



West Virginia Behavioral Health Planning Council (WBHPC)
July 23, 2015
Flatwoods Days Inn • Sutton, WV
Meeting Notes

WBHPC Vision: *The West Virginia Behavioral Health Planning Council is a unified voice that promotes wellness, recovery, and resiliency for all West Virginians. (2012)*

WBHPC Mission: *to improve the mental health system and function as a catalyst of change in that system. (2008)*

Participants:

Linda Pauley, Chair
Aaron Morris
Ted Johnson
Vanessa VanGilder
Joe Cunningham
James Ruckle
Tom Kimm
Cathy Reed
Phil Reed
Nancy Schmitt
Donna Moss
J.K. McAtee
Christy McAtee

Taylor McAtee
Dr. John Aldis
Pete Minter
Richard Ward
Dave Sanders
Bob Musick
Ardella Cottrill
JR Cottrill
Bob McConnell
Kim Walsh
Martha Minter, Staff
Jenny Lancaster, Staff
Dr. Carl Rolly Sullivan, Presenter

Executive Committee Meeting (*Executive Committee Members only*)

Welcome, Introductions and Review of Agenda – *Linda Pauley, Chair*

- Linda Pauley, Chair, opened the meeting and welcomed participants.
- April 16, 2015 meeting minutes were reviewed by participants.
- Motion to approve April 16, 2015 meeting minutes – Tom Kim; second – Aaron Morris; all approved.

Committee and Agency Reports and Announcements

Membership – *Ardella Cottrill*

- Members up for reconfirmation:
 - Bob McConnell, Nancy Schmitt, Cathy Reed, Linda Pauley, Joe Cunningham
- Motion to reconfirm members – Phil Reed, second – Ted Johnson; all approve
- Patrick Tenney, Heather Hoelscher, Lou Ann Petts (not in attendance)
- New members were recommended for the council:
 - Marian Steele – motion to approve – Cathy Reed; second – Aaron Morris; all approved
 - Billie Tharp – motion to approve – Joe Cunningham; second – Cathy Reed; all approved
 - Brandon Whitehouse – motion to approve – Aaron Morris; second – Cathy Reed; all approved

Housing – Pete Minter, HUD

- 9 HUD Entitlement communities in WV
- \$25 million (compared to FY 13 - \$32 million) with largest cuts in HOME program
- HOME program had a lot of flexibility for rental housing/home ownership, etc.
- HOME dollars have been cut significantly - in WV - \$4,816,000 (six years ago it was \$16 million)
- Housing Policy Working Group has developed an Affordable Housing Study (draft form)
- WV Housing Conference – September 15, 16, 17 at Embassy Suites, Charleston WV

Disaster Preparedness Training – Joe Cunningham

- Disaster Preparedness Training for Congregations and Nonprofit Organizations
- <https://wvoad.communityos.org/cms/home>
- Hosted by WV VOAD and The Presbytery of West Virginia
- Cost \$10; Location: South Charleston – Sept. 12-13, 2015
- First Presbyterian Church, 508 Second Street SW, South Charleston, WV 25303

Adult Services Committee – Tom Kimm

- Invited Dr. Sullivan to speak about Medication Assisted Treatment
- Narcan is now more available
- Behavioral Health HMO Rollout
- Planning to implement a satisfaction and consumer survey on the WVBHPC website
- Eastern panhandle – 40 Developmental Assets Curriculum in schools and Safe at Home is being piloted in the region

YWCA of Charleston – Sojourner’s Shelter – Margaret Taylor (via email)

- Currently we are at capacity, which is 75-beds and we have utilized cots on several occasions.
- We are seeing a change in trend, as we are seeing more families with 4 or more children.
- With the new HUD Access Rule, we are seeing a diversified group of people that is said to be a family unit. This has presented a whole new set of challenges given the population we serve.
- We have seen a decrease in the use of alcohol and an increase with the use of drugs, especially with prescription drugs.
- The Children's Homeless Outreach Program (CHOP) consist of eight of the ten DHHR contracted shelters. The program provide access to services for families with children experiencing SED. We utilize an EBP program called Second Step. Thus far the program is fully staffed and we are continuing to address the needs of those seeking services.

Nancy Schmitt

- Participated in Webinar – Faces and Voices of Recovery – Having a Stable Place to Live
 - Webinar 1 - 5/6 – Housing and Homelessness within the Addiction Recovery Community Part 1
 - Webinar 2 – 5/20 – Housing and Homelessness within the Addiction Recovery Community Part 2
 - Webinar 3 – 6/3 – Collaborating for Success: Recovery Community Organizations and Housing Services Providers
 - Webinar 4 – 6/17 – Best and Promising Practices: Roles of Peers and Peer-Run Programs
 - Webinar 5 – 7/1 – Moving Towards Solutions: Preparing the Workforce
 - Webinar 6 – 7/8 – Educating the Public: Advocacy and Public Policy
- Attended Round 16 Task Force meeting with Dr. Sullivan and Dr. Berry focusing on treatment approaches to the Opioid epidemic in WV.
- BH Workgroup – talked about what everyone was doing in their organization. Worked on strategic work plan; Guest speaker – Rita Quinn – East Ridge – shared about programs/services offered at East Ridge.

