

Minutes of ECBH CFAC Meeting November 3, 2008

CFAC Present: Patrick, Carol, Terry, Debbie, Inez, Sammy, Millie, Ed, Evelyn, Katie,
Ruth

CFAC Absent Excused: Marvin, Danny, David, Terry, Sandra

LME Staff: Mike Kupecki

CET Staff: Novella Applewhite

Inez called the meeting to order. Everyone made introductions.
The minutes of the last CFAC meeting on October, 8, 2008 were approved.
There were no public comments tonight.

Inez, Ruth and Carol gave reports on the CFAC Leadership Training and the Eastern Regional Meeting. Inez shared with us that Jim Greer was the keynote speaker for the Leadership Training. The topic of his presentation concerned CFAC individual personal power and how to communicate with others in the local CFAC. Carol and Ruth shared that Jim Greer was also the speaker at the Eastern Regional meeting and spoke to the need for CFACs and CFAC members to learn how to “network” with others in the community. Asking for input and advise from others will bring them into our local CFAC community as they will feel apart of the process. He also made the statement that the LME does not empower the CFAC, we must empower ourselves through education and advocacy.

The importance of each CFAC member to do their “homework”, reading all material, before the meetings will make for a better meeting as we will all be on the same page when the meetings start. We must also recognize the different styles of communication skills our members use. The discussion of sub-committees in making meetings run on time brought about the need to appoint sub-committees to do more of the CFAC work and that two individuals are all that is needed to comprise a sub-committee. There is a feeling of a bridge missing between the local CFAC and the State CFAC with some of the local CFACs. Since we have a state CFAC member, Terry, we do not feel this missing connection.

Jim also spoke to the importance of the Board of County Commissioners in the MH/SA/DD needs of the communities. “If CFAC has no impact on the Board it has no impact on the system.” The allocation of money going to jails could be diverted for SA and MH needs rather than placing these individuals in our jail system. This is something we need to take up with politicians.

Millie reported on the NAMI Conference held on Oct.31 and Nov. 1. The keynote speaker was Larry Fricks. His report was on the 5 stages of recovery and the importance of using best practice peer to peer trained personal in the recovery process of individuals in MH/SA. This type of system will be the future of the recovery service programs. She also handed out information on how to use a psychiatric advance directive and gave information to be found on line at www.ncr-pad.org. NAMI North Carolina will be

bringing a new education program into the state in '09. This will be a support group for parents with children and adolescence with mental illness and will be called NAMI Basics. Debbie asked to have the information sent to her to be forwarded to the schools. Inez asked that it be sent to all CAC members.

Under Old Business:

Mike up dated report on endorsement for 20 providers who have been removed for lack of 25% of QP time. These providers have submitted appeals and all are in the field of MH.

ECBH CFAC will have four members going to the conference in Pinehurst Dec. 10, 11, 12. We have been given 2 scholarships to help cover costs. Reservations have been made for Ruth and Carol to attend the Substance Abuse Conference in Greenville Nov. 20-21. Another member will be attending as a State CFAC representative bringing our CFAC total to 5 members attending.

New Business:

The co-moderators have asked that a deadline be set for the agenda each month. Items to be on the agenda must be submitted 7 calendar days prior to the date of the monthly meeting. The day of the meeting would be the 8th day.

Four CFAC members have been removed either through resignation or removal due to unexcused absences. Inez will make a graph of the vacancies on our committee for the next meeting.

The discussion of ideas for educational training CFAC would like to address is:

- More information on the Mystery Shopper program
- how to write position papers
- Joy to meet with us and do an in depth training on how to better understand the financial reports and papers for both the LME and CFAC.

L.E.G.s:

- Roanoke-Chowan reported all the “leg” work they have been doing to get their first meeting up and running. The first meeting will be held November 18, 2008 at the Heritage House Restaurant in Windsor. They shared with us the flyer they have created.
- Patrick shared that Pitt LEG will meet again on Dec. 11.
- Beaufort reported that they had 27 in attendance. Susan Hall spoke on the Wellness Recovery Action Plan (WRAP) and Hope Station, Oasis
- New Bern brought copy of the informative ad placed in the paper concerning their LEG meeting. Evelyn also reported that she had received a personal letter from Keith Fishburne of Special Olympics North Carolina (SONC) acknowledging the letter they had sent in regards to the film Tropic Thunder.

Mike reports: (I only have bits and pieces in my notes and can not really write up any thing here so need your help) my notes say Mobile crisis teams - RHA, Integrated

Family Services and Beacon Center, START and 4 new beds at Oasis for DD respite care but I do not have details on any of this.

I didn't get the 3 questions he asked:

1. ECBH wants to know training needs from CFAC.
2. List of needs and gaps CFAC has found in under served population.
3. Recommendation of service array-what needs to be developed for our catchment area.
(Drop in Centers were brought up as a need in Pitt and Roanoke-Chowan and Beaufort)

Novella report ?

Items Tabled: Human Rights, QI Committee