

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

DATE: September 13, 2023

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

TIME: 4:30 PM

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

EXCUSED: Holly Kunzler

I. APPROVAL OF MINUTES:

A motion was made by Commissioner Marty Palmer to approve the minutes of the June 14th and 21st, 2023 Authority Board Meetings with the FY2023 revised budget amounts adjusted as noted. The motion was seconded by Commissioner Ralph Brown. Motion carried.

II. FINANCIAL REPORT:

Richard Anderson stated there is no fiscal year (FY) 2024 financial report to present because Medicaid switched to the PRISM system that has not been able to accurately absorb encounter data to generate payment information. The PRISM system has been used for credentialing and is now used for encounters. Reconciliations are being worked on without an expected completion date. The last fiscal year cannot be closed because of this issue, which has pushed back the Center's independent financial audit. Richard is hoping to have more detailed information next month.

III. CLINICAL SERVICES BOARD REPORT:

Jared Kummer provided the clinical services quarterly report. He was unsure of what to expect in the first quarter due to the carbon monoxide exposure but was surprised to see it was the highest quarter the Center has had since preparing this report. The second quarter was the second highest. The medication management trend line is up. Last quarter was down a bit. A part-time subcontractor has been brought in from Four Corners Community Behavioral Health, and an additional prescriber position has been advertised. Group therapy has been decreasing, in part due to increasing therapeutic behavioral services (TBS). Richard stated the Center's focus is legacy mental health Medicaid, which is not typically group therapy, which is focused more on

substance use disorder clients. This shift could be a good thing financially for the Center. TBS services were around 1000 when COVID started to around 2700 last quarter. Case management and personal services have a somewhat flat line. Administration held a retreat recently where these services were discussed. Case management is an area for potential growth. Administration is looking at adding a screening tool in the intake paperwork to identify clients who are severely mentally ill to set them up with a case manager in a more systematic way to ensure they get the help they need. This will benefit the clients in the counties greatly. Hospital bed days and mobile crisis outreach team (MCOT) services were shown comparatively. Hospital bed days had a height of 404 prior to MCOT implementation. As MCOT has grown, hospitalizations have decreased. There are now more MCOT services than hospital bed days. Commissioner Scott Bartholomew asked if this shows MCOT is working. Nathan Strait stated the data leans that way, however there are multiple factors at play such as the severity of individuals seeking services being higher than before. The community states MCOT is an invaluable service they do not want to see go away. Commissioner Ralph Brown stated people are receiving emergency services much faster, which can be a key to survival. Richard stated there may be bed days the Center has not yet paid for, but he feels the trend is downward. Some of the clients who ended up being hospitalized after an MCOT service may have died by suicide had the Center not intervened. There is a whole new subset of people the Center is helping. Richard pulled data on the highest client hospitalization costs, and the team leaders knew right who the clients were and how they were doing at this moment. Most are doing well and have improved. The Center is spending money, but it is helping people. Commissioner Scott Bartholomew asked if there was a raise in service requests when the national suicide line came online. Anna LaDamus stated referrals from the Utah Crisis Line have increased. Their goal is to handle 90% of the calls they receive without having to reach out to the community. Jared stated MCOT is well worth the investment, and Anna does a great job with her team keeping the community safe and improving community relations.

IV. SANPETE TEAM REPORT:

Christian Matthews presented a report on the Sanpete team. The situation there is very complex and challenging right now. There is also movement and focus. April was the first full month Chris was on the team. They were able to complete 8 evaluations with their in house therapists. In August, that number increased to 41, which is pretty typical of an average 35 to 55 evaluations per month. They are back to being able to handle the clients coming in and distributing them across the team. The actual number of sessions in April by in house therapists were 232, and 90 of those were completed by one therapist. In August the number increased to 380 services that were distributed more evenly across the team. The Sanpete team has 3 office managers, 5 case managers, 2 therapist interns, 7 therapists, 1 maintenance, 2 nurses, 2 prescribers, and 1 team leader. All staff are working except one case manager. Some staff are not able to work 40 hours per week yet. Commissioner Scott Bartholomew asked the difference between a case manager and therapist. Chris stated therapists have a master's degree and licensure to provide therapy with clients. Case managers may or may not have a college education but have training in helping clients connect to resources, work with them on different skill areas, and run groups. Case managers have limitations because they are not licensed. There have been many conversations on how to better utilize case manager skills to help clients. The team provides mental health and substance use disorder clinical services such as evaluations, individual and group therapy,

