BOARD OF DIRECTORS
MEETING
September 25, 2018

Health District Office Building
120 Bristlecone Drive, Fort Collins

MINUTES

BOARD MEMBERS PRESENT: Michael D. Liggett, Esq., Board President
Molly Gutilla, MS DrPH, Board Vice President (via phone)
Celeste Kling, Board Secretary
Joseph Prows, MD MPH, Board Treasurer
Faraz Naqvi, MD, Liaison to UCHealth-North/PVHS Board

Staff Present:
Carol Plock, Executive Director
Karen Spink, Assistant Director
Kristen Cochran Ward, MH Connections
Bruce Cooper, Medical Director
Richard Cox, Communications Director
Julie Estlick, Communications Specialist
Jess Fear, Community Impact
Brian Ferrans, Community Impact
Lorraine Haywood, Finance Director
Pam Klein, Communications Proj Spec
Suman Mather, Evaluation Specialist
John Newman, Interim Dental Director

Vivian Perry, HIS Project Manager
Jessica Shannon, Resource Development
Chris Sheafor, Support Services Director
Nancy Stirling, Assistant to Board & ED
Dana Turner, Dental Services Director
Lin Wilder, Community Impact Director
Alyson Williams, Policy Coordinator

Others Present:
Liz Donovan, Public
Seth Kelley, Public
Heather Vesgaard, Public

CALL TO ORDER; APPROVAL OF AGENDA
President Michael Liggett called the meeting to order at 4:00 p.m. There were no changes to the meeting agenda.

PUBLIC COMMENT
Ms. Heather Vesgaard is Executive Director of Partners Mentoring Youth. She attended this meeting as a member of a local group called “Directing Change” which is a group of Executive Directors of Northern Colorado nonprofits that are doing shared advocacy work to further services for youth and families. The group is identifying potential partnerships and would like to engage in dialogue with the Health District to better understand the district’s work, its budgeting process, and to see if there are areas that would be appropriate to partner on.

Mr. Seth Kelley is the Executive Director of Base Camp and a member of the Directing Change group. The Health District’s budget popped up on their group’s agenda a couple of months ago, and the group is interested in how the Health District determines its priorities. He noted that
Base Camp serves 3000 children, and that there are thousands of kids in the district dealing with youth mental health and trauma, and that parents’ ability to afford child care is a huge problem in our community. One of the group’s key challenges is that they lack the ability to get data. He wondered what the Health District is, what role the board has in figuring out priorities and doing oversight, and whether their group could tap into the Health District’s reserves.

Ms. Liz Donovan is a data analyst who works with nonprofits, and attended the meeting to offer comments to the board as it prepares for its October retreat and determines funding priorities for the District. In particular, she noted the importance of data-driven decision making to promote social impacts and promote public health, as well as the lack of a data facilitator in the community. She suggested that because the Health District has “an amazing team of analysts that have a deep understanding of our community”, the Health District consider expanding its data work to include more data around community needs, the impact of social services, and social determinants of health. Rather than spending funds to redesign the HealthInfoSource web site, she recommended that the Health District consider data projects such as those presented to City Council that are currently not likely to be funded by the City.

President Liggett thanked these individuals for sharing their thoughts and questions and encouraged them to meet with the Executive Director for further information and to address their questions about the Health District.

PRESENTATIONS
Connections/CAYAC
Ms. Lin Wilder, Community Impact Director, and Ms. Kristen Cochran Ward, Mental Health Connections Program Manager, provided an overview of Community Impact and the Mental Health Connections program, which includes CAYAC.

Since 1995, the Health District has prioritized improving mental health services in our community. In Larimer County, 54,000 adults have a mental illness, and of those, a little more than 12,000 have a serious mental illness. Additionally, there are approximately 26,000 in the County with a substance use disorder (many with both MI and SUD) and only about 2,300 of those actually receive the care they need.

Over the years, just a few of the projects the Health District has been involved in include the development of the Integrated Care Program (which places behavioral health staff in our two local primary care safety net clinics); the Dual Disorder Treatment Program; participated in the initiation of and provided ongoing support to what was formerly the Community Mental Health and Substance Abuse Partnership and is now the Mental Health Substance Use Alliance, expanded its Information, Referral, and Assistance programs to include an array of information, referral, crisis, walk-in and phone-in assistance, and connection to low cost care services; continued to have a pro bono program that connects therapists to those who can’t afford the full cost of care; and most recently, in 2016, launched the Child, Adolescent and Young Adult Connections (CAYAC) program which created services specifically to assist youth and families to better access services and care.

