

**MINUTES  
CENTRAL UTAH COUNSELING CENTER  
AUTHORITY BOARD MEETING**

**DATE:** May 15, 2023

**PLACE:** Steve's Steakhouse  
1170 S College Ave  
Richfield, UT 84701

**TIME:** 4:30 PM

**PRESENT:** Commissioner Scott Bartholomew, Commissioner Dennis Blackburn, Commissioner Ralph Brown, Commissioner Darin Bushman, Commissioner Trevor Johnson, Commissioner Marty Palmer, Nathan Strait, Richard Anderson, Anna LaDamus, Chad Williams, Jared Kummer, Holly Kunzler, Lynnette Robinson, Christian Matthews, Julie Lynn

**EXCUSED:**

**I. APPROVAL OF MINUTES:**

A motion was made by Commissioner Ralph Brown to approve the minutes of the April 12th, 2023 Authority Board Meeting. The motion was seconded by Commissioner Marty Palmer. Motion carried.

**II. FINANCIAL REPORT:**

Richard Anderson presented the fiscal year (FY) 2023 financial report. Medicaid capitation substance abuse revenue is at 145%. The projection is a little over \$100,000 in revenue over expenditures. With 83% of the year gone, the budget is around 91%. Revenues are slightly better than expected. The preliminary budget looks at what was budgeted at the beginning of the year and not what is projected at the end. Additional staff have been hired, and 93% of wages and fringe have been spent. Travel will catch up a bit with the National Conference. The commissioners' expenses for the National Conference come out of Board Member Travel. In current expenditures, Inpatient Medicaid should be over \$900,000 at around \$1.1 or \$1.2 million. Capital equipment is 143% at \$1 million, mostly due to the residential expansion. The Center received \$800,000 from the state. The bid came in at \$1.6 million. The costs are currently at \$1.3 million. There is about \$500,000 remaining. Commissioner Scott Bartholomew asked about Non Covered Meals. Richard stated part of skills groups is teaching clients to prepare meals. Medicaid will not cover the cost of food. There is value in teaching this to the clients, but also it is sometimes the only nutritious meal the client will receive that week. Non Revenue Interest is 1001% on mental health and 1392% on substance abuse. The preliminary budget anticipates those rates to stay the same. Richard stated the purchase of five vehicles was approved at \$150,000, but he has been having trouble finding available vehicles. He found five that shipped and are available for purchase. Commissioner Scott Bartholomew asked if the vendor will honor

the price. Richard stated it is government pricing but out of their normal inventory. Commissioner Dennis Blackburn asked when the vehicles will arrive. Richard thinks the vehicles will arrive at the end of the month. Commissioner Dennis Blackburn stated the 2024 vehicles will be out in three months. Commissioner Darin Bushman stated they received 2022 vehicles that were supposed to be 2023 but were waiting on chips. He stated administration needs to make sure and check because it makes a big deal on resale value.

**A motion was made by Commissioner Trevor Johnson to approve the FY2023 financial report as presented. The motion was seconded by Commissioner Darin Bushman. Motion carried.**

### **III. TENTATIVE FY2024 BUDGET:**

Richard presented the tentative 2024 budget with mental health in the first column, substance abuse in the second, combined in the third, and the difference between the beginning of FY2023 and FY2024 in the fourth. Mental health Medicaid capitation is the largest funding source. The budget is required now, but the rates have not been announced. Medicaid has been good to ask for request funding at the beginning of the calendar year. Centers must look back to revenue over expenditures, medical loss ratio (MLR) percentages, the ability to pay Medicaid match, etc. This budget is based on that request, taking inflation into account. The request also includes underpayments. Interest has made quite a difference. The budget is \$16.5 million. It lists the county matches for the coming year. Lynnette Robinson will send out invoices to the counties once the budget is approved. Commissioner Marty Palmer asked when the counties will pay the match. Richard stated it is different for each county. Revenue from reserves is \$3.5 million and should be spent on building projects. The bids for the clinical and day treatment buildings in Richfield are \$1.9 million more than the Community Impact Board (CIB) grants. An additional \$1.5 million has been budgeted for the new administration building in Gunnison. Commissioner Ralph Brown thinks construction should be swinging back. Richard stated only two bids were received, even with advertising on the state website. Wages and fringe show a \$1.3 million difference based on the beginning budget last year instead of what is currently being spent. This budget includes \$360,000 in cost of living adjustments. Some adjustments were made to travel. Vehicles increased a little bit. This is just a preliminary budget. The budget hearing will be held next month. In the past, it has been discussed that the board will approve the budget as a whole unless they would like more detail. Commissioner Scott Bartholomew feels confident in what the administration does. Commissioner Darin Bushman stated the budget has more than doubled since he came on the board. Lynnette stated she never thought it would be \$10 million, but it has increased because of Medicaid. If you take out the \$3.5 million, it decreases it to \$13 million. Nathan Strait stated when he was clinical director, Medicaid required a report for agencies with over \$5 million. The Center was at \$4.5 million so he was relieved to not have the other requirements. Now that report is required. Richard stated the expenditure side of the budget shows some categories that were reduced based on historical pricing and what was spent last year. Insurance always ends up being 105% because of the annual increase. The inpatient Medicaid number of \$1,154,337 was used to balance the budget. This is the first time this category will be over a million dollars. Capital improvements are in process. Residential remodels will see a hold as David Bradley does not have time with the other projects. The amount pulled from reserves will go to the building projects. The Center is receiving pressure