psychosocial rehabilitation groups, case management services, medication assessment and management, and residential living. Richard stated integrated health is a popular term right now, and case managers and medical providers are key at helping clients with their physical health needs. Nathan stated a client came in and thought they had cancer so a case manager coordinated assessment, treatment, and provided transportation to help the client survive. Commissioner Scott Bartholomew stated he referred a couple who are mentally incapable of taking care of themselves, and he did not realize the Center provided basic life skills training until he saw the improvements this couple has made. Commissioner Trevor Johnson asked if anxiety and depression make it so people cannot complete these skills, if they are raised that way, or if they just fall into that state. Nathan stated it can be any of those reasons. Typically, positive and negative symptoms are discussed. Positive symptoms are something given to a person they do not necessarily want like hallucinations or delusions. Negative symptoms are things taken away such as ambition or hygiene. Every mental health disorder has positive and negative symptoms. Most skills groups include clients with severe mental health illnesses. The groups help them require these skills. Chris stated the skills group was redone in June. Some of the clients had a hard time with the adjustments but are starting to give positive feedback. The residential unit has 7 to 10 residents. Group services provided include seeking safety, early recovery, dialectical behavior treatment, moral reconnection therapy, mens and womens groups, thinking errors, and day treatment groups. Community services provided include recovery court (drug court), family recovery court, adult probation and parole (AP&P) referrals (justice reinvestment initiative), division of child and family services, school based services, and prevention. Collaborative treatment efforts include a therapist who sees prisoners at the jail to screen and assess for post-incarceration services through recovery court and AP&P. One of the most challenging and vulnerable mental health clinical profiles the team is currently seeing is that of a 13 to 17 year old female. They are trying to figure out who they are while dealing with bullying, gender identity, trauma, broken and blended homes, anxiety and depression, and body dysmorphia. Personality disorders are usually not diagnosed until at least age 18, but these symptoms are showing in this clinical profile such as borderline, codependence, and avoidance. It is challenging to work with due to trust issues, coordinating family resources, and assessing suicidality with high emotion that is unregulated. Oftentimes this profile may be hospitalized one to three times before something works well enough to help them move on. It can be difficult in rural areas because the person is discharged from the hospital back to their exact same community, home, and school. Commissioner Scott Bartholomew asked at what point people realize the behavior is not normal and help is needed. Chris stated social media provides so much messaging telling people how to think, dress, etc. that clinicians need to help the person through their identity process by accepting themselves. Commissioner Marty Palmer asked if clinicians deal with divorce and blended families. Chris stated this is a common issue, and most children blame themselves and need help working through these emotions. Trust issues cause these clients to want to switch therapists after only a few sessions.

V. BUSINESS LICENSE EXEMPTION APPROVAL:

Nathan stated the Center's offices go through a licensing process every year, and the new licenser is requiring business licenses from the cities. Since the Center is a government entity, these licenses are not required, and the Center can request an exemption by having the commissioners sign a document. Nathan created a document that has been approved by the

licensor. Commissioner Ralph Brown thinks this approval needs to come from the cities because they issue the licenses. Commissioner Trevor Johnson stated it sounds like the letter notifies licensing that the Center is a government entity that does not require a business license. Nathan will forward the letter to the commissioners who will review it with their advisors for direction.

VI. PERSONNEL ACTIONS:

Nathan stated since the last meeting in June, there have been four new hires, four resignations, one reassignment, and one termination. Kathy Farmer resigned as a therapist in Fillmore. Shalisse Henderson resigned as a case manager in Richfield. Brittany Frischknecht was reassigned from an office manager to a case manager in Richfield. Crista Gerety was hired as an office manager in Richfield. Trista Madsen resigned as a custodian in Nephi. Tiffany McCollum was hired as a custodian in Nephi. Jesse Wilkey resigned as maintenance in Nephi. Daniel Kjar was hired as maintenance in Ephraim. Shaunna Meredith was hired as a therapist in Nephi. She has been an unpaid intern and recently graduated with her master's degree. Harmonie Strickland was terminated as a case manager in Ephraim.

VII. EXECUTIVE SESSION:

A motion was made by Commissioner Marty Palmer to move into Executive Session for the purpose of discussing property, personnel, and pending litigation. The motion was seconded by Commissioner Ralph Brown. Votes by voice included Commissioner Ralph Brown yes, Commissioner Scott Bartholomew yes, Commissioner Marty Palmer yes, and Commissioner Trevor Johnson yes. Roll call of those in attendance included Richard Anderson, Nathan Strait, Lynnette Robinson, Commissioner Trevor Johnson, Commissioner Marty Palmer, Commissioner Scott Bartholomew, Commissioner Ralph Brown, Christian Matthews, and Sanpete County Attorney Kevin Daniels.

A motion was made by Commissioner Ralph Brown to move out of Executive Session. The motion was seconded by Commissioner Trevor Johnson. Votes by voice included Commissioner Ralph Brown yes, Commissioner Scott Bartholomew yes, Commissioner Marty Palmer yes, and Commissioner Trevor Johnson yes. Motion carried.

VIII. EXECUTIVE SESSION ACTION:

As a result of the Executive Session, a motion was made by Commissioner Ralph Brown to authorize Center administration to obtain business license exemptions from each city, respond to the claim that has been filed, and list the building at 255 S Main St in Richfield for sale. The motion was seconded by Commissioner Trevor Johnson. Votes by voice included Commissioner Ralph Brown yes, Commissioner Scott Bartholomew yes, Commissioner Marty Palmer yes, and Commissioner Trevor Johnson yes. Motion carried.

IX. MEETING SCHEDULE:

The next Authority Board meeting is scheduled for Wednesday, October 11th, 2023 at 4:30 p.m. at Steve's Steakhouse in Richfield.

X. OTHER:

Nothing to report.

XI. MATTERS FROM THE BOARD:

Nothing to report.

A motion was made by Commissioner Trevor Johnson to adjourn the meeting. Motion carried.

The meeting was adjourned at approximately 7:30 p.m.

Julie Lynn, Accountant