

Northeast Michigan Community Mental Health Authority Board

Board Meeting

July 13, 2017

I. Call to Order

Chair Gary Nowak called the meeting to order in the Board Room at 3:00 p.m.

II. Roll Call and Determination of a Quorum

Present: Lester Buza, Bonnie Cornelius, Steve Dean, Alan Fischer, Roger Frye, Judy Hutchins, Judy Jones, Albert LaFleche, Terry Larson, Eric Lawson, Gary Nowak, Pat Przeslawski

Absent:

Staff & Guests: Lisa Anderson, Dennis Bannon, Dayna Barbeau, Carolyn Bruning, Lee Ann Bushey, Lynne Fredlund, Ruth Hewett, Cheryl Jaworowski, Teresa Lipowski (news reporter), Paula Martin, Cathy Meske, Lisa Orozco, Molly Stepanski, Nena Sork, Peggy Yachasz

III. Pledge of Allegiance

Attendees recited the Pledge of Allegiance as a group.

IV. Appointment of Evaluator

Gary Nowak appointed Alan Fischer as evaluator for this meeting.

V. Information and/or Comments from the Public

Pat Przeslawski informed Board members of her daughter's medical condition and requested prayers from Board members and staff. In addition, Bonnie Cornelius also noted her son has melanoma and just underwent surgery and prayers would also be appreciated. Cheryl Jaworowski informed the Board of her recent experience with her car being totaled due to tree limb falling on the vehicle.

VI. Approval of Minutes

Moved by Albert LaFleche, supported by Roger Frye, to approve the minutes of the June 8, 2017 minutes as presented. Motion carried.

VII. Consent Agenda

1. Contracts

a. FY17-18 Supportive Housing Program Grant - Homeless

Moved by Eric Lawson, supported by Steve Dean, to approve the Consent Agenda as presented. Motion carried.

VIII. Educational Session – Nutrition & Mental Health

"Taste the Local Difference," headquartered in Traverse City, staff Molly Stepanski (local Food Coordinator for Northeastern MI) and Paula Martin (registered dietitian nutritionist focusing on public health) were introduced. Ms. Stepanski owns and operates Presque Isle Farm with her husband and son. Ms. Martin is the Community Health Coordinator for Taste the Local Difference and is facilitating the Building Healthy Communities Grant, which our Agency has been awarded a portion of to provide Clubhouse with methods for growing and harvesting healthy foods using raised beds for use in daily meal preparation.

Ms. Martin reviewed the affects food and nutrition have on individuals with mental illness. She notes the digestive track is considered the "second brain." Paula reviewed how the "gut" breaks down food and how the "brain" can be assaulted by environmental exposure. She reports the bacteria in the "gut"

must be kept healthy for proper digestion. She reviewed the 'Happiness Foods' which include food items with fiber which the body needs as a prebiotic. The top picks of happiness foods she identified are: apples, asparagus, garlic, greens, fermented foods, legumes, onions and leeks. A diet which includes a variety of happiness foods is likely to increase levels of butyrate. Higher levels of butyrate causes lower levels of depression and anxiety. Paula notes having a plant-based diet has a more immediate benefit than some other methods which take a few months to see the benefit of change.

Paula notes antibiotics have an effect on the bacterium in the colon and prolonged usage can cause depression to increase. Studies have been conducted in areas where a widespread outbreak of such things as e-coli occur and large groups of individuals treated with antibiotics did experience more depression.

She reported eating fermented foods protects the digestive track barrier. She reported celiac disease is an immune system disorder not a food intolerance. She notes the gluten releases the protein in the brain. B12 vitamin is made in the gut. Limiting all gluten products can affect the needed vitamins of the body. She recommends individuals take a multi-vitamin.

Samples of Kombucha (fermented black or green tea using a symbiotic colony of bacteria and yeast), quinoa, kimchi (a blend of fermented napa cabbage and Korean radishes), and Bragg's apple cider vinegar were available for taste testing. Board members having further questions can contact health@localdifference.org.

