

State CFAC Meeting Minutes – Approved

State Consumer & Family Advisory Committee

Wednesday, September 9, 2015

Location: **Dorothea Dix Campus**

Division of Vocational Rehabilitation Services (DVRS)

805 Ruggles Drive, Haywood Gym

Conference Room 104, Raleigh, NC

Time: **9:00 a.m. – 3:00 p.m.**

Attendance:

<u>Present</u>	<u>Excused Absent</u>
Kurtis Taylor	Brandon Tankersley
Ben Coggins	Johnny Johnson
Mark Long	
Nancy Carey	
Dennis Parnell	
Bonnie Foster	
Mike Martin	
Marie Britt	
Doug Wright	
LaVern Oxendine	
Anna Cunningham	
Samuel Hargrove	
Deborah Page	
Ron Rau Jr.	
Catreta Flowers	
Wayne Petteway	
Bev Stone	
John Duncan	

<u>DMH/DD/SAS Staff Present</u>
Stacey Harward
Wes Rider
Glenda Stokes
Suzanne Thompson
Eric S. Fox
Ken Scheusselin Jr.
Dan Guy

<u>Guests</u>
Daniel Orr
Bob Carey
Yvonne Addison
Caroline Ambrose
NC Sen. Terry Van Duyn

Chairperson Kurtis Taylor opened the meeting at 9:08 a.m. The Chair welcomed everyone and asked them to introduce themselves and share what service category(s) they represent.

Approval of Agenda: The agenda was approved by consensus.

The following presenters were included on the agenda.

Dr. Courtney Cantrell, DMH/DD/SAS Director

Jessica Herrmann, MA, Director of Provider Relations, Governor's Institute on Substance Abuse

Jimmy Cioe, CSAC, CPSS Recovery Initiatives Program Coordinator, Governor's Institute on S. A.

Betty Currier, CCAR RCA Master Trainer, Recovery Communities of North Carolina

Gina Bussey, LCAS, NC Recovery Support Services

Review of August State CFAC minutes: The August SCFAC minutes were approved by consensus with the following changes.

Review of State to Local CFAC minutes Kurtis top of pg. 3. Change Wes Rider attend to “attends”. Pg. 5 Peer support Training, support should be capitalized.

Nancy Carey – Asked that from now on the minutes be sent separately to any attachments so that people do not have to print out so many pages. There was some discussion; Stacey Harward agreed to do so from now on.

Update from State to Local Conference Call: Ben Coggins – Pointed out that the minutes capture the details of the calls. He noted there were 20 people who participated on the last call. Ben noticed that the members are being more proactive on these calls. Ben thanked the CET [Consumer Empowerment Team] members for capturing the minutes.

Members of State CFAC have been inviting Legislators to their meetings. He noted the improvement of attendance on both the conference calls and the SCFAC meetings. He spoke about the CFAC ELT [Executive Leadership Team] teleconference meetings. There were seven (7) people on the last call. This has improved since they changed the time to 5:30 p.m. Ben urged SCFAC members to invite others from their catchment area to attend these meetings. Ben thanked fellow CFAC members for their support and urged anyone with any questions of him to please contact him.

Bonnie Foster – Asked Ben to explain what the ELT meetings are. Ben this is a teleconference of all the CFAC Chairpersons to work and assist in shaping the agenda for the next State to Local call.

Kurtis Taylor – Asked Ben Coggins about the CFAC structure of Smoky Mountain, whether there were four separate CFACs or if these functioned as sub-committees to a central CFAC? Ben explained that there are four separate CFACs and a steering committee with representation from each of the CFACs.

Anna Cunningham – Spoke about the External Advisory Team. There is SCFAC representation, provider representation, local CFAC representation, DHHS leadership from different divisions. Independent Licensed Providers, etc.

Dr. Britt – Asked for clarification, if this was the same as the old ELT of the Division. Suzanne Thompson explained that ELT does not meet any longer, but that the External Advisory Team does still meet and that Kurtis Taylor is the representative of the SCFAC.

Ben Coggins – Thanked the CET and other DMH staff for all the support the CFACs receive from the Division. Stated the SCFAC may want to invite the Governor to attend a meeting.

