

Council Members	Voting Member Present = P Absent = A
Ricky Graves, Chair	P
Susan Stevens, Vice Chair	P
Karen Bentley, Secretary, Interim	P
Don Martin	P
Rebekah Shoup	A
Scott Craver	P
Suzanne Wright	A
Felissa Ferrell	P
Kimberly Clayton	A
Kara Cody	P
Sheila Lee	P
Jackie White	A
Cardinal Staff	Non- Voting
King Jones	P
Laura Wilkicki	P
Guests	Non-Voting
Julie Whittaker, CAC C-Chair	P

**1. Call to Order**

Ricky Graves called the meeting to order at 6:04 p.m.  
Roll call was taken for attendance.

**2. Opening Remarks**

Reid Thornburg has left Cardinal, and Karen Bentley is attending for any actions needed by her.  
Suzanne Wright ran a vaccination clinic today, over 1,000 vaccinations in our county today.

**3. Approve Minutes October 28, 2020 Meeting**

The minutes from the October 28, 2020 meeting were reviewed for corrections. Section 7 repeats Forsyth twice, just take one out. Miss Julie and Jackie White titles are incorrect, they are CAC Vice Chairs (they co-chair).

Ricky Graves requested a motion to approve the minutes with suggested revisions. Susan Stevens motioned to approve the minutes with edits. Scott Craver seconded the motion.

A Roll call vote was taken. All in favor. Motion carried.

**4. Public Comment**

No public comments were offered at this time.

## 5. Meeting Administration

Roll call, attending names were announced

## 6. 2021 – Committee Refresh and Level Set:

- a. Renewed terms: members were appointed terms last year; some were elected for one year and some for two. Cardinal Board of Directors has approved the following individuals to continue with their second term: Suzanne Wright, Scott Craver, Felissa Ferrell, and Rebekah Shoup. They now are officially moved forward into their second-year term.
- b. The meeting goals and objectives of the RHC were reviewed.
- c. Discussed Health Improvement Plan efforts to date. The 2021 Plan Summary was reviewed and presented for discussion with more detail to follow.

## 7. Regional Health Improvement Plan Key Themes were listed and reviewed:

- a. Substance Use Disorder
- b. Mental Health
- c. IDD
- d. Physical Health
- e. Access to Care
- f. Social Determinants of Health

## 8. Opportunity Statements Discussion around the 2021 Plan Summary

Each of the six opportunity statements were reviewed in detail and members were asked to give input.

- People who live in disparate locations, including rural or off-main transport lines cannot easily or consistently access services.
  - **Transportation**
    - Decline in grant availability
    - Davie County DHHS (includes Health Department) moved out of town
    - IDD Specific
      - Public transportation doesn't cover rural areas
      - Some transportation providers do not transport individuals with wheelchairs
    - Davidson Medical Ministries received a grant to be able to build a medical bus to do remote medical services.
  - **Internet Access**
    - Lack of reliable internet

Member Discussion/Comments

No additional comments

- While there are insufficient affordable housing options in North Carolina overall, the RHC has specifically identified acute gaps for individuals living with an IDD or SPMI diagnosis or who cannot qualify for HUD 811 vouchers.
  - **Lack of safe, affordable housing**
  - **Lack of housing for individuals with criminal record**

- Housing and employment for transitional age youth (17-25)
- Transitional housing

#### Member Discussions/Comments

- Supported housing should be included
  - Add housing supports or explore housing communities for individuals who can't live completely independently
  - Expand the "Transitions" program that is running in Rockingham County
- Substance abuse is prevalent in all our communities. Prevention efforts overall must be improved, with aggressive efforts toward opioid abuse and crisis services.
- Transitional Housing
    - Increase the number of transitional housing providers for substance use disorder, especially with 24/7 admission
  - Opioid misuse
    - Decrease the rate of opioid misuse
      - increasing treatment options, especially in rural areas
      - adding prevention programs
  - Services post-release
    - Increase services available to help individuals upon release from treatment or incarceration
  - Maternal health resources for mothers w/ substance use disorder
  - Alcohol was high in Stokes County. – Alcohol consumption and use has increased significantly since last year.
    - Fatal alcohol related crashes are 31%.
  - Tobacco use (vaping) for teens.

#### Member Discussions/Comments

- Not good for substance users returning to the community they were used and perhaps go to a new community to start over. Maybe other LME/MCO's within different regions that Cardinal could help provide these opportunities
  - Services should include both post-release and pre-release. Stepping Up is a national program but is expensive and not supported. We could look into expanding that over counties.
- Physical health issues, such as chronic disease and obesity, can contribute to and/or exacerbate behavioral health diagnoses. Integrated health centers and increased collaboration between agencies will be required to reduce negative health outcomes.
- Explore integrated care collaboration models and/or co-located services
  - Increased support for outpatients
  - Mobile engagement
  - Community health grants
  - TCLI Partnerships with CCN, which includes but not limited to:
    - Ensures member is linked to PCP and specialist
    - Verify member has needed medications

- Provide education on chronic/acute diagnoses and comorbidities
- Assessing pharmacy needs

Member Discussions/Comments

- a. Explore integrated care collaboration models and/or co-located services
  - b. Increased support for outpatients
  - c. Mobile engagement
  - d. Community Health Grants
  - e. Individuals with an eating disorder
- There is a shortage of IDD caregivers due to higher levels of turnover, driven by worker fatigue and low wages, resulting in families without sufficient back-up staff support for their loved ones.
- EVV
  - Lack of appropriate services for individuals
    - Also getting into the correct service (CAP vs. Innovations Waiver)

Member Discussions/Comments

- f. Lack of appropriate services for individuals
    - i. Also getting into the correct service (CAP vs. Innovations Waiver)
  - g. Training an individual gets COVID so providers won't serve. Having training so family has support.
  - h. Matt Potter/Matthew James (Horizons ICF) presentation to Triad CFAC that has additional support
  - i. Wages were reiterated as a significant issue
    - i. Advocate for rate change at the State level.
- Crisis mental health services are needed, especially for complex individuals (i.e., dual diagnosed, children in foster care, complex trauma, etc.) and to prevent death by suicide.
- Suicide Prevention
    - Increase in grief related to COVID-19
      - Death
      - Loss of normalcy
      - Loss of connectedness
    - 87% of suicides were alcohol related
  - Crisis/transitional housing
    - Post-hospitalization
    - Post-detention
    - Lack of providers/services, especially for juveniles
    - Post-incarceration

Member Discussions/Comments

- j. Increasing virtual access
- k. PYXer > provider is a robot?

**9. Open Discussion – Concerns or Comments**

None

**10. Adjournment**

Ricky Graves adjourned the meeting at 7:31 p.m.

Next meeting is April 28, 2021

Submitted By: Laura Wilkicki, Community Operations Business Administrator