MENTAL HEALTH CENTER (MHC) ADVISORY BOARD  
Monday, March 25, 2019  
Olathe  
MINUTES  

Members Present: Commissioner Becky Fast, Roger Cooper, Gordon Docking, Erin George, Nancy Ingram, Judge Michael Joyce, Michele Lockwood, Marilyn Scafe, Michael Seitz, Fabian Shepard, Anne Timmons, Scott Tschudy, Mike Walrod and Ken Whiteside (absent)  

Staff Present: Tim DeWeese, Tanner Fortney, Susan Rome, Joe Connor, Maury Thompson, John Bergantine and Donna Berry  

Guest(s) Present: Harry and Mary Bognich  

Call to Order/Adoption of Agenda/Public Comments –  
The meeting was called to order by Mr. Seitz at 5:30 pm. Member introductions were made as we have four new board members.  
Mr. Docking moved to approve the agenda as amended. Ms. Ingram seconded. Motion carried.  

Board Member Comments/Concerns –  
The following comments were made by the members:  

- New knee is doing great  
- Discussed Olathe schools partnering with the rotary club to support students with mental health needs. Very powerful presentation.  
- Grass growing outside and no snow!  
- The three larger Johnson County school districts have advocated well for their students needing MH assistance. JCMHC has never hesitated to work tirelessly to provide this assistance. However, the need grows daily.  

Meeting Minutes Approval –  
Mr. Seitz entertained a motion to approve the January meeting minutes.  
Ms. George moved to approve the minutes of January 28, 2019. Judge Joyce asked that a correction be made in a word used in Member Comments (thing to think). Mr. Gordon seconded approval as amended. Motion carried.  

BOCC Liaison Report –  
Commissioner Fast briefly discussed the BOCC budget meeting, noting that she has requested an increase in crisis funding. It was suggested that Mr. DeWeese attend a BOCC study retreat to prioritize crisis support. She also reported that the budget retreat is beginning this week with housing one of the priorities.  

Program Report –  

- CARF Update – Ms. Rome presented on the Commission on Accreditation of Rehabilitation Facilities (see attached). She remarked that we have been discussing obtaining this accreditation for several years and our visit will take place April 24-26, 2019.
Performance Metrix Update –
Mr. Fortney reviewed the performance metrics and presented the 2018 annual report. He also reviewed the new organizational score card and data included. Discussion took place regarding the metrix goal for suicides and it was agreed to show that item as yellow rather than green.

Director's Report –
Mr. DeWeese reviewed the director's report as distributed (see attached).

Mr. Seitz entertained a motion to adjourn the meeting. Mr. Docking moved to adjourn. Ms. Lockwood seconded. Motion carried.

Meeting adjourned at 6:30 pm.

The next MHC Advisory Board meeting will begin at 5:30 p.m. Monday, May 20, 2019, at the Olathe offices (1125 W. Spruce, Olathe, KS).

Submitted by:

Donna Berry
CARF

Commission on Accreditation of Rehabilitation Facilities
Mission of CARF

• To promote quality, value, and optimal outcomes of services through a consultative accreditation process and continuous improvement services that center on enhancing the lives of persons served.
Vision and Values

• Vision: Serve as a catalyst for improving the quality of life of the persons served.
• Moral Ownership belongs to our clients.
• Values: All people have the right to be treated with dignity and respect; have access to needed services that achieve optimal outcomes; should be empowered to exercise informed choice.
Benefits of Accreditation

• Funding
• Business improvement
• Accountability
• Positive visibility
• Peer network
• Potential insurance discounts
Deemed Status

• K.S.A. 39-2008(e). Programs and treatments provided by a community mental health center that have been previously licensed by the secretary for aging and disability services and that have also been accredited by the commission on accreditation of rehabilitation facilities or the joint commission, or another national accrediting body approved by the secretary for aging and disability services, shall be granted a license renewal based on such accreditation.
Programs & Service Seeking Accreditation