Kurtis Taylor – Noted he has invited the new Secretary, Rick Brajer, to attend a SCFAC meeting and thinks he may be able to attend the October meeting.

Kurtis – Handed out the lunch order forms for the October meeting and the NC TIDE conference brochure.

Kurtis – Read out loud a response to the SCFAC’s recent letter to the Legislature from Representative Bobby Richardson. He will be sending a thank you note to both legislators who sent a response.

BREAK

10:45 – Kurtis – Shared he had visited a provider named Anuvia in Charlotte who honored Flo Stein with an award. Kurtis was asked to be in a video honoring Flo Stein and asked the CFAC to formally recognize Flo for the work she has done on behalf of the citizens of NC. Anna Cunningham gave a brief overview of the policy work Flo has done and noted NC is ranked #4 in the nation in regards to policy.

Kurtis – introduced Senator Terry Van Duyn.

The Senator stated that her reason for attending this meeting was because mental health calls are the calls she most frequently receives in her office so she wants to learn as much as she can about mental health. Also, the Legislature is about to make huge changes to the Medicaid system. She noted that the legislature spends most of its time discussing the cost of services but does not often talk about the actual people who receive those services. She is concerned that the Legislature is moving too quickly in reform. She serves on the Health and Human Services Committee. The biggest way she can influence policy is by asking good questions and to do that she needs the CFAC's help. She urged members to reach out to her any time. She feels the Legislature should ask people to come testify about their experience more often.

The Senator asked for questions. Mark Long stated he works for an ACT [Assertive Community Treatment Team] and noted that ACTT is mostly funded by Medicaid. Very few state dollars support ACTT; if we lose Medicaid we will lose ACTT. Mark stated that if the State wants to save money they can do so by providing outpatient services to people rather than sending them to a state hospital or a jail or prison.

Bonnie Foster – Thanked her for attending and asked for her contact information.

Motion

Bonnie Foster – Made a motion that the SCFAC develop a letter outlining the perceived needs. **The motion was seconded by Wayne Petteway.** {Motion passed unanimously.}

Ben Coggins – With the wide division between the House and Senate are the two chambers talking to each other. He suggested the Senator speak to individuals who were recently named to the Governor's and Chief Justice Martin's Task Force on Substance Abuse and Mental Health.

Dr. Mike Martin – Wanted to make her aware of a grant Cumberland County recently received for CTI [Critical Time Intervention] which will serve as a Jail Diversion Program.

Kurtis – Thanked the Senator again and stated he was impressed and thankful for her willingness to attend.

Division Update: Kurtis – Introduced Courtney Cantrell PhD, Director of DMH DD SAS. Dr. Cantrell stated it is Ken Schuesselin's birthday and that a cake had been purchased to celebrate the occasion.

Dr. Cantrell – Asked the SCFAC to send her general topics that she can address with the SCFAC rather than sending her questions to answer.

Mental Health Substance Abuse Task Force: Tuesday, September 15th will be the first meeting. These will be public meetings so people are welcome to attend. The Governor's proclamation when he created the task force contains five questions which will set the focus of

the Task Force. Anna Cunningham pointed out that many people with I/DD are diagnosed and often treated for mental health issues. They are often over-medicated and taken advantage of. Anna offered to put a fact sheet together she would like Courtney to provide to the Task Force. Dr. Cantrell – Shared she is working to get at least one person with lived experience on the Task Force.

They are still waiting to hear on the Legislature's budget. No update available.

There is a new focus on opioid addiction in NC (both prescription opioids and others). This is a National problem. Needs a multi-systemic solution. A group of people from NC will be attending a Regional Appalachian Conference in rural Virginia that will focus on solutions. Six (6) states will participate.

Noted this is recovery month. Dr. Cantrell and Ken Schuesselin will participate in the Raleigh, Moore Square Recovery walk on Saturday, September 12 and another walk at Lake Junaluska later this month. The SCFAC had some great recommendations they had sent to the Secretary. It would be good to get advice on how to reduce stigma. This is now being referred to as "tarnishing stigma". How we talk to people, our website...any advice would be welcome. Kurtis – Stated that the SCFAC could put a paper together addressing this. Dr. Cantrell asked them to be specific as possible.

