

Mental Health Advisory Board
September 20, 2017
6:00 P.M.

The Cabarrus County Mental Health Advisory Board held their quarterly Meeting in the Multipurpose Room at the Cabarrus County Governmental Center in Concord, North Carolina on Wednesday, September 20, 2017, at 6:00 p.m.

Steve Morris, Board of Commissioners Chairman, called the meeting to order at 6:06 p.m.

Mental Health Advisory Board Members present were: Ashlie Shanley, Christy Wilhelm, Jay White, Mitzi Quinn, Brad Riley, Gary Gacek, Woody Chavis, Elizabeth Poole, Brian Hiatt, Steve Sciascia, Darrell Hinnant, Mike Legg, John Basilice, Angela Ward, Reid Thornburg, Marcella Beam, Ben Rose, Rebecca True, Jessica Castrodale, Dr. Roderick Lilly, Dr. Joh McKinsey, Georgia Lozier, Alan Thompson, Gayle Alston and Sheila Bruce.

WELCOME

Steve Morris, Board of Commissioners Chair, welcomed all attendees.

A PARENTS STORY

A parent shared his experience (private insured vs. Medicaid) with the mental health system and the juvenile justice system in trying to obtain help for his 15-year old son in connection with behavioral/mental health issues. He also spoke about the affects the issues have had on the entire family and the type of resources available to help families.

TASK FORCE REPORTS

Public Awareness

Erin Shoe, updated the group on the following:

- A Mental Health First Aid class was held on September 15, 2017. There were 17 participants. Two additional dates have been scheduled, October 7 and October 25 (focused on youth).
- Working on a public awareness communications audit to identify materials and resources in an effort to streamline information to the public.
- Streamline the Mission Statement to shorten it and make it more comprehensive and inclusive for all.

Crisis Response Team

Darrin Gamradt, reported on the problems first responders encounter when answering mental health related calls. Currently, procedures require patients to be transported to the Emergency Room prior to entering a treatment facility. In many cases, this can take several days for testing, which lengthens the time span to begin treatment. Additionally, there are the costs and loss of manpower while law enforcement or EMS stays with the patient until transported to the proper treatment facility.

Another problem is inaccurate information for available beds in the computer system. Mr. Gamradt noted that Cabarrus County had the highest number of overdoses in the State in July and August. The data is based on the number of transports to the Emergency Room and does not include the amount of refusals for treatment, etc.

In summary, first responders think the biggest problem is locating a bed (facility) quickly and efficiently. In their opinion, the best solution to the problem would be a mental health facility on site at CMC NorthEast.

Access to Resources and Care

Gwen Bartley, advised the task force has been working on access and information to mental health services in Cabarrus County. In that regard, the group learned that the Substance Abuse and Mental Health Services Administration (SAMHSA) will print (for free) 500 handouts listing the information specific to Cabarrus County, which would include how to access assistance, resources and contact information. The handouts would be given to first responders to provide to those persons throughout the community that may need the information.

A discussion ensued regarding services available, private insured, Medicaid and costs related to same.

CABARRUS COUNTY SCHOOLS/KANNAPOLIS CITY SCHOOLS

John Basilice reported funding was received last year for 8 positions to include school counselors, school psychologists and school social workers; this has made it possible to have a mental health team at every school in the county. He also reported on the services delivered through the schools and how many were directly delivered through the 8 new positions:

- Group counseling and psychological education delivered - 100 students, 29 by the 8 positions
- Individual counseling - 49
- Protocol or crisis responses - 26, 11 by the 8 positions

Total overall referrals for last year were 1,278.

Mr. Basilice advised all school counselors, psychologists and social workers are trained for crisis response in the model titled "Prepare."

Later this month, the schools will be hosting a Program titled "Seeking Safety."

Lastly, the schools are working on substance abuse forums and additional training to be held in the spring of 2018.

Angela Ward was in attendance for the update.

DAYMARK

Rebecca True, reported on the number of treatments provided by Daymark Mobile Crisis for Cabarrus County since January, 2017:

- Specific substance use - 127
- Mental health issues - 217

- Identified mental health and substance use issues - 113

Outpatient Services:

- Substance use - 260
- Mental health issues - 554
- Identified mental health and substance use issues - 109

Ms. True advised 184 individuals have come through outpatient services, 165 of which were residents of other counties.

Lastly, DayMark Facility Based Crisis provided services for 917 individuals for 2016-2017. 91 individuals have been served thus far for FY2018 (July and August, 2017).

ED - CHS

Jessica Castrodale, on behalf of Tri Tang, provided a handout entitled "CHS NorthEast ER: Behavioral Health," which summarized the various treatments rendered by CHS NorthEast for years 2015 and 2016. Projections for the upcoming year, based on data trends, were included.

EMS

Alan Thompson, reported on the development of a program wherein EMS would coordinate with a Hospital Navigator to visit patients within one day of discharge in an effort to assist them with understanding discharge instructions and disposition forms, connect with the correct resources, and provide resources list. The hope of the program is to reduce readmissions.

Additionally, due to a change in law, EMS is checking into options that would allow paramedics upon initial transport to take patients to the correct treatment facility based on their need rather than the Emergency Room. The goal would be to create an environment of healing.

Mr. Thompson advised that EMS supervisors and community paramedics are finishing their CIT training. Remaining personnel and staff are expected to attend training this fall and next spring.