Case Management

Therapy

Crisis Recovery Center

Adolescent Center for Treatment
ASPIRE

- Assess the environment
- Set Strategy
- Persons served and other stakeholder input
- Implement the plan
- Review results
- Effect change
Preparation

• 2017 - Review of CARF standards and processes; began review and revision of procedure manual
• 2018 - Completed revision of procedure manual and continue to make continuous improvement; core CARF committee began, expanded in December
• 2019 - Committee completing tasks for preparation (3/10), core group finalizing
CARF Standards

1.A. Leadership
1.C. Strategic
1.D. Input: Clients, Stakeholders
1.E. Legal
1.F. Financial
1.G. Risk Management
1.H. Health and Safety
1.I. Workforce Dev
1.J. Technology
1.K. Rights of Persons Served
1.L. Accessibility
1.M. Performance Measurement, Mgmt
1.N. Performance Improvement
2.A. Program Structure
2.B. Screening, Access
2.C. Person-Centered Plan
2.D. Transition, Discharge
2.E. Medication Use
2.F. Promoting Nonviolent Practices
2.G. Records of Persons Served
2.H. Quality Records Mgmt
ACT
CRC
Showcase
Survey Visit

April 24-26

Wednesday, April 24 - 8:45-9:30 am
Orientation Conference (all welcome)

Wednesday - Thursday: Standards review, interviews, site/location visits, chart reviews

Friday, April 26 - 2:30 pm
Exit Conference
1. The Attachment and Bio-behavioral Catch-up (ABC) - is an intervention to help caregivers provide nurturing care and engage in synchronous interactions with their infants. Young children who have experienced early maltreatment and/or disruptions in care can often behave in ways that push caregivers away. ABC helps caregivers re-interpret children's signals so that they provide nurturance even when it is not elicited. Additionally, many children who have experienced early adversity are dysregulated behaviorally and biologically. ABC helps caregivers provide a responsive, predictable environment that enhances young children's behavioral and regulatory capabilities.

ABC sessions are implemented by parent coaches who provide parenting training in the parent’s home for weekly one-hour sessions over a period of ten weeks. Although session content is guided by a manual, the parent coach’s primary role is to provide “in the moment” feedback about the parent’s interactions with his or her child. Throughout all sessions, the parent coach observes the parent’s behavior and makes comments on behaviors that relate to the intervention targets. This frequent “in the moment” feedback focuses attention on the target behaviors, which is expected to enhance the parent’s understanding of the content and support the parent in practicing the target behaviors.

2. The National Council’s Addressing Health Disparities Leadership Program - Supports mid-level managers to develop their voice, agency, and power to advance health equity within their organization and across their broader communities by:
   a. Bolstering the development of their and others’ skills to advance health equity within their organizations and communities.
   b. Leading organizational and community efforts that advance health equity within a broader context of community diversity, inclusion and social justice

Josh Reese, who is the our supervisor for Prevention and Training, was selected in a highly competitive process as one out of twenty participants in the 2019 Addressing Health Disparities Leadership Program. This is an eight month program led by National Council staff and consultants who are nationally recognized experts in leadership development and health equity.

3. EVERFI - Mental Wellness Basics is a comprehensive blended-learning course designed to foster mental health and wellness in middle and high-school students. Grounded in evidence-based approaches, four self-paced digital lessons provide students with the knowledge and tools needed to take care of their mental wellness, develop and maintain a healthy mindset. Sponsorship of this course would allow accessibility to all public high schools in Johnson County, as well as all non-public high school institutions.

4. Fund Balance Below 8% - Mental Health staff met with Budget and Financial Planning staff on Monday, March 18, 2019 to discuss the Mental Health Department’s fund balance, which has fallen below the 8%. In accordance with county policy, Mental Health staff was instructed to create a plan to bring the fund balance back to the required levels and present this proposal to the BOCC within 90 days. After reviewing the situation and considering several options, Mental Health has prepared the plan below.
   I. Utilize the anticipated Community Mental Health Center Contract (CMHC) increase to back-fill lost revenue.
   II. Reduce the residential program of the Adolescent Center for Treatment (ACT) program by approximately one third and provide an Intensive Outpatient Program (IOP).
III. Restructure the Adolescent Center for Treatment (ACT) facility by eliminating the residential component and provide an Intensive Outpatient Program (IOP).