The Adult Services program of Connections recently moved from the Oak Street SummitStone location to its new location on Mulberry; services are offered by phone, through walk-ins, or via listings on healthinfoSource.com. Since moving to this location, the program has seen a
significant increase in walk-ins. Connection’s Adult Services focuses on assisting those with mental health or substance use challenges. This past year, staff have been working to develop more knowledge and skills around substance use disorders.

CAYAC Services is specifically for those who are 0-24 years old and experiencing mental health or substance use issues. Services include assessments, psychiatric evaluation, psychological testing, creation of service plans, brief therapy, care coordination, and information and referral for those 0-24 years old. The program continues to evolve and be in high demand in the community. There is such high demand that staff have worked to streamline the process for people accessing care at CAYAC. The team includes a Poudre School District liaison as part of the CAYAC Team. Having a PSD employee on the team helps to provide more information about the student and their family that is helpful when trying to assess needs and a treatment plan. CAYAC is near Year 3 of a 3-year grant which will see the program through 2019 and staff are working on sustainability plans for the program.

Connections also provides: Mental Health First Aid trainings for adults, youth, law enforcement; QPR (Question, Persuade, Refer) Trainings, Therapist Networking and Training (TNT) events; adult and parent education series, Spanish-speaking education series, disaster response and critical incident stress debriefing, and topic specific trainings in the workplace.

Around the time the Affordable Care Act was implemented in 2014, Connections services saw a drop in the number of individuals served and client contacts; many people who previously had no access to behavioral health care now had access to care. However, needs to help connect people of all income levels continued, so the Health District focused on rebranding, refocusing, and re-establishing partnerships, including partnering with Associates in Family Medicine and local medical practices. The program now receives numerous referrals from 23 partnering primary care clinics in the community, and utilization levels are high again.

Community Impact Team
Ms. Wilder provided handouts and brochures of various projects and priorities the Community Impact Team is currently working on or has accomplished which focus on mental health and substance use disorders. (See handout for full details.) Highlights of some of the accomplishments include:

- The “Changing Minds” public awareness campaign to raise awareness of the science of substance use disorder.
- Updated “Solutions” report – noting the critical gaps in mental health and substance use disorder services locally, and recommendations for filling the gaps, including distribution to over 1,000 people and presentations to over 400 individuals in the community.
- Transforming perceptions of substance use disorders in our community and helping professionals incorporate state of the art treatment practices. Over 450 people participated in a recent “Rethinking Addiction” event.
- Staff contributed to the planning and writing of a successful $1.5 million federal grant to create a “Hub & Spoke” for medication-assisted treatment (MAT) for substance use disorders. The grant will help to develop a best practice model for improving how people with substance use disorders are connected effectively to MAT throughout our region.
- Staff are working collaboratively towards expanding the use of MAT in the criminal justice system.
• Received an Administrative Data Pilot grant for the Frequent Utilizer project, to improve data collection and sharing to identify and impact frequent utilizers; also working with partners around a demonstration project. If successful, this may be scaled into a Pay for Success project.

• Regional Health Connector – created a toolkit and website for health care providers to provide information on behavioral health, SBIRT, tobacco/vaping, and marijuana issues, as well as other resources.

• Developed a piloted form and process to increase communication between behavioral and primary care providers.

• Supported expansion of capacity in ACT/IDDT (Assertive Community Treatment/Integrated Dual Disorders Treatment – programs for those with the most substantive mental illness and substance use disorders) through expanding nursing and psychiatric care.

• Promotion of the “Zero Suicide” model through trainings to local organizations, including the Health District.

• Naloxone distribution and trainings, working with various groups, including pharmacies, to implement the availability and use of naloxone in cases of drug overdose. Staff participated in the planning and implementation of an “Overdose Awareness Day” community event that had over 250 participants.