EMS has responded to 439 mental health calls for the time period of January through August, 2017; this already exceeds the total number of calls for 2016. The overdose calls for the same time period this year are 424.

EMS had a booth at the County Fair, which proved successful. Information was provided to the public regarding the epidemic and how to properly dispose of prescription opioids.

EMS is working with Sheriff's Office Communications Division on EMD cards.

Finally, EMS is working with a couple of groups to develop a heat map showing reports of substance abuse. This would be used as a tool to assist paramedics when responding to emergency calls.

CARDINAL

Reid Thornburg, advised Cardinal Innovations is developing an internal substance abuse strategic plan in efforts to better address the crisis.

A community access for over the counter medications is scheduled for Saturday, September 23, 2017, from 9:00 a.m. - 2:00 p.m. at A. L. Brown High School; anyone interested in volunteering can contact him.

The Lexington facility has obtained its license and will hopefully open next week. Daymark will provide transportation to the facility.

The Mecklenburg facility referenced by Monarch is a child based facility.

Cardinal is working with several providers and Dr. Suda regarding the Sun Project (for pregnant women).

Mr. Thornburg is actively promoting community conversations and communication efforts in the school systems.

Finally, he asked the advisory board to think about a community assessment team. In theory, it is a team made up of law enforcement, a licensed clinician and a peer support professionals that would meet to review overdose cases then go out to meet with the patient and/or caregivers to see what assistance they may need to aid in their recovery. This program is being used in other areas of the nation and may be tried in other areas of the State.

A discussion then ensued regarding procedures for involuntary commitments.

NC POLICE CHIEF'S COMMITTEE ON MENTAL HEALTH

Chief Gary Gacek provided an update on pending legislation regarding involuntary commitments.

In connection with the substance abuse issue, he reported upon investigations by the Concord Police Department have led to 21 arrests in connection with the sale of heroin.

STEPPING UP

Sheriff Brad Riley, advised the North Carolina Sheriff's Association has also addressed the pending legislation regarding involuntary commitments.

He reported interviews for a Case Manager for the Detention Center have begun; hopefully someone will be hired soon. The Case Manager will work with the Sheriff's Office Booking Division on a daily basis to identify individuals that may need assistance. Upon book out, the Case Manager will provide persons an appointment date at a treatment center. If the person does not show up for the appointment, mobile crisis will visit them in an effort to assist in their receiving treatment.

SUBSTANCE USE TASK FORCE

Marcella Beam, provided upcoming dates and locations for Community Conversations. The schools are considering events for adults/parents and children in the spring of 2018.

She advised there is a syringe exchange program at the Cabarrus Health Alliance. This service is available Mondays and Fridays from 11:00 a.m. - 3:00 p.m.

She commented regarding the Opioid Forum hosted by the County Commissioners.

Ms. Beam provided all attendees a packet (that can be given to others to educate and assist them). The packet included:

- A publication titled "A Roadmap to Behavioral Health, A Guide to Using Mental Health and Substance Use Disorder Services
- An Additional Resources List
- Instructions on what a patients needs to do
- A Health Insurance Info sheet
- A general information sheet regarding Mental Health First Aid
- Draft of a letter to send to Attorney General Josh Stein

Ms. Beam explained the purpose for the letter to Attorney General Josh Stein, is to request a waiver for the number of beds at a hospital currently allowed by Medicaid. She encouraged others to write to the Attorney General regarding this matter.

LEGISLATIVE REPORT

Kate McCallister, provided a Federal legislative update in connection with Medicaid requirements/limits of hospital beds reserved for care of mental health/substance use patients. Legislators are reviewing the current law enacted in 1965 and possible updates that may be needed. Under current law, Medicaid limits the number of beds at facility (whose primary goal is to cover psychiatric services) to 16 in order for the facility to receive payment. This was done in an effort to minimize commitments to mental asylums. However, in current society, the needs have changed as well as the number of beds needed to treat patients. Currently, the only option is for a state to apply for a waiver to this law; the only state to be granted a waiver thus far is California.

COUNTY LEADERSHIP FORUM ON OPIOID ABUSE FOLLOWUP

Marcella Beam included this information along with the report on Substance Use Task Force; refer to above.

A discussion ensued; thoughts were shared regarding the waiver.

CLOSING

Mike Downs thanked everyone for their work. He reflected back to a year ago when a group of people from the community came together to discuss the mental health crisis and opioid epidemic. Since that time, he reviewed some of what has taken place in our community:

- Community paramedic programming is looking to expand to mental health services with the hospital
- Hiring a Case Manager for the Detention Center
- DHS Navigator

- Mental health responders in the schools
- Community Conversation opioid meetings
- Sheriff's Office and city police departments' medical dispatch to include mental health
- Crisis intervention training for law enforcement
- Mental health first aid training
- Cabarrus Summit Quarterly meeting dedicated to mental health
- Opioid Leadership Forum
- Cardinal Innovations developing a substance abuse strategic plan
- Local and State law enforcement collaboration
- Magistrates collaboration
- Syringe exchanges
- Meds disposals
- Public awareness

A discussion ensued. In the discussion, it was requested to create a list of the various areas of work being done, who is leading that area and contact information. The list would be beneficial when needing additional information regarding a particular area. Mike Downs agreed and will work on the request.

Adjourn

The meeting adjourned at 7:42 p.m.