IV. Delay filling vacant positions.

I would also note that while the policy indicates Mental Health staff shall present a plan to the BOCC within 90 days, it does not specify a timeframe in which the fund balance shall be restored to 8%. This seems to provide us with some flexibility and we could extend the deadline for the fund balance restoration beyond December 2019, if the BOCC is supportive. This would help to mitigate the impacts of any reductions as they could occur over a longer period of time.

5. **2020 Budget and Personnel Review Committee (PRC)** – Below are the positions we moved forward as part of the 2020 budget process.

<table>
<thead>
<tr>
<th>Dept</th>
<th>FTE</th>
<th>Title</th>
<th>Est Revenue</th>
<th>Net County Tax Impact FY 2020</th>
<th>FY 2021 Ongoing Tax Impact</th>
<th>PRC Ranking (1 High)</th>
<th>H M L</th>
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<tr>
<td>MNH</td>
<td>1.00</td>
<td>After Hours Clinician</td>
<td>$ -</td>
<td>$ 97,204</td>
<td>$ 96,804</td>
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<td>Mobile Crisis Response Team (MCRT) Clinician</td>
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<tr>
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<td>Case Manager</td>
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<td>$ 93,364</td>
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<tr>
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<td>Pediatric Team Leader</td>
<td>$ -</td>
<td>$ 122,668</td>
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<tr>
<td>MNH</td>
<td>2.00</td>
<td>Case Managers - Brief Jail Mental Health Screen (BJMHS)</td>
<td>$ -</td>
<td>$ 165,840</td>
<td>$ 161,240</td>
<td>5</td>
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<tr>
<td>MNH</td>
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<td>Positive Behavior Support (PBS) Team Leader</td>
<td>$ -</td>
<td>$ 122,668</td>
<td>$ 120,368</td>
<td>5</td>
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</tbody>
</table>
Provide Critical Mental Wellness Education to Today’s Youth

Mental Health is an important element of total health and wellness. Research shows that equipping students with knowledge and tools such as cognitive-behavioral skills not only improves their ability to deal with stressful situations but it also lays the groundwork for preventing significant mental health issues in the future.

Improve Mental Health Education in Your Community

*Mental Wellness Basics* is a comprehensive blended-learning course designed to foster mental health and wellness in middle- and high-school students. Grounded in evidence-based approaches, four self-paced digital lessons provide students with the knowledge and tools needed to take care of their mental wellness, develop and maintain a healthy mindset, and become advocates in their communities on this topic.

Deepen Relationships and Trust by Strengthening Schools

EVERFI partners will scale this mental health initiative to schools and communities across the country. Our on-the-ground team of over 150 former educators handle all aspects of implementation in local schools, working with educators, superintendents, and state leaders to ensure broadscale adoption.

An estimated 49.5% of adolescents have had, or currently have a mental disorder

Nearly a quarter of children between the ages 13 and 18 are currently living with as serious illness or impairment.
**Course Overview**

*Mental Wellness Basics* is a self-guided course that aims to reduce the stigma associated with mental health conditions while supporting students in identifying and addressing mental health needs for themselves and others.

**Example Topics**

- The science behind mental health
- Overcoming the stigma of mental health disorders
- Establishing effective coping strategies
- Seeking help from others and supporting friends in need

**Quick Facts**

Grade Level: 8th - 10th

Total Lessons: 4 lessons, ~10 minutes each

Subject Fit: Health

Standards Alignment: National Health Education Standards (NHES); State Academic Health Standards

Learn more about EVERFI at [everfi.com/k12](http://everfi.com/k12)