Secretary Brajer – Has spent over six hours at the Division and other Divisions to find out what they do.

People have told her they have not received personal visits from the Secretary since Carmen Hooker Odom. Secretary Brajer has stated he wants to see more Community Service Collaboration, more metrics, better quality, and improved accountability.

Anna – Asked if there were ways that the SCFAC could have a Liaison to the Governor or the Secretary...how would that work? Dr. Cantrell I think you have to rely on the Secretary to converse directly with the Governor. Kurtis pointed out the Secretary has been invited to come to the SCFAC meeting and that at that time the committee can reinforce this fact with the Secretary. Kurtis pointed out that often the SCFAC is informed of a lot of developments but their legislated responsibility is to advise the Department and Legislature. To meet this responsibility he wants to ensure that the SCFAC produce letters on a regular basis to inform the Legislature and the Department. He cautioned the SCFAC members to work on an amiable and collaborative relationship with the "powers that be" use the appropriate tones and ask the appropriate questions of the people we advise.

Dr. Cantrell – Spoke on successful advocacy, when questions come across as inflammatory or confrontational the tendency is to not be invited back to the table...try to focus on what is being planned now rather than things that are not being worked on now. Dr. Marie Britt – Noted we need good financial information and advice. Her concern is that the focus will be on metrics and data rather than the actual consumer. Pointed out there will be a whole new learning curve during this time of change her question is, will there be advocacy from the Division to make sure that the Secretary not just focused on the money but also focused on these quality of life issues?

Dr. Cantrell – Stated that she feels it is their duty to educate the Secretary and they will do their very best to do so.

Wayne Petteway – Department of Justice settlement. Wayne is trying to receive data on placements and also the expenditure of funds. Dr. Cantrell - You can do a public records request to obtain the budget. LME/MCOs are to only use the money for the settlement purposes. The contract being written for the LME/MCOs has very firm language regarding how many people must be housed and provided with employment services. Very difficult to track on the Medicaid PM PM [per member per month] side. State funds are a little easier to track.

Nancy Carey – We looked at the SCFAC website just last night. It is still not updated. Everything there is very outdated. Suzanne Thompson stated we are working on it. Dr. Cantrell explained there has been a lot of turnover. They have re-written the job description and hoping to hire more people. At this point, there is only one person for the entire Department who is currently working on all the different webpages but she hopes to be able to use some temp positions to fill this gap and the hope is that eventually this will improve.

There was some discussion regarding differences in the business practices of the private sector and public human service sector.

Kurtis – It will be necessary that the website be updated. We lose credibility with the public when the information is not updated regularly.

Mark Long – If we lose Medicaid and we do not have funding right away that replaces it people are going to die. Explains he works on an ACTT team which is dependent on Medicaid. Dr. Cantrell – Clarified that she does not think there is a risk to losing Medicaid but there are changes being discussed for the administration of Medicaid funds. There may be a shift to paying more for EBPs [Evidence Based Practices].

Bonnie Foster – Asked Dr. Cantrell if she had any additional updates?

Dr. Cantrell – It is becoming obvious we need to work more closely with children in foster homes. DMH/DD/SAS is going to be working more closely with the State DSS [Division of Social Services].

Anna Cunningham – Do you look at how the CFACs operate at the local level when you are measuring performance of LME/MCOs? Dr. Cantrell – Stated she does not remember if CFACs are looked at in the Waiver monitoring. We have Liaisons who attend CFAC meetings. We have a monthly meeting with the LME/MCO Directors. This would be a place that we could share any concerns you have about local CFACs with the Directors.

Kurtis Taylor – Thanked Daniel Orr for inviting the Senator who attended today.

Mr. Orr – Asked permission to ask the Director a question. He asked why 122C-171 had never been fully funded. If all that is needed is to budget section II, why hasn't DHHS made it a line item to fund this law which has been on the books for 30 years? Dr. Cantrell – Asked, "Why was it never funded"? Dan stated he does not know but it is the "other half" of this committee. He stated he does not expect Dr. Cantrell to answer this question today but wanted to make her aware of it.