from the courts to provide substance abuse residential treatment instead of clients going to jail. Administration is trying to find the right balance and budgeted \$100,000 with \$30,000 spent last year. Nathan stated research only shows a person going into a 30, 60, or 90 day inpatient substance abuse treatment facility using and coming out not using. More research needs to be completed on how they are doing six months after discharge. Longer treatment is better. They need to be engaged in outpatient treatment for six months to a year. Outpatient treatment has much better outcomes. Commissioner Scott Bartholomew asked if the clients are randomly drug tested during that time. Nathan stated it depends on the program, but they should be. Odyssey House has historically received many Center clients, but they do not have a great track record because they allow clients to come and go, which leads to poor accountability. Richard stated substance abuse state reporting data is flawed because it only reports admission and discharge, where mental health reports every single service. Nathan stated they do not care what is going on during treatment. Commissioner Scott Bartholomew stated there are so many drugs available in the prison that it is unbelievable. The prisoners are only tested if a problem arises. The prisoners are released to halfway houses that are supposed to be clean but are not, and they get hooked again. Richard stated the summary on the budget is he has been a little more aggressive than in the past to try to match what is actually happening instead of putting high dollars into the bank. Nathan stated part of that intent is to ensure the MLR percentages lineup so there are no paybacks. Commissioner Darin Bushman asked if UBIC does comparisons on growth percentages to benchmark all the centers in the state. Richard stated they compare the cost report and MLR. There is quite a bit of turnover. Richard is midrange in his seniority there now. They used to share quite a bit of data on their cost reports but have not specifically looked at growth percentages. He thinks it would be fairly similar. They discuss revenues over expenditures and Medicaid profit. Commissioner Darin Bushman stated UBIC should be challenged to do a benchmark on cost per service to find out if the Center has the only budget growing. Nathan stated every center in the state received an increase due to the public health emergency. Richard will move forward with this budget.

#### **IV. AREA PLAN APPROVAL & SIGNATURE:**

Jared Kummer stated the area plan provides information on how the Center works collectively to help communities. It includes several goals that will be worked on for the next three years. The first goal is to improve community recovery rates by implementing the Substance Use Recovery Evaluator (SURE). The idea behind this program to help clients with substance use disorders to progress, have better lives, commit less crimes, etc. The clients will generally take the assessment on a tablet. The therapist or substance use disorder counselor (SUDC) will review the report. The target score is 55. The tool is being released statewide and has been implemented at the Center. The hope is it will improve outcomes for substance abuse clients. Commissioner Marty Palmer asked the timeframe the clients think about when answering the questions. Jared stated they go back one week. Commissioner Scott Bartholomew asked if it is anonymous so the clients provide honest answers. Jared stated they must list their name so the assessment ties to them. Sometimes clients are not honest when they are court ordered. Therapists and SUDCs can kind of see through this using other tools. As time goes on, the clients usually get less defensive and more honest. Richard stated this goes back to the battle of only reporting at intake and discharge because a lot of times the client's self report at intake is not accurate. Commissioner Darin Bushman asked if clients are often dishonest at intake. Christian Matthews stated the vast