Presentation: Medication Assisted Treatment

Dr. Carl "Rolly" Sullivan, WVU School of Medicine - Dept. of Behavioral Medicine & Psychiatry

- Dr. Sullivan provided a history of his addiction program, opioid epidemic, and options for Medication Assisted Treatment
- Took over addiction program in 1985 – will be 30 years in July
- Practice was mostly related to alcohol; did not see a lot of primary drug problem.
- In 1990 – saw heroin coming in from Maryland
- Contributing event – strong advocacy movement in 1990s that said docs were neglectful in treating patients in chronic pain and patients needed more aggressive treatment; at same time an article written – that when patients were given opioid during surgery they were not likely to become addicted; pharmaceutical company used these to educate doctors on chronic pain – and opioids.
- 1995 – OxyContin came on the market as a safe opioid
- Practice swung from alcohol to opioid addiction
- Originally treatment was the 28 day Minnesota model – worked for alcohol but not opioids
- When starting up Suboxone treatment – added the therapy component
- Medication alone is not treatment. Need to have therapy component.
- Three types of medications: Methadone, Naltrexone, Buprenorphine (Suboxone/Naloxone and Subutex)
- Methadone – pros – long lasting, been around for a while; cons – clinics are located in rougher areas; therapy was not typically included; diverted
- Naltrexone – pros – not diverted, cons – compliance issue
- Buprenorphine – pros – less risk of overdose; in combination with therapy; cons (some can be diverted)
- Suboxone – very safe – can't overdose (adults) – at low dose, acts like an opioid; as dose increases it acts like an anti-opioid
- Buying street Suboxone is not treatment
- Many bad docs/clinics over prescribing for cash
- How long should people be on MAT – answer is unknown
- See everyone weekly until 90 days clean/sober; then see every other week until a year clean/sober; then see every 28 days after
- Question – how do we translate this to small practice, small town, rural – Answer - need to have doctor and therapist sign on – then doctor hands over prescriptions to therapist who holds them until after therapy session

Presentation: BRSS TACS Project

David Sanders, WV Bureau for Behavioral Health and Health Facilities

- Grant 3 years ago from SAMHSA to build peer workforce
- Worked on Peer certification at bureau and WVBHPC
- "Common Ground Initiative" - <https://www.patdeegan.com/commonground>
- Decision support center software in Huntington WV
- Setting goals around health care and health care provider
- Reach shared decisions with health care provider
- Common Ground software helps setup talking points with health care provider – go to shared decisions support center (peer support center in Huntington) then take their reports to health care provider.
- New initiative will allow Pretera to receive files electronically to have before appointment.
- Can review profile

2015 BRSS TACS Action Plan

- Project Vision – All West Virginians have access to a quality peer-directed, integrated peer support system that is sustainable and promotes wellness and recovery.

- Objective 1 – The WV BRSS TACS team will develop marketing strategies to promote the recovery workforce and decrease stigma (video success stories, host team meetings, webinars, marketing materials)
- Objective 2 – The WV BRSS TACS team will develop and submit a plan to the WV Bureau for Medical Services to help establish Medicaid reimbursement in WV for recovery support services (research on Medicaid reimbursement for peer support, develop policy recommendations, pilot “fee for service” billing code)
- Objective 3 – The WV BRSS TACS team will develop and promote the opportunities for self-direction and peer employment by enhancing the Common Ground shared decision support center and increasing availability of Wellness Recovery Action Planning (WRAP) groups (training and TA from Pat Deegan & Associates; training event; integrate activities of the shared decision support center with the regional behavioral health provider; convene WRAP for 20 people)
- Objective 4 – The WV BRSS TACS team will further develop and launch a peer certification process for the state of WV (curriculum development for certification training, marketing, certification training and testing event)

Presentation: WV Leadership Academy

J.K. McAtee, WV Leadership Academy

- Celebrating 20 years and will hold 50th WVLA in Huntington on Sept. 2-4, 2015
- 2015 Model – held on college campuses, development of media guide
- Outcomes 2015:
 - Clarksburg WV at FSU’s Caperton Center 4/2015 – 24 participants from 12 counties; 22 graduates
 - Beckley WV at New River CTC 5/2015 – 16 participants from 10 counties; 12 graduates
 - Parkersburg at Ohio Valley U. 10/14 – 16 participants, 3 counties; 12 graduates
 - Satisfaction surveys – overall positive, helpful, network, empowered, planning for change, met expectations
- Totals 2015:
 - planned 4 academies and Train the Trainer
 - 56 participants
 - 46 graduates
 - 23 counties
 - monthly conference calls
- Grant deliverables: 45 graduates, 3 academies, train the trainer, quarterly conference calls
- Ongoing efforts – monthly calls on topics
 - Peer recovery support specialists employment
 - Legal Aid Drop in Center training
 - Future WVLA Plans
 - Legislation
 - Joe Rogers of National Consumer Clearing House
 - Statewide Peer Network
 - Regional Updates
 - NAMI Information
 - Upcoming IBHC Peer Track, BRSS TACS, UNITE Recovery
- 2016 Vision:
 - Future WVLA’s planned for regions 1, 2, 3
 - Collaborate with MSPCAN for weekend with families
 - Working to collaborate with WV Commission for Deaf/Blind translators for cross disabilities
 - WVLA refreshers in regions 2, 4, 5, 6 utilizing peer operated services for recovery events
 - Train trainers in each region to assist with Refreshers from POS Centers

