (20%) of most state General Fund.

Who does the public local mental health authority system serve?

The state public mental health system serves adults with serious mental illness and children with serious emotional disturbances. Many of the recipients do not have private insurance and have limited financial resources. Local authorities, through consultation with the DSAMH, have established schedules that base fees on income levels and family size.

To find a treatment provider go to: <http://www.dsamh.utah.gov/locationsmap.htm> and click on the county of residence, or call 801.538.3939.

How is the public mental health authority system funded?

Mental health services are funded by a variety of revenue streams including state General Fund revenue, county funds, Medicaid and Medicare, other third party payers, and client fees. Medicaid is the primary funding stream for mental health services. In addition, the state applies for and receives a federal Mental Health Services Block Grant (MHBG). Funding from the MHBG supplements other sources of revenue for mental health services in the state.

How do the local mental health authorities decide how to provide services in their region?

Local mental health authorities review and evaluate the mental health needs and services of their local populations including those of incarcerated individuals. They prepare annual plans for mental health funding and service delivery for adults, youth, and children. These plans are submitted to and approved by the DSAMH and include the following services mandated by Utah Code:

- Inpatient care and services;
- Residential care and services;
- Outpatient care and services;
- 24-hour crisis care and services;
- Psychotropic medication management;
- Psychosocial rehabilitation, including vocational training and skills development;
- Case Management;
- Community supports, including in-home services, housing, family support services, and respite services;
- Consultation and education services, including case consultation, collaboration with other county service agencies, public education, and public information; and
- Services to incarcerated persons



Utah Behavioral Health Planning and Advisory Council Frequently Asked Questions

Do local mental health authorities only provide mandated services in their region?

No. Local mental health centers also provide additional services including housing, clubhouses, consumer drop-in centers, employment and rehabilitation, services to the homeless, forensic evaluations, family respite, nursing home and hospital alternatives, and consumer education.

Who does the public local substance abuse authority system serve? The state public substance abuse system serves any person in need of substance abuse services.

To find a treatment provider go to: <http://www.dsamh.utah.gov/locationsmap.htm> and click on the county of residence, or call 801.538.3939

What about individuals who need substance abuse treatment but can't afford to pay? Local authorities are required to charge a fee for substance abuse services rendered. However, no individual may be refused service because of an inability to pay. Local authorities through consultation with the DSAMH have established schedules that base fees on income levels and family size. Because of funding limitations, individuals may experience delays in the availability of services. Priorities for services include the following:

- Pregnant women;
- Intravenous (IV) Drug Users;
- Women with dependent children; and
- All others, including individuals in the criminal justice system.

How is the public local substance abuse authority system funded?

Annually, the state applies for and receives a federal Substance Abuse Prevention and Treatment (SAPT) Block Grant. Funding from this grant supplements the General Fund appropriations for substance abuse services in the state. This federal grant requires that the state, through the local substance abuse authorities, provide a continuum of the following services:

- Detoxification;
- Prevention services;
- Outpatient services;
- Intensive outpatient services; and
- Residential treatment programs.

Why is DSAMH the Statutory Authority for Utah's Public Behavioral Health System?

Utah Code Title 62A Chapter 15 describes the functions and responsibilities of Utah's public mental health and substance abuse treatment and prevention systems

Why does DSAMH work with the local authorities to provide services through Utah's Public Behavioral Health System?

Utah Code Title 17, Chapter 43 describes the functions and responsibilities of the counties related to the public mental health and substance abuse treatment and prevention systems.



Utah Behavioral Health Planning and Advisory Council Frequently Asked Questions

What is the Utah Behavioral Health Planning and Advisory Council (UBHPAC)?

- Utah's public behavioral health system is funded in part by two federal block grants: the Mental Health Block Grant and the Substance Abuse Prevention and Treatment Block Grant. Federal law 102-321 (the Public Service Act) requires any state receiving funding from these block grants to support a Planning and Advisory Council with peer/consumer representation.
- The UBHPAC is a group of individuals who support and advocate for services for consumers of public behavioral health services by planning and advising the Division of Substance Abuse and Mental Health.
- The UBHPAC is statutorily responsible for reviewing plans for the use of block grant funds, advising the state authority (DSAMH) on block grant plans and revisions, serving as an advocate for individuals impacted by mental illness and or substance use disorder, and monitoring and evaluating the adequacy of services in Utah. (PSA 102-321 sec 1914)



How does the Utah Behavioral Health Planning and Advisory Council (UBHPAC) work with the Division of Substance Abuse and Mental Health (DSAMH)?

