

CFAC Minutes for September 14, 2009

Members Present: Inez, Evelyn, Millie, Len, David, Sammy, Marvin, Patrick, Sandra, Carol, Ruth, Sandy

Excused Absences: Katie, Terry

Unexcused Absences: Danny

LME Present: Mike

Division Present: Novella

Guests Present: Annie

Introductions:

Ms. Annie and the CFAC members each introduced themselves. Evelyn said that Ms. Annie was interested in becoming a CFAC member. Evelyn then reminded the CFAC of the comfort agreement.

CFAC minutes:

Several spelling errors were corrected and a question made by Inez was clarified by her. A question was asked about the status of Monarch providers and it was decided to ask Mike. Sandra made a motion to accept the minutes with the changes and pending on Mike's input about the Monarch question.

Mike requested to change the wording of the May CFAC minutes to amend a statement made by him in which he described an LME outcome as 'deficient'. He requested that this wording be changed to 'needs improvement' as that was the intended meaning of his statement. David made a motion to accept this request. This motion was seconded by Len. This motion did not pass due to lack of consensus.

Proposed speaker:

Millie said Joy had been contacted and stated that she would be 'happy' to attend the CFAC meeting. It was not clear that a definite invitation had been extended.

CFAC and LEG brochures:

The CFAC members worked on corrections and adjustments to the CFAC and the LEG brochures. All items on both brochures were scrutinized and the appropriate changes were recorded by Evelyn. These changes included such things as reducing redundancies, simplifying for understanding and clarity, updating phone numbers, deletion of office locations, moving information within the brochures to 'grab attention' and resize fonts as deemed appropriate. Evelyn agreed to make the changes and review them at the next meeting.

Workshop reports:

Sandy said she was not able to attend the meeting on Sept. 11 and that she offered to make reimbursement for this. She added that she was unable to attend due to the hospitalization of a family member. She said she would like to 'make up' for the loss. Sandra made a motion to investigate the return of this fee due to the emergency situation.

Carol seconded the motion. The group passed this motion by consensus. Cindy Scott will be contacted about this for follow up.

It was suggested that the ECBH CFAC and the Albemarle CFAC meet on January 11, 2010 at a location somewhere in Williamston, a central location. Mike will look into this and report his findings to the CFAC at a later date.

Carol and Ruth presented a list of all workshops they attended. Among these was a workshop on medications and how they could affect you. Also, the Cooper-Reese Center gave a presentation on their offered programs and how certain foods could affect the brain. For example, if folic acid is off balance this can lead to depression. They made recommendations of foods to avoid and those to use. In addition, it was stated that smoking can neutralize insulin and Splenda causes headaches.

Peer support certification: for state certification one has to work six months and go through various paperwork. Currently there are 90 people in the state that are certified. Certification is unclear at this time and attempts are being made to standardize certifications. Sandy added that clarifying certifications to make them Medicaid reimbursable.

Carol said the opening speaker, Dr. Fisher with the Empowerment Center (psychiatrist), has schizophrenia but manages this without drugs.

Next session: “finding our voice and building community”. Power2u.org says there hasn’t been good quality assurance in mental health. Learned helplessness is a big issue surrounding mental illness. If people don’t know that they can recover then how can they? Medications don’t solve problems. They make those around us more comfortable. The tradition in NC is not to speak up and this is why we don’t have a big support system in the state. It’s as if the culture doesn’t want people to be themselves. This comes from the industrial mindset. Sherry Mead – affiliated with Recovery Innovations said you cannot get social security disability for substance abuse as it has become a moral issue. Hospitals are not evidence based practices. Medication decreases passion and decreases recovery.

You have to take care of yourself first before you can help others. You have to be a patient patient.

Sandy said the First Methodist Church in Washington is now offering WRAP classes. Now they need to get the word out and advertise for registration.

Carol agreed to type up her report and bring it to next meeting. The group commended Carol and Ruth for their reports.

LEG groups:

Pitt County – Millie said Mike was the speaker at their last meeting. It was a good meeting and the group was very interactive. The group gave Mike lots of feedback. Ten people were in attendance.

Craven: Len was the speaker. He spoke about ‘Learning for life’ that deals with special needs children. It’s funded by charitable organizations. Len provided details to the group on this program. He stated that special need children in his opinion should not be put into mainstream groups because they can’t handle it. They provide material for special needs children to teachers. The program is called ‘Champions’ for K thru 12.

Beaufort: Janet Joyner from the crisis center gave an overview of the center. It was beneficial to those that attended. The Hospital, ECBH, the county commissioners and others worked hard to get this center up and running. Twenty one people attended this meeting.

Bertie: Has not yet started their LEG meetings.

Other business:

Mike was asked by Evelyn about the proposed meeting in January with the Albemarle CFAC. Mike said he talked to them and they are excited about meeting.

May minutes: It was again to change Mike’s wording of a statement he made from ‘deficient’ to ‘needs more improvement’. David again made motion to do so. The group again could not reach consensus. It was stated that the group “can’t always go back and change minutes after the fact”.

Monarch contract: Mike stated he didn’t know the amount of their contract to assume services previously maintained by Albemarle. Mike added that Albemarle divested themselves of these services and that and that ECBH was not involved. With the amount Monarch got, they got they can barely pay their staff. Monarch is also running Rainbow House and other apartments.

Sandy asked Mike about billboard advertising for mobile crisis. LME did not do this it was mobile crisis.

Integrated Family Services provides mobile crisis to all 19 counties. Mike suggested that we invite Natasha Talley with IFS to CFAC.

The LME report focused on the budget and what ECBH is facing such as increased money to purchase hospital beds, and have mobile crisis teams expanded. Such costs have increased \$40 K.

Providers will start billing electronically or will not get paid. Other changes that will occur include the elimination of therapeutic camps, increased criteria for personal care, and community support going to transfer to other services. Community Support cannot

be provided in conjunction with other services except level 3. David stated that providers are transitioning to CST and intensive in home. What is to keep these from exploding like CS did. Mike said this can be controlled by requiring providers to be comprehensive. They must have to a physician and others, and be a broad-based provider. Providers will have to have six months operating expense or something similar. Residential levels 3 and 4 will be closed down around June 30 of next year.

Mike: found out LME budget will be cut 10.3% except for crisis units. The cut is about 3 million dollars. The LME has three weeks to tell the state where they want to cut. The LME administration budget was cut 4.1% and they will be taking 1 million out of fund balance to reduce cuts. Are there areas CFAC thinks cuts should be made? No specific recommendations made. CFAC thought the LME should minimize losses and keep in mind the person centeredness of the individual. Take out what isn't working. Keep most successful programs. Individualize decisions.

Millie requested to go to the NAMI conference October 16 and 17 and asked for approval. Approval was made by consensus.

Novella communicated latest bulletins.

Handouts:

Agenda,
CFAC Brochure,
LEG Brochure,
Minutes from August meeting,
Quarterly Complaint Report for 2nd quarter,
LME Quarterly Incidents Report for 4th quarter,
FY 09-10 State Funded Benefit Plan Authorization Guidelines for Consumers of East Carolina Behavioral Health,
Annual Report – East Carolina Behavioral Health 2008-2009
Wellness Recovery handout from attended meeting.

Respectfully submitted,

David
CFAC Secretary