Dr. Cantrell – Stated that the State Plan draft should be available soon for their review.

The SCFAC sang Happy Birthday to Ken Schuesselin. Ken – Stated this first month on the job he has been trying to visit as many local CFACs as he can. There is power in numbers. If he is

aware of the issues that are important to CFACs he can pass this information up the chain of command.

Kurtis – There is a glitch in the by-laws. SCFAC had revised their by-laws to state they would review state initiatives rather than the State Plan. Dr. Cantrell – There was some misunderstanding at the Division as to whether a State Plan was required however they have been working to produce one and the draft should be provided to the SCFAC for their input soon.

Motion

Anna Cunningham – Motioned that the SCFAC revise the by-laws to state that the SCFAC will review the State Plan rather than “state initiatives” as it is currently written. **Samuel Hargrove seconded the motion.** The motion passed in order to have this change formally adopted at the upcoming October 14 meeting.

Public Comment:

Bob Carey – Several times he has commended the SCFAC on the work they do and he wants to do so again. He went to the SCFAC website and could not find any new information including a schedule of meetings. He noted that the information there is very old. He was ready to call the Governor’s office. If people go to the website they would think this group had not done anything in over a year and a half. He thinks it is real important that whatever needs to be done to get the website updated to get it done.

Ron Rau Jr. – Would it be better to have the website taken down than have it up and really out dated? Some discussion. Suzanne Thompson – Stated she has put in five requests over the last six weeks however there is only one person at the Department who is in charge of updating this. Suzanne emailed to see if it was possible to have the website taken down until they are able to fix the issues. Kurtis – Asked if the SCFAC could manage their own website? Much discussion. Liability issues were noted. No decision was reached.

Anna Cunningham – She reported on several people who had recently called her experiencing greater difficulty “on the ground”, especially people with family members who have DD and MH issues. Some people have received letters from providers stating they cannot receive any services at all, increasing the chance of institutionalization. Staffing issues are growing, lack of one on one staffing, 60 % turnover rate in Supported Employment. Also, high turnover in Direct Support. Low Respite rates makes it impossible to hire and keep people. Anna suggested they have a list of all LME/MCOs Access to Care numbers in the SCFAC resource book to be able to refer people quickly correctly.

Daniel Orr – Feels the SCFAC needs a Liaison to the new Task Force and other bodies. He passed out some of his personal proposed changes to the existing 122C-171C statute. He asked the SCFAC to review his proposed revisions to the law. He had gotten an email stating there had been some concern that at the last meeting he had violated HIPPA. He stated he had never broken HIPPA, stated everything he had shared came off of public website.

Samuel Hargrove – Asked for clarification of the handout on 122C-171 Mr. Orr had distributed. Much discussion, Kurtis Taylor – Kindly requested that Mr. Orr not pursue approaching

legislators with the proposed changes until the SCFAC has had an opportunity to review the proposed changes and make their own recommendations. Dr. Marie Britt – This was going to be taken on by one of the Task Teams however other issues took precedent. Now that the task teams have been terminated and sub-committees formed, a sub-committee must be tasked with this work. Mr. Orr – Stated he would hold off until the SCFAC has had a chance to review and comment on his draft however if he does not hear back from them within the next three months or so he will proceed to advocate as an individual citizen.

Kurtis – Thanked Mr. Orr again for inviting the Senator and for his comments.

Eric Fox – Provided guidance on what the present by-laws state in regard to revisions of the by-laws. Changes can be proposed at a meeting but need to be voted on by a 2/3 agreement of the SCFAC at a subsequent meeting.

Sub-committee Reports

Kurtis – Asked each sub-committee to share the sub-committee charter.

Service Members, Veterans and the Families Sub-committee: Samuel Hargrove

Samuel – Shared the names of the members of the sub-committee and the newly defined mission of the sub-committee. He will email his report out to the members. He would like to have standing conference calls. Kurtis – Asked if the charter of this sub-committee sounded good to the group and if there were any suggestions to improve the charter. No suggestions were forthcoming.