- DSAMH is the state's public mental health and substance abuse authority. DSAMH staff write and manage the Mental Health Block Grant and the Substance Abuse Prevention and Treatment Block Grant and act as staff to the UBHPAC.
- DSAMH staff do not Chair the UBHPAC or any committee; DSAMH staff attend UBHPAC meetings and work with UBHPAC committees as support staff only. The UBHPAC membership includes peer and consumers, family members, agency representatives, treatment providers, advocacy organizations, and many others.

Why should I get involved with the Utah Behavioral Health Planning and Advisory Council (UBHPAC)?

- By attending UBHPAC meetings or serving as a UBHPAC member, you are supporting the Division of Substance Abuse and Mental Health in our efforts to provide the best possible behavioral health services to consumers throughout Utah.

Do I have to be accepted as a Council member to attend the Utah Behavioral Health Planning and Advisory Council (UBHPAC)?

- No, UBHPAC meetings are mandated as public meetings. This means UBHPAC meetings are announced in the Public Meeting Notices for the state, and anyone is welcome to attend.
- Currently, members of the public sit adjacent to the UBHPAC membership.
- Only confirmed UBHPAC Members have the ability to make motions and vote on Council business. DSAMH staff do not have the privilege of voting or initiating a motion.

Does the Utah Behavioral Health Planning and Advisory Council (UBHPAC) only include mental health consumers, peers and treatment providers?

- No, prior to August 2011, the UBHPAC was established as the Mental Health Planning and Advisory Council.
- In September 2011, Utah submit a combined behavioral health block grant application and formed the integrated Utah Behavioral Health Planning and Advisory Council which includes representative of the mental health and substance use disorder communities.



Utah Behavioral Health Planning and Advisory Council Frequently Asked Questions

How often does the Utah Behavioral Health Planning and Advisory Council (UBHPAC) meet and where are meetings held?

- UBHPAC meets monthly, usually on the last Monday of the month at the State Office located at 195 North 1950 West, in the conference rooms on the first floor. You can park on the south side of the building and check in at the desk when you enter. If you have any questions, you can call Jenn Oxborrow at 801.538.4519.
- Meetings normally begin at 2pm and end by 330.
- If you are unable to attend in person, please contact Jenn Oxborrow at 801.538.4519 to learn about other options, including web access or conference calling options.

I would like to offer my thoughts and feedback to the Council, how do I go about doing that?

- We welcome your input! Whether you are attending as a Council Member or a member of the public, you are welcome to share your thoughts and ideas by raising your hand for the Chairperson to recognize your contribution.
- If you have a specific topic for the Council to consider as an agenda item, please contact Jenn Oxborrow at 801.538.4519 or at joxborrow@utah.gov by the 15th of each month to request an addition to the agenda.
- Roy Castelli is the Consumer Affairs Program Manager for the DSAMH and will happily assist you with any questions or concerns you have related to the Division and the UBHPAC. You can reach Roy at 801.538.4378 or at rcastelli@utah.gov.

Where can I learn more about the Utah Behavioral Health Planning and Advisory Council (UBHPAC)?

- The National Association of Mental Health Planning and Advisory Councils has many resources available at : <http://www.namhpac.org/>
- The Division of Substance Abuse and Mental Health also has many resources, and a dedicated tab for the UBHPAC with links to important documents including the Block grant applications, applications for UBHPAC membership, UBHPAC bylaws, meeting agendas and minutes at: <http://www.dsamh.utah.gov/>
- SAMHSA was established in 1992 and directed by Congress to target effectively substance abuse and mental health services to the people most in need and to translate research in these areas more effectively and more rapidly into the general health care system. Over the years SAMHSA has demonstrated that - prevention works, treatment is effective, and people recover from mental and substance use disorders. Behavioral health services improve health status and reduce health care and other costs to society. Continued improvement in the delivery and financing of prevention, treatment and recovery support services provides a cost effective opportunity to advance and protect the Nation's health. To accomplish its work SAMHSA administers a combination of competitive, formula, and block grant programs and data collection activities. More information about SAMHSA is available at: <http://www.samhsa.gov/about/>