

Central Region Consumer & Family Advisory Committee

Meeting Minutes

September 1, 2020 - 5:30PM-7:30PM

Via WebEx 1-415-655-0003 | Access Code: 1605386957#

Committee Members	Voting Member Present = P Absent = A
Allen Dittmer	P
Bob Crayton - Chair	P
Candle Hughes	P
Darlene Cooper	A
Ellen Perry	A
Heather Johnson	P
Janet Sowers	P
Jeanette Williamson	P
Kyle Reece	P
Lea Ottinger-Vice Chair	LOA
Leslie Matthews	A
Paula Harrington	P
Stanley Cotton	P
Steve Furman	P
Timothy Jeffers	A
Marjorie Davis	A
LME/MCO and State Staff	Non-Voting
Stacey Harward, MH Program Coord, DMH/DD/SAS, CE&E Team	Present
King Jones, Health & Wellness Dir,	Present
Lynn Inman, Community Operations Mgr/CFAC Liaison	Present
Ric Bruton, Central Region Dir	Absent
Guests	Non-Voting
Mary Miller, Triad CFAC and MH/SUD Advisory Committee	P

I. Call to Order/Introductions

Kyle Reece shared that Lea Ottinger’s LOA doesn’t count toward members required for a quorum. Bob Crayton called the meeting to order with a quorum present at 5:37 p.m.

Members introduced themselves and their county/area of behavioral health.

II. Consent Agenda and Minutes Approval

Changes to the Agenda that the QM Dashboard is not available and Paula Newman will be presenting next month. Bob Crayton requested a motion to approve the agenda.

Kyle Reece made a motion to approve the agenda with the change. Janet Sowers seconded the motion.

All in favor. Motion carried.

Jeanette Williamson noted one correction to the minutes. Janet Sowers made a motion to approve the minutes with corrections. Paula Harrington seconded the motion.

All in favor. Motion carried.

III. Public Comments

Stanley Cotton shared that Freedom House is closed because of COVID and asked when will Clubhouses reopen.

Bob publicly acknowledged Laura Wilkicki's amazing transcription for the minutes and we look forward to the collaborative efforts to continue providing full and accurate minutes.

IV. Cardinal Innovations Reports

- a. Community Operations Updates, King Jones
 - Community Advisory Council (CAC) Updates: Cardinal is partnering with local groups for the Central Region CACs.
 - Alamance: Healthy Alamance?
 - Caswell:
 - Chatham:
 - Orange: County Commissioners will be appointing CAC members this month?
 - Person: Healthy Personians
 - Bob shared that the CAC composition are close to the JCPC/Community Collaborative memberships. King added that the Collaboratives focus on children & youth.

V. New Business & Action Steps

- a. Review Relational Agreement 2020 Proposed Amendment
 - Triad CFAC is asking the Regional CFAC's and the CIH CEO and Board Chairperson to reconsider the 2020 Relational Agreement. To go back into history a little bit; upon review of the draft agreement in November 2019, Triad-CFAC suggested the elements containing the statutory requirements be ordered as presented in the statute, and the other elements of responsibility follows. Ricky Graves, T-CFACs representative on the Steering Committee and RA Sub-Committee forwarded the suggestion on the RA on Nov. 13, 2019.
 - In April 2020, when Triad CFAC heard the document was ready for our Chairperson's signature, the first reaction was that we had not reviewed the final document. When it was provided, we noticed the change in the wording of the budget review, from "local service budget" to "Cardinal's annual budget." We don't know how or why the budget element was changed, deviating from the statute. And, so far, nobody has been able to recall or explain. There was discussion during the writing of the CFAC Bylaws that CFACs preferred to review local budget allocations over the entire 20 county budget. However, these discussions took place in the Bylaw sub-committee from 2018-19, prior to the edits made by the Executive CFAC, and the formal establishment of the Steering Committee. Still, it is not clear if the Steering Committee purposely proposed the "local service budget" phrase, or intended the phrasing in the statute, but it was recorded in error.
 - King's explanation, appended to the letter, of the change to "Cardinal's annual budget," in his email. This message appears to have only been shared with the Triad CFAC members. It remains unclear if the other Regional CFACs were informed of the change, or of Triad's reasoning for rejecting the document. Moreover, if prior to the most recent Steering Committee

meeting the other R-CFACs were aware of the proposal to be offered as a motion to amend the budget element to reflect the same wording used in the statute. It is recognized that making this change is inconvenient because the document is already signed by the CIH CEO, the past Chairman of the Board and later the other three Regional CFAC Chairpersons. Triad respects King's effort to explain and admit that errors occurred in the process for adopting the Relational Agreement. Yet, it was not just an appearance that the Chair of the Steering Committee was asked to approve of the change. Without objection to the change, that position was used to move forward without consulting with the CFAC Membership and Regional Chairpersons, who had only reviewed a different version of the document, and would be asked to sign the document on behalf of their region. Triad CFAC believes, accepting an erroneous process is not the best solution in this situation.

