

MINUTES OF THE BOARD

June 16, 2011

North Country Community Mental Health

Board Room

One MacDonald Drive

Petoskey, Michigan

BOARD MEMBERS PRESENT: Debra Kimball, Louis Scholl, Jane Dunaway,
George Anthony, Brenda Ricksgers, Robert Boyd,
Karla Sherman, Joel Evans, Ed Ginop, Dan Plasencia

BOARD MEMBERS ABSENT Paul Liss, Sr. Augusta Stratz, Ann Smith,
Sue Allor

STAFF: Alexis Kaczynski, David Schneider, Donna Wheeler,
Christine Gebhard, Andrew Sahara, Joan Booth

Ms. Dunaway called the meeting to order at 4:35 p.m.

ROLL CALL

Ms. Dunaway welcomed the Board members and staff to the meeting.

PUBLIC COMMENT

There was no public comment.

CONSENT AGENDA

Financial Statement – Provider Operations - North Country CMH:

Balance on Hand, April 30, 2011	\$6,877,120.10
Receipts, Adjustments & Transfers, May	\$3,071,567.38
Total Disbursements & Adjustments, May	\$2,985,881.70
Increase in Cash Balance	\$ 85,685.68
Balance, May 31, 2011	\$6,962,805.78

*Approximately \$4,635,339 has been advanced from the State of Michigan and has been encumbered for outstanding bills.

Financial Statement – Managed Care Operations - North Country CMH:

Balance on Hand, April 30, 2011	\$5,481,752.80
Receipts, Adjustments & Transfers, May	\$6,487,510.10
Total Disbursements & Transfers, May	\$6,218,555.78
Increase in Cash Balance	268,954.32
Balance, May. 31, 2011	\$5,750,707.12

*Included in the balance is the Medicaid Internal Service Fund balance of \$3,315,646.

MOTION BY ED GINOP, SECOND BY LOUIS SCHOLL, TO APPROVE THE CONSENT AGENDA. MOTION CARRIED.

Information (I) Items from Committee Reports

Information items were included in the committee minutes.

Privileging Recommendations

There were no privileging recommendations this month.

COMMITTEE RECOMMENDATIONS – BOARD ACTION

There were no committee meetings this month.

ACTION ITEMS – WITHOUT COMMITTEE REVIEW

There were no action items this month.

PRESENTATION

Anxiety Disorders

Dr. Andrew Sahara introduced himself and offered a power point presentation about anxiety disorders. There are different kinds of anxiety, i.e. free floating anxiety that is not consciously associated with anything specific, and anticipatory anxiety which is associated with a particular situation or event. Anxiety often runs in families and is affected by environment and experience. It is a low grade activation of the “fight or flight” response and he explained some of the body’s reactions. An individual’s perception of pain is blunted. Normal anxiety usually only involves a few of the previous physiological changes and at less than maximum intensity. Dr. Sahara described different categories of anxiety disorders and explained panic attacks and phobias. He discussed obsessive compulsive disorder, post-traumatic stress disorder and generalized anxiety disorder and explained the symptoms. Everyone experiences anxiety and most anxiety involves cognitive distortion. Too much anxiety leads to inaction. There are coping strategies like relaxation techniques, deep breathing, meditation, yoga, massage, and visualization. He explained treatments for anxiety disorders like implosion therapy, medications, response prevention, systematic desensitization, and cognitive behavioral therapy.

OLD BUSINESS

Ms. Kaczynski reported that progress on the building is being made, but not as quickly as was hoped. There have been a couple of barriers. There is a remaining tenant who is proving very difficult to relocate. Ms. Kaczynski remains optimistic that this project will be completed. The closing is scheduled for June 27th if everything goes well. Progress is being made in every area where the agency has some control. The builder has the same sense of urgency and he plans to begin the work before the tenant leaves. All the approval processes have been completed. The builder will get all the building permits. The construction and purchase agreements have been finalized and the terms on the loans are being finalized.