Planning for the 2015 Integrated Behavioral Health Conference

Training More Providers – James Ruckle, WV Behavioral Health Planning Council Member

- Need more treatment – need more providers
- Would like to setup a brainstorm session to train/graduate more providers; we already have people with masters degrees who could be trained in other areas
- Wants to setup a session at the IBHC conference - if interested, contact James Ruckle – jbovruckle@yahoo.com
- Suggestion to approach providers at IBHC and invite them to the WVBHPC meeting to plan for next conference

Updates – Ted Johnson

- Kim Walsh, BBHMF wants Planning Council participation for Block Grant
- Pull together a committee/process to develop instrument for surveying
- US Commission on Civil Rights – has an advisory committee in every state
- WV Advisory Committee has been meeting via phone and is putting together an activity on Aug. 14th at the capitol
 - (1) to gather information on training for law enforcement focusing on crisis intervention training
 - (2) to talk about capacity in WV for expanding mental health courts and
 - (3) to discuss lack of data collection in behavioral health


Safe at Home Initiative

- Children in WV far more institutionalized than other states – looking to change to community based approach
- Safe at Home AFA has been released


Next Meeting

- October 15, 2015 - Charleston

Adjourn




WV Leadership Academy
 Project Report to WVBHPC
 7/23/2015
 J.K. McAtee, PR
 Coordinator




WVLA 2015

- WV Leadership Academy is celebrating 20 years of providing education to peers. We are about to hold our 50th WVLA in Huntington, September 2-4, 2015.
- We plan to capture some input from persons who have been important to the program from the beginning and add that into the history of the introduction




2015 Model

- Held on College Campuses
- Introduces Collegiate Learning Atmosphere
- Three Participants Enrolled in College
- Ease of Access & Parking
- Community Based, 75% Commuting
- Access to Cafeteria or Catering
- Access to Multi Media
- Updated Facilities
- Development of Media Guide




Outcomes 2015

- Clarksburg, WV at FSU's Caperton Center, 4/2015
- Beckley, WV at New River Community & Technical College, 5/2015
- 24 participants from 12 counties;
- 22 Graduates
- 16 participants from 10 counties
- 12 Graduates



Satisfaction Surveys

<p>Clarksburg</p> <ol style="list-style-type: none"> Found training helpful 90% Strongly Agreed 10% Agreed Increase Outreach/Network 59% Strongly Agreed 41% Agreed Feel Empowered 59% S/A: 41% Agreed Planning for Change 59% S/A: 41 % Agreed Met Expectations 82% S/A: 18% Agreed 	<p>Beckley</p> <ol style="list-style-type: none"> Found Training Helpful 80% Strongly Agreed 20% Agreed Increase Outreach/Network 60% Strongly Agreed 40% Agreed Feel Empowered 70% S/A: 30% Agreed Planning for Change 80% S/A: 20% Agreed Met Expectations 70% S/A: 20% A: 10% Disagreed
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Outcomes 2015

- Parkersburg, October 2014, Ohio Valley University
16 Participants, 12 Graduates from 3 Counties
- Satisfaction Surveys**
 - Found Training Helpful : 66% S/A; 34% A
 - Increase Outreach/Network: 56% S/A; 44% A
 - Feel Empowered: 66% S/A; 44% A
 - Plan for Change: 75% S/A; 25% A
 - Met Expectations: 84% S/A; 16% A



Totals 2015

- Planned 4 Academies & Train the Trainer
- 56 Participants
- 46 Graduates
- 23 Counties
- Monthly Conference Calls

- Grant Deliverables: 45 Graduates
- Hold 3 Academies
- Train the Trainer
- Hold Quarterly Conference Calls



Ongoing Efforts

- Monthly Conference Calls/Topics
 1. Peer Recovery Support Specialists Employment
 2. Legal Aid Drop In Center Training
 3. Future WVLA Plans
 4. Legislation
 5. Joe Rogers of National Consumer Clearing House
 6. Statewide Peer Network
 7. Regional Updates (2)
 8. NAMI Reformation
 9. Upcoming IBHC Peer Track, BRSS TACS, UNITE Recovery



2016 Vision

- Plan to hold academies in Governors Task Force Regions 1, 2 & 3
- Collaboration with Family Leadership First to hold Academy over a week end to include families with childcare
- Working toward cross disabilities including deaf and blind assistance through Collaboration with WV Commission for Deaf and Blind possible translators.
- Hold Leadership Academy Refreshers in Regions 2, 4, 5 & 6. Utilize Peer Operated Services (POS) in each of those regions to provide recovery events.
- Train trainers in each region to assist with Refreshers from POS Centers (Drop In Centers & Recovery Centers)



Q & A with Love