- Mary Miller from Triad CFAC, explained that reviewing local Maintenance of Effort (MOE) funds provided by counties to fund services and supports for local populations of persons with Mental Illness, Substance Use Disorders and Intellectual Differences is important to advisors and advocates. We use the information to help us see a more complete local picture and to coordinate and advise CIH regarding the allocations of their service budget. In densely populated counties like Forsyth, this is a very significant amount of money. Further, in the past, the Forsyth County Director of Finance would request time with our CFAC and local Board/Advisory to review the needs and allocation of these funds. Fortunately, Forsyth County has always been generous in extending the services and supports to persons in the region. Therefore, we think it is important to use the wording currently in the statute to allow the flexibility for those regions blessed enough to have both CIH funds and County MOE funds to consider, whether the funds are processed through CIH or not.
- Bob said that we used to get some of the budget information from each of the County Dashboard reports, Mary added it would be nearly impossible to ask 5 counties to present financial reports and King shared that they may be resuming presenting the Dashboard reports.
- Lynn Inman shared that not all counties are managing the MOE funds. Alamance manages 100% of their MOE funds and other Central Region counties manage 50/50. Mary added it would be nearly impossible to ask 5 County Financial Directors to present financial reports.

V. Old/New Business and Action Steps

- a. 2020 PSW Planning Committee Update, Heather Johnson provided an update:
 - a) Paula left the meeting.
 - b) We are focusing on IDD and MHSUD.
 - c) We will have another meeting once the kits are put together.
 - d) Our goal is to achieve a minimum of 50 people to be registered, and the attendees to this virtual event will receive wellness and self care items and encouragement during this time. We priced out items for a kit, Paula will be the keynote speaker, and a couple of panel members to speak on wellness self-care. King provided us a budget and we are well within it. Identified who we want to reach out to and the places we would promote the workshop. Cardinal is providing us with items we can include in the gift box to mail out to attendees.
 - e) Speakers are Dr. Wanda Boon and Wess and Stacey Harward.
 - f) Heather will work on the flyer first thing in the morning for the committee to approve a draft.
 - g) Heather does some printing business and will run 75 copies of 11 pages at her costs of 10 cents each for color and 3 cents for black and white, for approval at next meeting.
 - h) Gift bag items will come out of CFAC budget, they did last year from the OPC budget.

- i) Stipends are covered for trainings, etc. under the Relational Agreement if you are a CFAC representative attending and the rate is half the stipend of the regular CFAC meetings.
- b. Ongoing discussion on Membership and Recruitment:
 - Steven Furman's Re-Appointment to Steering Committee: He is eligible for a second 3-year term. Steven is willing to continue serving as the Central Region CFAC MH representative on the Steering Committee.

Bob Crayton requested a motion approve Steven's reappointment.

Janet Sowers motioned to approve. Jeanette Williamson seconded the motion.

All in Favor. Motion Carried.

- c. Stipends – Jeanette discussed if stipends were available for other official meetings regarding the CFAC that would include regular and/or special meetings. The question was also raised about mileage. It was stated by King that mileage would be reimbursed with proof on an official document. Bob and King will send form to all members.

Jeanette Williamson motioned to approve stipends on all planning meetings with mileage when acceptable. Janet Sowers seconded the motion.

All in Favor. Motion Carried.

VI. DHHS Report/CE & ET Updates, Stacey Harward

- CNE updates several things coming up – we changed the format and made one sheet for crisis numbers. Top page will have things to focus on - WebEx meeting updates:
 - o CNE team events (WebEx training) – September 4th (12:00 noon – 12:45 pm)
 - o Reducing Stigma – September 9th (3pm – 4pm)
 - o Introduction to Managing Wellness in a Challenging time – September 17th
 - o Provider COVID-19 updates
 - o Consumer Updates – September 28th
 - o Progress Making a plan for self-parenting – September 24th
 - o Suicidal town hall week of September 4th
 - o Virtual CFAC listening sessions – September 28th (6:00 pm – 7:30 pm)
 - o Town Hall meetings for Cardinal – October 15th
 - o State CFAC 2nd Wednesday of the month (9:00 am – 1:00 pm)
 - o State to local CFAC call – 4th Wednesday of the month
 - o Hope for healer's hotline is available
 - o Peer support have an open for comments line – closes on September 25th – make comments
 - o Olmstead listening sessions
 - o September is Suicidal prevention month – call in and check on community members, family and neighbors to make sure that they are cared about
 - o Living Waters is sponsoring a mental health seminar – September 24th
 - o Registering to vote information is available – we have information
 - o Governance working group
 - o Broadband survey sent out and updates will go out today (to consider broadband as a utility that is needed by everyone)

VII. Recommendations to the Board

Annual report

- Bob will send a draft to review and approve prior to the next meeting October 6th, October 2nd is King's deadline to submit to the Board Clerk by October 9th.

VIII. Community Involvement Updates: Trainings/Conferences/Events

- NC Collaborative *Virtual* Regional Policy Institutes with Keynote Speakers, Legislator Panelists and Advocacy 101 presenters:
 - Western Region, September 14th, Deputy Secretary Juvenile Justice, Billy Lassiter
 - Central Region, September 28th, Deputy Director, Child Welfare Services Lisa Cauley and NC Child Welfare Family Advisory Council - Gina Brown
 - Eastern Region, October 6th, Deputy Secretary, BH & IDD - Kody Kinsley and Assoc. Director, NC Families United - Stacy Justiss
 - Triangle Region, October 26th, Youth Transition Program Dir, NC Families United - Lacy Flintall and MomsRising - Sheila Arias
- Central Region CFAC 18th Annual *Virtual* PSW, October 2nd
- NAMI NC 2020 *Virtual* Conference - October 10, 2020
- Regional Statewide CFAC September 22nd & 28th, flyers and agenda to be sent out, about 1.5 hours in the evening

IX. Adjournment

Bob Crayton requested the meeting to be adjourned.

Kyle Reece made a motion to adjourn the meeting.

All in favor. Motion carried.

Meeting Adjourned at 7:30 p.m.