NEW BUSINESS

Ms. Kaczynski referred to the Compliance Audit. The agency's financial auditors conduct a two part audit: one is a financial audit and one is a compliance audit. The compliance audit determines if expenses are matchable according to state guidelines. The guidelines are specified by the state and the audit team receives training, both initially and as the guidelines change. There were no findings in this audit so the expenses were in conformance to state regulations. Ms. Wheeler indicated that the agency has had this Compliance Audit since 2007.

DIRECTOR'S REPORT/COMMUNICATIONS

Ms. Kaczynski referred to the memorandum from the Association. A series of bills has been introduced in the legislature regarding employee health insurance. One bill would require an employee to be responsible for 20% of his/her health insurance costs. Another establishes a cap and prohibits employer coverage over this cap. Unfortunately, it is assumed that these bills will apply to CMH staff. This agency has worked very hard to contain health insurance costs so that there could be one free plan for staff. About half of the agency's staff are paraprofessional or non- degreed and make less than \$30,000 a year and it would be difficult for them to contribute to the payment of the health insurance premiums.

Ms. Kaczynski distributed a press release concerning Gov. Snyder's unwillingness to sign a letter concerning repeal of the Affordable Care Act. He was the only Republican governor to have done so. Governor Snyder's monthly message in September will be on health care.

She mentioned that Bernadine Clark, a board member from AuSable Valley CMH, passed away unexpectedly. She had been a board member for about 25 years and some people knew her.

AFFILIATION (MANAGED CARE OPERATIONS) REPORT

Mr. Schneider indicated that the under spending at AuSable Valley CMH has decreased. Northeast Michigan CMH, however, still has a considerable under-expenditure and will need to gear up their programs. The Electronic Medical Record (EMR) Committee is very active and a number of forms have been piloted. The Standards Committee has identified some issues concerning secure remote access to electronic medical records. Once they have internet access, staff access to the medical record is not difficult. Eight months into the project progress is being delayed because committee members need to handle their jobs first. This committee is an add-on to everyone so it is getting difficult and the need for a Project Manager is becoming more evident. A part time person with technical writing skills would be helpful to keep things moving along. He referred to the performance measures within the PIHP and reviewed them. He explained that the agency is in the middle of the DCH site review. The reviewers have been to Northeast Michigan CMH and are now at AuSable Valley CMH and they will be in Petoskey on Monday. Tom Renwick will be here for the first part of this review on Monday morning.

LONG RANGE PLAN/QUALITY IMPROVEMENT UPDATES

Ms. Gebhard reviewed the Second Quarter Key Indicators Report. She referred to the first page and said that only 6% of people opened at the end of that quarter had a funding source of general funds which is down from the last quarter. She then referred to the trend lines for referrals and opened cases, which is going up. There had been a decline of people served in the past and now there is a spike up. There has been a reduction in community inpatient admissions but the average length of stay has increased. The UM committee has studied length of stay and

utilization closely since the behavioral health unit closed at Lockwood MacDonald. War Memorial has a longer length of stay, but does accept difficult people.

Mr. Boyd made a report on the MACMHB Policy Committee meeting. Items discussed were video monitoring at hospitals and adult foster care homes; cost services requirement; Friends of DD update; recovery memory feedback; Performance Monitoring; Efficiencies Workgroup update; Benchmark Benefit and ACA preparation updates; Clinical Directors Workgroup and TSG update.

Ms. Dunaway referred the board to the Minutes of the Special Board Meeting, which require approval.

MOTION BY DEBRA KIMBALL, SECOND BY BOB BOYD, TO APPROVE THE MINUTES OF THE SPECIAL BOARD MEETING HELD ON JUNE 9, 2011. MOTION CARRIED.

MOTION BY ED GINOP, SECOND BY BOB BOYD, TO ADJOURN THE MEETING AT 6:05 P.M. MOTION CARRIED.

Jane Dunaway, Board Chair