IX. July Monitoring Reports

1. Budgeting 01-004

Cheryl Jaworowski reviewed the Statement of Revenue and Expenses for month ending May 31, 2017 and April 30, 2017. Cheryl Jaworowski reports MMRMA has indicated there will be a \$59,000 net distribution which is less than last year but still good. She reviewed the variances in the various buckets. General Fund usage is actually \$67,700 more than reported (\$46) as we have not taken full advantage of the allowable Special Fund Account which converts fees collected from insurers and individuals into local funds (swapping with General Funds). In anticipation of probable 236 transfers from two affiliate boards, the amount reported is what is expected after transfers are completed. She also noted a surprise receipt of \$21,000 for each of the two psychiatrists due to our area being classified as an underserved area.

Judy Hutchins inquired about the expansion of services to the autism program. Cathy Meske reported the autism services for the older children are provided through a contractual arrangement with Centria.

2. Asset Protection 01-007

The monitoring report for Asset Protection was reviewed.

3. Community Resources 01-010

Cathy Meske noted this addresses the amount of community training and collaboration done within our catchment area.

Moved by Judy Hutchins supported by Eric Lawson, to accept the July monitoring reports as presented. Motion carried.

X. Board Policy Review and Self Evaluation

1. Community Resources 01-010

Board members reviewed the policy.

2. Public Hearing 02-010

Board members reviewed the policy. Members had no recommendations for revision to the policy.

XI. Linkage Reports

1. Northern Michigan Regional Entity (NMRE)

a. Regional Board Meetings

i. June 28, 2017

Roger Frye reported there was much discussion about liquor taxes at the NMRE Board meeting. Gary Nowak noted the new CEO, Eric Kurtz, is very knowledgeable. Terry Larson noted there is a different managing style with the new CEO and all NMRE Board members are impressed with Eric Kurtz.

ii. May 24, 2017

The minutes of the May 24th meeting were included in the materials mailed for this date.

2. MACMHB

There were no updates related to the MACMHB.

XII. Chair's Report

1. Planning for the CEO Evaluation

Next month the evaluation of the director will occur. Diane Hayka reported this evaluation is based upon timely monitoring reports provided to Board members throughout the year. If Board members wish to view any of the monitoring report they received over the past year, contact Diane Hayka and she will assure they get them prior to next meeting. In August, the evaluation will consist of the Board signing an affidavit stating the Director has a satisfactory or unsatisfactory evaluation.

2. Meeting Date and Time Discussion

Gary Nowak noted this was brought up last month to move the meeting time earlier in the day. Judy Hutchins noted this would involve her taking off work or having to trade shifts with other staff. Cathy Meske suggested possibly looking at the earlier times for the winter months only. Terry Larson inquired as to what impact changing the meeting time for staff would have. Due to the availability of this room it could be problematic. This will be further discussed at the August meeting.

3. Employee Recognition Luncheons

Gary Nowak noted the employee recognition luncheons are scheduled for next week. Monday's luncheon will recognize the employees working in Presque Isle and Montmorency counties. Wednesday's luncheon will recognize the employees working in Alcona and Alpena counties. Board members were requested to notify Diane Hayka today if they plan to attend. Board members will receive mileage reimbursement for attending; however, the per diem will not be paid.

4. Recipient Rights Appointment

Cathy Meske reported there is a vacancy in the Recipient Rights Committee for an individual with lived experience. Cathy Meske reported historically, this committee worked with the Clubhouse Manager to fill this position. Ruth Hewett has worked with Mary Mingus to identify a candidate, two individuals were interested and one was chosen after an interview process was conducted. Cathy Meske suggested future vacancies of this position be opened to all individuals served by the Agency and not limited to this one program. Frank Walters was selected to fill this position.

