
NORTHERN REGIONAL BEHAVIORAL HEALTH POLICY BOARD
DRAFT MINUTES
May 14th, 2020
1:00 pm to Adjournment

In accordance with Governor Sisolak's Declaration of Emergency Directive 006; Subsection 1; The requirement contained in NRS 241.023 (1) (b) that there be a physical location designated for meetings of public bodies where members of the public are permitted to attend and participate is suspended.

Meeting Locations: Teleconference only
Teleconference Line: 1 (669) 900-6833, Meeting ID: 666 578 8969
Password: 488 389

Teleconference Weblink:

<https://us02web.zoom.us/j/6665788969?pwd=MUNJRStSdTY5UDEExSCt3ZnJSSFA1UT09>, Meeting ID: 666 578 8969, Password: Northern

1. Call to Order/Roll Call: Called to order at 1:01 PM. Quorum was met.
Taylor Allison, Chair

Members Present: Taylor Allison, (Chair), Dr. Ali Banister (Vice- Chair), Dr. Robin Titus, Amy Hynes-Sutherland, Sandie Draper, Nicki Aaker, Matt Law, Lana Robards, Sheriff Ken Furlong, Shayla Holmes, Dr. Daniel Gunnarson

Member Absent: Dave Fogerson

Guests/Staff Present: Dr. Darcy Davis, Jessica Flood, Mary Jane Ostrander, Allison Genco, Eric Schoen, Terry Kerns, Greg Kitchingman, Helen Troupe, Nicki Taylor, Dr. Stephanie Woodard, Dawn Yohey, Cari Moss

2. Public Comment
Dr. Davis mentioned the State Emergency Registry Volunteers-Nevada (SERV/NV) is in need of psychological first aid volunteers. Dr Davis pointed out, SERV/NV covers liability concerns. It is geared toward non-traditional, natural community-based healers and peer support specialists. The need for SERV/NV volunteer is particularly high in northern Nevada. More information regarding SERV/NV can be found [here](#).
3. Review and Approve Minutes for Meetings on February 26 and April 3, 2020
Ms. Holmes moved to approve the minutes with a minor edit. Dr. Bannister seconded the motion. Eric Schoen abstained. The motion passed without opposition
4. Appointment of Erik Schoen to Fill the Vacancy for the Position Representing the Interests of Administrators or Counselors Who Are Employed at Facilities for the Treatment of Alcohol or Other Substance Use Disorders

Ms. Hynes-Sutherland made a motion to approve. Ms. Aaker seconded the motion. The motion passed without abstention or opposition.

5. Review, Discuss, and Approve Potential Ideas for the Northern Board's Legislative Bill Draft Request

In previous meetings, the group narrowed the focus to continuing to work with *Nevada Revised Statutes* (NRS)433A and the mental health crisis holds and focus on aligning with Crisis Now and Evidence-Based Practices. Ms. Flood mentioned there will be budget cuts from the primary funding source, the Division of Public and Behavioral Health (DPBH), due to COVID-19. She would advocate to keep program like Mobile Outreach Safety Team (MOST) and Forensic Assessment Services Triage Team (FASTT) going. Dr. Titus recommended focusing on ways to show how to save the state money by documenting cost savings in each region. The Board's bill draft request (BDR) is due in September; Ms. Flood would like to narrow the priorities before the due date. Dr. Gunnarson would like to add fetal alcohol spectrum disorder diagnosis to the bill. Dr. Titus recommended finding out which directions other boards are going so the Board does not waste its one bill. Ms. Flood will request a meeting with Department of Public and Behavioral Health (DPBH) and the boards and the chairs to see what direction they are going. Ms. Allison asked the group to pick one priority and one backup to help Ms. Flood prepare the bill draft request (BDR). She asked anyone interested in participating to do. The BDR should be supported by evidence-based practice data. Dr. Gunnarson mentioned regarding fetal alcohol spectrum disorder.

6. Board Member Updates on Behavioral Health Concerns, Initiatives, and Successes in Their Area of Specialty

Ms. Taylor reported that Douglas County Sheriff's office has seen three near-fatal overdoses from counterfeit Percocet containing fentanyl. The behavioral health community is providing access to naloxone and sending out public messages on Good Samaritan laws. Ms. Holmes said Lyon County is drafting a plan to reduce potential suicide that may or may not be due to the pandemic. They do not want to see the rate of suicide they did during the 2008-2009 recession. They have seen an increase in the last 45 days and want to be proactive by becoming a zero-suicide community as quickly as possible.

Ms. Allison mentioned Douglas County is seeing an uptick in suicide and mental health related calls, but people are not connecting through telehealth and virtual services. For that reason, Douglas County is increasing their MOST team's ability to connect people. She asked how Lyon County addressed the issue. Ms. Holmes said they will discuss it at the next task force meeting. They are increasing their MOST hours as well and increasing clinician days but find that people are not connecting with telehealth. Lyon County would like all providers trained in the Columbia Suicide Assessment, so they are comfortable talking about suicide and can make more meaningful connections before there is a clinical need. Ms. Draper pointed out that the National Alliance on Mental Illness (NAHMI) warm line is receiving a lot of calls.