majority of clients minimize at intake. Commissioner Dennis Blackburn stated they most likely give the answers they think staff want to hear. Jared stated this tool is helpful because the answers are in the questionnaire before the clinician even meets with the client. Staff do not want to be judgmental, they just want to engage the client in treatment. The second goal is to improve community mental health by adding the Nedley's Depression and Anxiety Program. The Center is implementing this new curriculum. Many clients experience these symptoms, and the program will help a lot of people. The workbooks cost about \$40 each. The program is 8 to 10 weeks with a lot of research and science behind it. The prevention team is helping fund training for case managers. The third goal is to improve youth mental health and wellbeing by improving life skills with the parents and children. There is a mental health crisis in general but especially amongst youth. Data gathered at schools show there are many children who have thought about suicide and some who have even attempted. Each Center team will implement programs to build resilience and develop positive skills to keep thinking and emotions in check and manage relationships effectively. Nathan stated he is reading a book about how trauma can be passed down to other generations. There is a little bit of nature and nurture. The goal is to help clients be the person to stop the problem. The fourth goal is to build strategic partnerships to benefit the citizens in the Center's communities. The Center has a partnership with Intermountain Health (IH) and is working on partnerships with Gunnison Valley Health (GVH) and Chrysalis. Utah Behavior Services works with youth with autism in Richfield and recently approached the Center for a partnership. The benefit of strategic partnerships is they have specialized skills the Center does not have. Clients can be sent to them for specific reasons. There are 9 IH clinics in the Center's catchment area. One former employee oversees the mental health program for GVH. The fifth goal is to establish a receiving center to benefit the community members and partners. The goal is to help all communities and take some pressure off law enforcement deputies who have to transport long distances. This will add to the continuum of care. Commissioner Ralph Brown spoke to the governor when he was in Richfield last Friday who agreed a receiving center makes total sense. Commissioner Ralph Brown was really able to detail the toll on law enforcement and how it can be a six hour ordeal. Nathan stated it will be great if it can be added to the governor's budget. His goal is the crisis commission legislation. The support of the commissioners is key. Commissioner Darin Bushman asked if database solutions that are results oriented are arrived at solely or if there is an internal group who reviews them. Jared stated the SURE tool was a statewide initiative that was a five year process that began with UBIC and the clinical directors. They chose the best tool to meet the need then submitted it to the directors who sent it back, stating they did not think it was the right tool. The clinical directors reviewed additional tools and sent it back to the directors, stating they think it is the best tool and listed the reasons. The directors vetted the SURE and decided to go with it. All of the evidence-based programs (EBP) selected throughout the state are vetted by other agencies nationwide. Commissioner Trevor Johnson stated IH met with them last week about generational poverty and discussed something similar to the Mobile Crisis Outreach Team (MCOT) called Stabilization and Mobile Response (SMR). Anna stated SMR is for children and families 20 years old and younger so they really do not help with adults. It is great for that group. MCOT will respond to those types of calls and coordinate with SMR in monthly meetings. They can provide six weeks of intensive treatment for a few families at a time that connects them to the community. It is not a duplication so it does not have a negative impact on the Center. Jared stated MCOT goes to the scene, and SMR is telehealth. Anna stated if someone calls 988, the protocol is to call both

MCOT and SMR who decide which is the better solution. Jared stated the Center has research based approaches, but the single most important thing in helping someone improve is forming a positive relationship with them and genuinely caring about them.

**A motion was made by Commissioner Darin Bushman to approve the Area Plan and allow Commissioner Scott Bartholomew to sign it. The motion was seconded by Commissioner Marty Palmer. Motion carried.**

#### **V. EDUCATION ASSISTANCE APPROVAL:**

Nathan stated Jessica Colby is a case manager on the MCOT team who was accepted to the University of South Dakota for an online master's degree program in social work. She is asking the Center to assist her with 75% of the cost. The total cost is \$31,824 with the Center's portion at \$23,868 or \$3,182.40 per semester. Richard stated the budget has \$39,000 for education assistance. Commissioner Trevor Johnson stated Jessica should ensure the program is still accredited because his wife received an email that it is not. Chad Williams stated there was a hiccup last week that has been cleared up. Commissioner Dennis Blackburn asked if the schooling is online. Nathan stated the schooling is online, but the practicum must be completed in person. The Center currently has several interns completing their practicum, which will give them an idea if they will be interested or not.

**A motion was made by Commissioner Darin Bushman to approve Jessica Colby's educational assistance request upon confirming the school's accreditation. The motion was seconded by Commissioner Dennis Blackburn. Motion carried.**

#### **VI. NATIONAL CONFERENCE BOARD DISCUSSION:**

Nathan stated four commissioners attended the National Conference in Los Angeles and opened the meeting for discussion. Commissioner Marty Palmer stated he learned a lot and is glad he attended because he had no idea there were so many issues in the world with mental health and substance abuse. Richard thanked the commissioners for attending as he knows there is a lot going on in each of their counties. Commissioner Darin Bushman stated he attended a session about remote work that was very interesting and discussed empowering the remote workforce as this is the future. This generation is experience based and want time off work, flexibility, and the ability to work from where they want to live. The Center needs to start thinking in terms of this because it is already difficult to hire therapists. The cost of turnover can be over \$25,000 per year. Richard stated behavioral health is the perfect industry to be virtual. Nathan stated there is a population who do well with virtual therapy, but there are also those who need to meet in person. Commissioner Dennis Blackburn stated he learns something every time he attends the National Conference. He flew in and rode public transportation. It was interesting to see how people there are trying to survive. They stated 1 in 15 people need behavioral health treatment. Commissioner Darin Bushman stated he learned 30% of schizophrenia in men is caused by cannabis. Commissioner Marty Palmer enjoyed the session about the man who was planning to jump off a bridge but was saved by a deputy who empathized with him and asked him questions about how he was feeling. Commissioner Scott Bartholomew thanked Richard for taking them to a baseball game. It was fun to sit there for two and a half hours with a good group of people. Commissioner Darin Bushman stated he enjoyed the session on leadership through application. Leadership

