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## NORTHERN REGIONAL BEHAVIORAL HEALTH POLICY BOARD DRAFT MINUTES

DATE: April 3<sup>rd</sup>, 2020 TIME 9:30 am

Meeting Locations: TELECONFERENCE ONLY

Teleconference: Call in number: (669) 900-6833, meeting ID: 6665788969#

*Note: Agenda items may be taken out of order, combined for consideration, and/or removed from the agenda at the chairperson's discretion.*

1. Call to Order/Roll Call – Taylor Allison, Chair: A quorum was present.

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

**Members Absent:**

**Guests Present:** Jessica Flood, Dr. Gunnarson – Rural Regional Center, Sean - Foundation for Recovery

2. Public Comment: There was no public comment.

3. Selection of Board Member for Position of:

- Licensed Nevada Clinical Psychiatrist or Psychologist (with PhD), if there are none available, a health care provider who has experience working with persons with mental illness or who abuse alcohol or drugs.

Dr. Gunnarson was introduced as a potential new Board member and spoke to potentially take a role and provided verbally his qualifications and experience in variety of venues he has performed in.

Ms. Allison opened the floor to any other potential candidates, and there were no others. Ms. Allison entertained motion to approve Dr. Gunnarson

Motion was made in support of Dr. by Ms. Hyde-Sutherland to vote Dr. Gunnarson onto the Board and was seconded by multiple members at once. The motion passed without abstention or opposition. Dr. Gunnarson was congratulated and welcomed to the Board.

4. Board Member Updates on Behavioral Health Concerns, Initiatives, and Successes in their Area of Specialty:

Dr. Gunnarson (as a new Board Member) stated his concern for lack of services for individuals needing co-occurring services and has routinely seen people sent out of state. Dr. Gunnarson asked how we can provide more resources needed for those individuals?

This item was tabled for the next meeting.

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**5. Regional Behavioral Health Coordinator Update on Current Local, Regional, and Statewide Efforts and Initiatives:**

Ms. Flood requested information on how often the Boards should meet, monthly or weekly.

Multiple Board members were in favor of continuing to meet monthly.

Dr. Titus requested line item for Bill Draft Requests (BDR) and what is the Board charged with. Must be addressed as it is coming up fast in September. Suggested this as an item for the upcoming meeting agenda to address.

Ms. Renwick stated a lack of addressing domestic violence by the Board and suggested more information would be good.

Ms. Allison entertained a motion for monthly meetings that include presentations on topics of domestic violence and BDRs.

Sheriff Furlong made the motion. Dr. Banister seconded the motion. Ms. Allison moved to approve the identified actions, motion was approved without opposition or abstention.

**6. Make Recommendations for Action Planning; Board members will identify, discuss, and develop initiatives and strategies to respond to the behavioral health concerns around COVID- 19:**

This agenda item was taken out of order.

Discussion by the Board members and guests regarding available resources for the current COVID-19 concerns and behavioral health. Among item topics were:

- AB 206 bill mandates.
- Aligning state and local emergency operation plan specific to behavioral health.
- Resources for First Responders, 800 hotlines, training peers in Psychological First Aid and utilizing SERV-NV and universal suicide screening.
- Community resources awareness. Employee Assistance Program Ms. Flood will include in a one-pager and any other resource ideas welcome.
- Other areas of concern are domestic violence, child abuse, substance abuse, and suicide. Sheriff Furlong stated arrests are down, but suicide calls are way up.
- Safety for staff and clients in facilities and homes. Other vulnerable populations are people with disabilities.
- Accessing resources mainly by phone and internet. Paper flyer handouts at Food Banks.
- Streamlining communications between Quad-Counties and Emergency Managers and connecting to resources by more awareness using "Tip-sheets." Many crisis lines are not being used to the fullest potential because people do not have the contact information easily available.
- Ensure the 211 is up-to-to date and start utilizing it as soon as possible.
- Community transitioning to Telehealth. Not everybody has internet and given that

domestic violence and child abuse are increasing it can be placing people in harms way in the vicinity of the perpetrator(s).

- ZOOM has been effective for Carson Tahoe Hospital and medical offices when helping people manage stress and has eliminated some fears of contact with COVID-19.
- Facing challenges accessing the internet. Libraries are closed. Schools still connecting with families is required daily. Healthcare and teachers are making connections.
- Creating paper list of phone numbers and links to put in paper packets for school lunch packs and Food Banks for distributing to communities.
- Aging Resource Center is assisting Seniors connect to resources.

Ms. Allison entertained a motion to have Ms. Flood send out a 2-pager paper list of phone numbers and links that are good resources to be distributed, and schedule meeting with Quad-Counties regarding emergency preparedness.

Ms. Renwick made motion to approve. Sheriff Furlong seconded. Ms. Allison moved to approve the identified actions, motion was approved without opposition or abstention.

**7. Review, Adjust, and Approve Draft Northern Regional Behavioral Health Policy Board Letter to Community Providers and Regarding Recommendations for Behavioral Health Response to COVID- 19:**

Ms. Flood read (in brief) the draft letter to healthcare providers to include support of all actively participating in Healthcare Coalition Task Force with a collective goal to protect the health of our communities. To utilize Telehealth and included link to Medicaid. Noted crisis call line available and included Quad-County hotline and State-wide help response.

Ms. Allison opened the floor for comment and stated that this is the time to add, edit or delete language in the letter.

Mr. Law commented on the use of Social Media to launch more positivity targeted demographics and individual groups of people with defined specific needs.

Ms. Cartwright offered to post information on her FB and Twitter account pages on NV Psych...? and provided her contact information.

Ms. Flood suggested setting up a meeting with the State Public Health Preparedness with the Regional meeting to bridge the gap.

Dr. Banister made a motion to approve the letter and set up meeting with the State. Mr. Law seconded the motion. Ms. Allison moved to approve the identified actions, motion was approved without opposition or abstention.



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8. Board Member Recommendations for Future Presentation and Topics for Board Consideration: No discussion.
  9. Public Comment: There was no public comment and the meeting was adjourned.