

| Council Members                    | Voting Member<br>Present = P<br>Absent = A |
|------------------------------------|--|
| Ricky Graves, Chair                | P  |
| Susan Stevens, Vice Chair          | P  |
| Don Martin                         | P  |
| Rebekah Shoup                      | A  |
| Scott Craver                       | P  |
| Suzanne Wright                     | P  |
| Felissa Ferrell                    | P  |
| Kimberly Clayton                   | P  |
| Kara Cody                          | P  |
| Sheila Lee                         | A  |
| Reid Thornburg                     | P  |
| Jackie White                       | P  |
| Cardinal Staff                     | Non- Voting                                |
| King Jones                         | P  |
| Reid Thornburg                     | P  |
| Karen Bentley                      | P  |
| Trey Suttan                        | P  |
| Laura Wilkicki                     | P  |
| Guests                             | Non-Voting                                 |
| Stacey Harward, DHHS state liaison | P  |
| Julie Whittaker, CAC Co-Chair      | P  |

**1. Call to Order**

Ricky Graves called the meeting to order at 6:03 p.m.

**2. Opening Remarks**

Reid Thornburg will be a voting member. Mary Miller is removed as a voting member. King is working on the establishing the Rockingham CAC members.

**3. Approve Minutes August 26, 2020 Meeting**

The minutes from the August 26, 2020 meeting were previously distributed.

Ricky Graves requested a motion to approve the minutes.

Don Martin motioned to approve the minutes as written. Kara Cody seconded the motion.

Roll call was used to vote. All in favor. Motion carried.

**4. Comments from the Cardinal CEO**

Trey Suttan addressed last Monday's announcement from the County Board of Commissioners for Union and Cabarrus counties to start the process to realign with another MCO. This process will take some time and will need Secretary Cohen's approval. Cardinal will continue to work for our members so there is no interruption in their care services. Primarily, child welfare is a systemic issue. Cardinal has added 232 new providers for therapeutic services. Another area of concentration is ED admissions. There are current discussions with Forsyth and Mecklenburg for an action plan to roll out over our 20 counties. We continue our efforts and want our members to know that we are committed to them. Mr. Sutton invited questions and opened for conversation.

## 5. Public Comment

No public comments were solicited

## 6. Regional Health Improvement Plans

King Jones reviewed the areas of concern and updated as members discussed their views on their county needs. He displayed an example that Oregon used for comparison.

### A. Substance Use Disorder

- ✓ Transitional housing
  - Increase the number of transitional housing providers for substance use disorder, especially with 24/7 admission
- ✓ Opioid use
  - 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 with substance use disorder

### B. Mental Health (main focus on first three)

- ✓ Suicide prevention
- ✓ MH housing
- ✓ Crisis/transitional housing
- ✓ Services post-release (jail and/or prison)

### C. IDD (Intellectual and Development Disabilities)

- ✓ Housing
- ✓ Transitional housing
- ✓ Lack of appropriate services for individuals

### D. Physical Health

- ✓ Affordable medications
- ✓ Chronic disease

- ✓ Obesity, nutrition, and exercise
- E. Access to Care
  - ✓ Transportation
  - ✓ Internet access
  - ✓ Lack of staff availability
- F. Social Determinants of Health (first three main focus)
  - ✓ Lack of affordable housing
  - ✓ Lack of housing for individuals with criminal record
  - ✓ Housing and employment for transitional age youth (17-25)
  - ✓ Finances
  - ✓ Education
    - Increase programming related to ACE's, building resiliency, and substance use prevention

## **7. Open Discussion – Concerns or Comments**

Goals and strategies discussions for next meeting

Julie Whitaker talked about a spreadsheet she received with a number of involuntary commitments that go on in every NC county. 2009 to 2018 reveals that three of the counties in Triad have tremendous increases in the numbers of person who are involuntarily committed. Davidson, Davie and Forsyth. Davie county tripled; Forsyth and Davidson have about doubled. The question was posed why we can't get our loved ones hospitalized. Rockingham and Stokes have remained fairly stable. She will forward this information over the next couple of days.

## **8. Closing Remarks**

Early voting on 10/31. Happy Holidays!

## **9. Adjournment**

Meeting was adjourned at 8:15 p.m.

Submitted by: Laura Wilkicki, Community Operations Business Administrator