Moved by Pat Przeslawski, supported by Judy Jones, to appoint Frank Walters to the Recipient Rights Committee. Motion carried.

XIII. Director's Report

1. Director's Report Items

A. Home- and Community-Based Services Rules

Cathy Meske reported this is a work in progress. A meeting was held earlier today which she was not able to attend due to a conflict with another meeting. This is not moving along as quickly as anticipated. 130 individuals receiving B3 services will be receiving surveys in late July or possible August.

B. NMRE Pilot

The Director's met yesterday in Lansing. A position was agreed that if any of the Medicaid Health Plans approach the agency to participate in a pilot program, the agency is to contact MACMHB as they will be the clearing house for any pilot. Cathy Meske reported the issues involved in participating in a pilot and would affect governmental immunity. She notes Kent County was able to make changes to the original pilot language to maintain their immunity for their identified pilot.

C. Rural Health Integration Public Partnership (RHIPP)

Cathy Meske reports we will continue our work for integrated health.

D. 1115 Waiver Update

E. Psychiatric Inpatient Hospitalization Workgroup

Cathy Meske reports she has been invited to participate in a workgroup to discuss future of Caro Hospital. She will be advocating for establishing a facility in northern Michigan. It may not be the same extent as Caro but possibly be a satellite or smaller facility.

2. MDHHS Contract Amendment #1

Cathy Meske reported this amendment was received in mid-June and must be signed and returned by July 27th. The FY18 contract was received at 12:35 p.m. today and this contract must be signed and returned by August 7th, which is prior to the next Board meeting.

Cathy Meske reported Amendment #1 has a change related to the COFR and assures children placed in foster settings in our area will make the county where the child is placed responsible for services. In addition, there are changes to the appeals processes, which will increase the workload in the recipient rights department.

Moved by Terry Larson, supported by Lester Buza, to authorize the Director to execute Amendment #1 to the MDHHS contract as presented. Motion carried.

Moved by Pat Przeslawski, supported by Bonnie Cornelius, to authorize the Director to execute to the MDHHS FY18 contract after review as presented. Motion carried.

3. QI Council Update

The minutes for the QI Council dated June 19, 2017 were included in the mailed Board packet. Lynne Fredlund noted a Supported Employment Fidelity Review was conducted by the State. Plans of Correction were submitted timely for the MDHHS audit and the CARF Conformance Report was submitted by the deadline. Active Shooter training was provided to some agency staff.

XIV. Information and/or Comments from the Public

Bonnie Cornelius reminded Board members of the "Handicapable Day" scheduled for Wednesday, August 2nd from 10 a.m. -12 p.m. The Brown Trout festival kicks off on Friday of this week and the

raffle tickets will continue to be sold during this event with proceeds from those sold by the group going toward the expenses to sponsor this free event. All individuals with a disability and their caregivers are allowed to attend and have free rides on the carnival equipment during this timeframe.

XV. Next Meeting

The next regularly scheduled meeting of Northeast Michigan Community Mental Health Authority Board will be held Thursday, August 10, 2017 at 3:00 p.m.

1. Set August Agenda

The August agenda items were reviewed. Compliance training is scheduled for August. Gary Nowak requested a future presentation of about 15-minutes related to the various contractual arrangements we have with the services they provide. Cathy Meske reports there are also various workgroups she works with in trauma for children, the courts regarding opioid effect on children in foster care, etc.

XVI. Evaluation of Meeting

Alan Fischer reported the meeting began on time. Board members had good participation. Bonnie Cornelius reported the nutrition presentation was very informative.

XVII. Adjournment

Moved by Albert LaFleche, supported by Gary Nowak, to adjourn the meeting. Motion carried. This meeting adjourned at 4:30 p.m.

[signed by Alan Fischer 08/10/17]
Alan Fischer, Secretary

[signed by Gary Nowak 08/10/17]
Gary Nowak, Chair

Diane Hayka
Recorder