training tends to focus at the top but leaders are needed amongst the ranks with formal and informal leaders.

## **VII. CONSTRUCTION PROJECTS:**

Richard stated the Richfield clinical office and day treatment facilities received a CIB grant for \$2,172,000. A loan of \$1,448,000 brings the total to \$3,620,000. Two bids were received at \$5,550,000 and \$6,200,000. The bid was awarded to Tushar Contracting, and the project will move forward. Commissioner Marty Palmer asked what the interest rate will be. Richard stated the interest rate is 0% but will probably increase up to 3.5%. The Gunnison administration building has preliminary drawings complete that were shown. The main floor has seven offices, restrooms, stairs, and an elevator. A ramp to the basement did not work out. There is a large board room in the basement with a kitchen, two offices, and restrooms. The building will have a total of nine offices. Commissioner Ralph Brown asked if the basement entrance is on the north side. Richard stated the entrance is on the west side. Commissioner Ralph Brown stated to make sure the roof covers the stairs. Commissioner Darin Bushman stated Travis Kyhl with Six County Association of Governments was very excited about getting out of the basement in their new two-story building that does not have a basement. Their architect stated building on a slab created significant cost savings. All of the building has natural light, and there are no water issues. Richard stated he will take that information to the architect. Commissioner Ralph Brown stated energy costs increase with a two-story building. Commissioner Darin Bushman stated a two-story building out of the ground is naturally lit and easier to live in. Commissioner Marty Palmer stated The Hive building in Nephi had water issues the first time it rained when water came into the building from the east side ramp. Commissioner Scott Bartholomew asked which direction the entrance will face. Richard stated the entrance will face east and access to the parking lot comes from Main Street. The building must be two levels because a receiving center needs to be built on the same parcel. Commissioner Scott Bartholomew stated the pharmacy owns the corner lot so the Center will want to clear a right of way to the street. Richard stated he is hoping to place the building out for bid at the end of June or beginning of July. He will approach the pharmacy to see if they are still planning to build on the corner.

## **VIII. PERSONNEL ACTIONS:**

Nathan stated Jesse Wilkey has been hired as a part-time maintenance worker for the Nephi office, Sisilia Vakautakakala as a full-time office manager in Ephraim, and Brenden Smith as a full-time case manager in Ephraim. Sisilia and Brenden are part of the overstaffing for the Ephraim office. Jeanie Hellyer has been hired as a full-time nurse for the Millard-Juab team. Rodney Nielson is the current nurse there who will train Jeanie and then be reassigned to the Sanpete team. He lives in Aurora and is excited for the change and to help overstaff that team. Nathan is still working with Four Corners Behavioral Health on utilizing their prescriber. Richard stated there has been encouraging news coming from the Sanpete team.

## **IX. JUNE BOARD RETREAT DISCUSSION:**

Nathan stated in years past there have been different board retreats such as golfing, trail riding, and touring a tomato factory. The commissioners can decide if they would like to do a retreat or just the budget hearing. Commissioner Scott Bartholomew stated he would like to have the commissioners do the voice training and bring their spouses. The meeting will be held at the new

residential facility in Richfield. Anna will provide voice training at 4 p.m., the budget hearing will be at 4:30 p.m., dinner at 4:45 p.m., and the regular meeting at 5 p.m.

**X. EXECUTIVE SESSION:**

Not needed.

**XI. EXECUTIVE SESSION ACTION:**

Not needed.

**XII. MEETING SCHEDULE:**

The next Authority Board meeting and Budget Hearing is scheduled for Wednesday, June 14th, 2023 at 4:00 p.m. at Central Utah Counseling Center's residential facility in Richfield.

**XIII. OTHER:**

Nothing to report.

**XIV. MATTERS FROM THE BOARD:**

Nothing to report.

**A motion was made by Commissioner Marty Palmer to adjourn the meeting. The motion was seconded by Commissioner Trevor Johnson. Motion carried.**

**The meeting was adjourned at 6:37 p.m.**

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**Julie Lynn, Accountant**