Kurtis – Shared an email he had just received from Secretary Brajer stating he had been named to the Governor's and Chief Justice Martin's Task Force. There was much applause.

Service Gap and Budget Sub-committee: Bonnie Foster – Stated that the statute defines what the service Gap and Budget Sub-Committees work will be; this would be the charter of the group. We could work with the LME/MCOs and the LOC [Legislative Oversight Committee] to gather data. Kurtis – Asked her to type this up and email it out to the group. Kurtis – Stated we are actually looking for specific actions the sub-committees will perform.

Self-Direction and Recovery Sub-committee: Doug Wright – We looked at what will the task of the sub-committee be. Doug shared the tasks identified by the sub-committee members.

Data Com: – Anna Cunningham – We will work with the sub-committee to help the sub-committees complete the communication loop. An example of this is establishing the State to Local Conference calls. We can write some of the letters that the SCFAC decides to write. Data pieces that were collected over the last few years and distributed two meetings ago. She would like the SCFAC to approve that document being distributed.

Motion

Anna Cunningham – Made a motion that the SCFAC accept the NC Annual State CFAC Overview PowerPoint Document. **Bonnie Foster seconded the motion.** The motion passed. **Wayne Petteway abstained for this vote.**

Anna Cunningham – Asked each sub-committee to relay what they felt the Data Com sub-committee could do to assist them either with data or communication. The Data Com sub-

committee will then choose one of these as their next project. Anna – Stated she is willing to support whoever takes on this role after her term expires.

State to Local Conference call sub-committee: Ben Coggins – Stated he had already shared his report. He shared the names of the other sub-committee members, Bev Stone and Deb Page.

Kurtis – Asked Ben and all the other Chairs of the Sub-committees to put their sub-committee's charter in writing. These should be action and task oriented.

Kurtis – Asked if there were any members who had not signed up on a sub-committee. Wayne Petteway is uncertain as to which sub-committee he will join. John Duncan will join the Data Com sub-committee.

Nancy is happy to know that the State will be developing a State Plan and that the SCFAC will have input into the plan.

LUNCH

Recovery Communities of North Carolina Presentation: Presenters: Jessica Hermann, Jimmy Cioe, and Betty Currier.

Jessica Hermann – Shared there are several Advocacy Initiatives and many Recovery Coalitions across the state. How do we have a unified voice to advocate for access to and quality of services? How do we ensure our voices are heard?

We know people need long term recovery supports and community. There is increased funding for this but we need feedback from folks who feel comfortable and strong. People in recovery, their family members and allies to speak up. Ms. Hermann spoke about parity in insurance plans for behavioral health and physical health. NC has not yet defined parity this so at this time we must follow the Federal government's rules. Medical necessity has not been well defined yet. We must know how to advocate with the Dept. of Insurance. We would like to know what the State Plan defines essential benefits for how the people with substance use treatment needs. Passed out the Recovery Bill of Rights. Shared that people should know how to advocate for themselves...Jessica read some of the Bill of Rights which had been developed by Faces and Voices of Recovery. This takes it a step further than person centered planning. This is driving your own bus. A lot of treatment plans try to force people in one direction or another. Talked about the concepts of Recovery Capitol. Talked about Stigma tarnishing.

Recovery Oriented System of Care is a concept they are trying to promote. Integrated health care, Housing and Employment, Long Term Supports, Community Focused Approach.

Jimmy Cioe – Talked about the Wellbriety Movement. It is a holistic approach.

Jessica – Talked about Recovery Oriented Wellness Programs.

Betty Currier – Spoke on Recovery Centers and Recovery Coaching.

Recovery Coaching is a form of Peer Support specific to Substance Use.

Recovery Coach Academy is a five day, 30 hours training will be offered in Raleigh during the month of September.

Much discussion about prevention, treatment and recovery. Jessica offered to email the PowerPoint as there were troubles displaying it properly on the screen.

Jessica – Asked for the SCFAC’s help. She asked if members had heard of the MH I/DD SA Coalition.

She mentioned that the Substance Use Federation meets monthly. She has volunteered to be the treasurer of this group in order to get face time with the new Secretary. The last Secretary said to her, “Jessica, you need to look at private philanthropists to pay for substance use treatment. The state and federal government should not pay for this”.