Policy: Legislative Process
Ms. Alyson Williams, Policy Coordinator, gave a quick overview of the legislative process. The internal policy strategy team, comprised of the Policy Coordinator, Assistant Director, Medical Director, and the Executive Director, meet twice a month during the legislative session to prioritize bills. There are 3 prioritization levels. The policy team determines those bills that require an analysis, brief, or summary to be written up and presented to the Board. A review of the Board Policy 99-7 on Policy was presented to the Board to refresh returning members’ memories and make sure the new members understand the process. The key dates of the legislative process are: January 4 (first day of session), April 12 (day the budget needs to be done), and May 3 (last day of session).

Opioid and Other Substance Use Disorder Interim Committee
Five bills were created by the state’s bipartisan legislative Interim Committee in 5 distinct “buckets”.

• The first bill focuses on treatment by creating a statewide capacity tracking system for the availability of slots/beds in treatment programs, a care coordination system to link into the crisis line, and a grant program for increasing treatment capacity in rural/frontier areas.

• The second bill focuses on recovery by establishing a stakeholder group to identify best practices for regulating recovery residences and a program to test innovative recovery models.

• The third bill focuses on harm reduction by extending the repeal of the opioid prescribing limits set into law during the 2018 session, allowing school districts to adopt naloxone policies, mandating the prescription of opioids electronically, allowing hospitals to have syringe access programs, creating a naloxone trust fund, requiring the expediting of ID cards for people trying to get into treatment, and requiring entities that have an automatic external defibrillator (AED) to also make naloxone available with the AED.
The fourth bill deals with prevention and has an abundance of different aspects. The bill sets up three different pilot programs dealing with prenatal screening, brief intervention, and referral to treatment (SBIRT), maternal and child health as it relates to substance use disorders, and infectious disease SBIRT. The bill also requires continuing education for the renewal of licenses by certain health professionals, allows the prescription drug monitoring program (PDMP) to be accessed by medical examiners, redefines child abuse in regards to substance exposed newborns, expands the drug take-back program to include the safe disposals of syringes, establishes a public awareness program for the safe use, storage, and disposal of naloxone, and increases funding to local public health agencies.

The fifth bill tackles criminal justice by directing the substance abuse trend and response task force to investigate the use of “drop-off” to treatment rather than continued justice involvement for offenders that have low-level drug offenses, requiring medication-assisted treatment (MAT) under the Jail-based Behavioral Health Services (JBBES) program, clarifying the black market marijuana units can also investigate black market opioids, increasing the number of law enforcement assisted diversion (LEAD) programs to 10, and increasing the funding for the co-responder program.

Fiscal notes for these bills are expected to be available by the next time the Committee votes next week.

DISCUSSION AND ACTIONS
Resolution 2018-16 RE: Larimer County Mental Health Services Ballot Issue
Included in the packet for the Board’s review and consideration is a proposed resolution in support of the behavioral health facility ballot initiative. The resolution was created after board request, based on a resolution passed by the Fort Collins City Council.

MOTION: To approve Resolution 2018-16, supporting the Larimer County Mental Health Services Ballot Issue, 1A.
Motion/Seconded/Carried (Ms. Gutilla not present for the vote)

New Compass Advisory Committee Members - Approval
Also included in the meeting packet is a memo from Ms. Julie Estlick, Communications Specialist, asking the board to consider proposed individuals to fill 3 vacancies on the Compass Advisory Committee. Those individuals are: Jessica Shannon, Resource Development Coordinator for the Health District; Sarah Morales, Outreach and Education Specialist for the Health District’s Larimer Health Connect program; and Flo Holt, a psychotherapist and consultant running her own practice in Fort Collins. (See memo for further details.)

MOTION: To approve the proposed candidates for the Compass Advisory Committee as presented.
Motion/Seconded/Carried (Ms. Gutilla not present for the vote)

Budget Process
Ms. Plock informed the board of the process for developing and presenting the proposed budget for 2019. Valuations were received by the County on August 25. Using the estimated valuation figures, and with instructions from Ms. Plock, program managers had until September 12 to submit their budget requests. The Finance Director then took the proposals and compiled them into the budget requests, and the Executive Director and Finance Director will spend many days
creating a final budget, in close consultation with staff Directors, to deliver to the Board members by October 15, per state statute. At the November 8 Board budget meeting, Ms. Plock will give an official presentation, a public hearing will be held, and board members will have the opportunity to ask questions. At the December 13 board meeting, the board will have the opportunity to review any changes made and to approve the budget which must be approved and submitted to the state by December 15.