This resource is available for people who feel more comfortable on the phone than on a screen. Sheriff Furlong said Carson City has added to its MOST team. They have been receiving stress-related calls but have not seen an uptick in successful suicides.

Ms. Robards said Fallon has seen a reduction in crisis calls but feels they will increase if the shelter-in-place order are not lifted soon. She has seen increased stress on staff and more relapses in Churchill County.

Sheriff Furlong mentioned they have reduced proactive enforcement and are not picking up as many people in order to keep the jails as clean as possible. He expects an increase as Carson is putting proactive enforcement back on the road.

Dr. Titus said they passed a state of emergency so the Rainy-Day Fund can be accessed. She mentioned that Governor Sisolak requested a 4% budget decrease and may call a special session, but that may be difficult since Nevada is in Phase 1 of COVID-19. The state must balance the budget. The legislature needs to figure out how to fund what was passed last session. Time and better financial numbers on what has been lost through the COVID-19 process are needed. Mining has continued, but gaming and sales taxes have been hit. The economic forum will be held in early June; Dr. Titus will let them know how the budget works out.

Ms. Hynes-Sutherland reported Zero Suicide applied for a grant that will follow three hospitals, including Carson-Tahoe, through the implementation of the Zero Suicide program.

7. Division of Public and Behavioral Health Updates Regarding COVID-19

Dr. Woodward presented a slide show. The document can be found [here](#).

Ms. Allison asked how the Board could support response efforts.

Dr. Woodward replied the most help would be through continued awareness, advocacy, support, coordination, keeping lines of communication open, and pushing information out to the community.

Dr. Gunnarson asked how many volunteers they hope will participate and what pool of mental health or other potential volunteers they will draw from. Dr. Woodard replied that under the crisis counseling grant, DPBH proposes to hire 31 crisis counselors and 4 additional supervisors. To get the 31 people. They will work with a master service agreement and recruit. Dr. Woodard stated she is open to suggestions for how to get the word out.

Mr. Furlong asked where were going with antibody testing. Dr. Woodard suggested Julia Peak would have the most up-to-date and thorough answer. Dr. Titus stated the antibody does not differentiate between the type of Coronavirus someone was exposed to.

Ms. Allison asked if the crisis counselors would be remote or if they could be tied to the mobile team. Dr. Woodard replied each region would decide how to use their teams.

(Agenda item 7 was taken out of order)

8. Regional Behavioral Health Coordinator Update on Current Local, Regional, and Statewide Efforts and Initiatives

Ms. Flood spoke about the mental health crisis hold brochure which includes There is a tool, similar to an advanced directive, for individuals who have ongoing mental illness. The form can be filled out prior to a psychiatric crisis to help inform providers of a patient's wishes. A one-page document was created to give a patient information about what a psychiatric hold is. She explained that Crisis Intervention Training is mental health training for law enforcement. Please see NVCIT.org, however the website is only 95% complete. It was created to:

- Increase community awareness and education
- Facilitate CIT collaboration across the state; and
- Enhance emergency responder and community provider skillfulness and interaction with individuals.

Ms. Flood asked the Board for input on what they would like to see on the website.

Ms. Flood shared a pamphlet about managing stress and anxiety during the Coronavirus. There was robust discussion on how to raise public awareness of resources available for COVID-19. Mr. Law suggested creating 30-second animated informational videos. He will speak with a videographer to see what the cost would be.

9. Action Planning and Updates: Board Members Will Identify, Discuss, and Approve Initiatives and Updates, and Develop Strategies in Response to the Behavioral Health Concerns Around COVID- 19

This agenda item will be tabled to next meeting

10. Updates on Northern Regional Behavioral Health Emergency Operations Planning and Regional Behavioral Health COVID Communications Meetings

This agenda item will be tabled to next meeting

11. Review, Adjust, and Vote on Draft Northern Regional Behavioral Health Policy Board Letter of Appreciation to Division of Public and Behavioral Health, Rural Clinics for Providing Staff to Support MOST Teams in Carson City and Douglas County

Ms. Allison stressed that rural clinics need to be part of the discussions to keep programs going. Mr. Sheriff Furlong motioned to approve the letter with Mr. Schoen's suggestion of adding emphasis of the importance of the program in the letter. Ms. Aaker seconded the motion. The motion passed without abstention or opposition.

12. Review Results of Crisis Now Assets and Gaps Analysis for the Northern Region and Develop Actions and Plans for the Board to Support, and Vote on Next Steps Forward

Ms. Flood said the funding request for Crisis Now was to have one full-time clinician

and one full-time law enforcement officer for every 50,000 people. The Board will vote on draft reports when they come out, hopefully by the next meeting.

- 13. Board Member Recommendations and Approval for Future Presentation and Topics for Board Consideration**
None were provided.

- 14. Public Comment**
No public comment

- 15. Adjournment**
Mr. Schoen moved to adjourn. Sheriff Furlong seconded. The meeting adjourned at 2:30 pm