Jessica – Shared that when she visits the Legislature, she sees people from the I/DD and MH world there advocating, but rarely sees advocates for people in SU recovery there.

We are trying to get our messaging together but do not have our house in order. There is still a lot of misunderstanding and stigma around these issues.

How might we work together? Jessica listed all the different groups working on these issues. She thought it would be great if there was a way all these groups could collaborate with each other

Wes Rider – Asked if she had specific ways she thought the SCFAC could help. Jessica asked if someone from the SCFAC would like to come to a SU Federation meeting to talk to them, talk about the messages. They are also going to have an advocacy training sometime in the near future. She would welcome anyone who would like to help present or just go through the training. Betty – Mentioned the Recovery Community Messaging Training that will take place in Raleigh in September.

Jimmy – Social Media and recovery supports. NC is fortunate to have Recovery Communities of North Carolina RCNC. There are other towns and cities that are growing these communities. Some places have Access to Recovery vouchers to help people with transportation. All this started with two people, Dennis Parnell and Chris Budnick sitting in a room talking about how to make this kind of thing happen.

Jimmy – Mentioned the Moore Square Recovery Walk on Saturday, September 12, from 10:00 a.m. – 2:00 p.m. and talked briefly about his role in supporting recovery initiatives across the state. One of the initiatives he has become involved in is social media.

He began a blog with the help of his IT department. He has begun using Twitter. These types of things have the potential to quickly and easily reach people in a way that helps them to be more effective.

They have started posting recovery vignettes and trainings on You Tube. They hope to eventually offer credits to people who have watched the trainings and answered a set of questions. Jimmy played part of a video of Kurtis Taylor talking about his recovery journey on You Tube. Jimmy offered to add members to his mailing list and if people are interested to help others make their own recovery vignettes.

Mental Health and Early Recovery Presentation:

Kurtis Taylor – Introduced Gina Bussey. Ms. Bussey presented on Mental Health and Early Recovery. She is here to present on Substance Abuse as it relates to Mental Health. She mostly provides clinical assessments to people who come in seeking treatment.

Gina walked through some of the challenges that people face after treatment.

- + Breakup of the family system. Separated from children due to neglect.
- + Reunification can result in anxiety.
- + Finding housing. People might go back to their old house.
- + A need for good sponsorship.
- + Maintaining good health.
- + Spiritual beliefs.

She has conducted over 4000 clinical assessments. CARF requires you ask people about spirituality, 95% of respondents self-report some spiritual belief.

Statistically, as many as 6 out of 10 people have a co-occurring disorder.

Suicidal tendencies are all prevalent in early recovery.

She spoke about various psychiatric diagnosis and challenges that might be present in early recovery.

- PTSD [Post-Traumatic Stress Disorder]
- Veterans.
- Children and adolescents.
- Compulsive behaviors.

Very important that people in recovery for Substance Use with co-occurring disorders maintain their treatment with their Mental Health providers.

Kurtis – Asked sub-committee chairs to schedule a teleconference with their sub-committee members and get things rolling. If you have not done so already please email Stacey your sub-committees Charter to Stacey by September 23rd. We will be making each sub-committee a folder. The charter will be the first thing in the folder.

Holiday Celebration:

Kurtis – Stated he will be forming an Ad Hoc committee to help plan the Holiday Celebration.

Kurtis – Announced that the next SCFAC meeting will be Wednesday, October 14th 2015 from 9:00 a.m. – 3:00 p.m.

Dr. Mike Martin – Asked all members to read the article he had distributed on the sharp decrease regarding the number of psychiatrists in NC.

Kurtis – Shared information from a chart from Cardinal Innovations' Five County catchment area which shows how many CSACs [Certified Substance Abuse Counselors] there are. All five (5) counties reported having none.

Kurtis – Asked if the minutes could be sent to him prior to the Governor’s and Chief Justice Martin’s Task Force meeting and urged fellow SCFAC members to contact him with concerns they would like presented to the Task Force.

The meeting was adjourned at 3:07 p.m.