Ms. Plock provided a handout for the board showing figures from the Certification of Tax Levies and property tax revenues. While both property tax and specific ownership tax revenues increased from the previous year, the increase overall is very small and considerably less than last year's property taxes increase. Fortunately, some funds from last year's budget had been set aside for pay increases.

**Medicaid Billing Requirements**

Medicaid has recently made changes to their system. In order for the Health District to maintain its Medicaid provider access, we must complete an updated provider application that lists detailed information for board members; Medicaid will assure security of the information. Staff asked the board for their authorization to provide the requested information to Colorado Medicaid and for each of them to complete and sign the required form the board agreed by consensus and members completed the forms.

**City of Fort Collins URA: New Project**

Mr. Chris Sheafor, Support Services Director, informed the board of a new urban redevelopment area proposal for the Drake and College intersection currently being considered by the City. If approved, this project could utilize tax increment financing, funds which would normally go to the county and affected special districts, to fund it. The proposal includes a Kings Sooper's market replacing the old Kmart area, and a hotel and various stores. A plan formation process and preliminary timeline has been developed, and includes reviews with affected entities such as the County and special districts, including the Health District, all prior to a final public hearing on the new plan area. More information should be forthcoming and staff will keep the board informed as the process progresses.

**UPDATES & REPORTS**

**Executive Director Report**

*HealthInfoSource reconstruction project* – After the presentation to the board at the last meeting, Ms. Lin Wilder, Community Impact Director, and Ms. Vivian Perry, HIS Project Manager, looked at alternative approaches for the project, and developed a plan for phasing in over time the most critical pieces. A handout, “Proposed Phased Approach to Healthinforsource.com Redevelopment”, was given to the board for their review (and for consideration at a later time). The phased approach would focus on pieces that are critical to Health District Connections staff and community professionals first (i.e., behavioral health, pain services, dental safety net, Health District services) and then gradually phase in other areas for the general public in the future. The board expressed their appreciation to staff for considering options, and their interest in discussing the alternatives and costs before phases are begun. It was noted that medical services are probably more important to come before integrative services. It was also noted that a successful rollout will capture most attention at the beginning, so it’s important to make it be useful for all from the start.
UCHealth-North/PVHS Board Liaison Report
There was no report at this time.

PUBLIC COMMENT (2nd opportunity)

CONSENT AGENDA
- Approval of August 28, 2018 Board Meeting Minutes.
- Approval of August 2018 Financial Statements.
- Resolutions to Approve Signators:
  - 2018-03 Colotrust PLUS + Financial #CO-XX-XX97-8001
  - 2018-04 Colotrust PLUS + Financial #CO-XX-XX11-8001
  - 2018-05 Colotrust PRIME + Financial #CO-XX-XX27-4001
  - 2018-06 Colotrust PLUS + Financial #CO-XX-XX27-8001
  - 2018-07 First National Bank #XXX4934
  - 2018-08 First National Bank #XXXX0218
  - 2018-09 First National Bank #XXX6405
  - 2018-10 First National Bank Savings #XXXX7351
  - 2018-11 Certificate of Deposit Accounts
  - 2018-12 Access to Safe Deposit Boxes XX19 and XX42
  - 2018-13 Access to Safe Deposit Boxes XX19
  - 2018-14 Access to Safe Deposit Boxes XX46
  - 2018-15 Access to Safe Deposit Boxes XX42

MOTION: To approve the Consent Agenda as presented.
Motion/Seconded/Carried (4-0)

ANNOUNCEMENTS
- October 23, 4:00 pm Board of Directors Regular Meeting
- Monday, October 29, Board of Directors Retreat

The October 23 board meeting was cancelled in light of the time the Board members would be spending at the Board Retreat in October.

ADJOURN

MOTION: To adjourn the meeting.
Moved/Seconded/Carried Unanimously

The meeting was adjourned at 6:12 p.m.

Respectfully submitted:

Nancy Stirling, Assistant to the Board of Directors
Michael D. Liggett, Esq., Board President

Molly Gutilla, MS DrPH, Board Vice President

Celeste Kling, JD, Board Secretary

Joseph Prows, MD MPH, Board Treasurer

Faraz Naqvi, MD, Liaison to UCH - North/PVHS Board