

**West Virginia Behavioral Health Planning Council
15 April 2021 Meeting
Zoom online meeting**

Attendance

Members:

Cathy Reed,
Phil Reed
Ardella Cottrill
Rich Ward
Joyce Floyd
Aaron Morris

Linda Pauley
Vanessa Vangilder
Tammy Ketchem
J.K. McAtee
Nate Siggers
James Ruckle

Donna Moss
Sandra De Laet
Jason Parmer
Heather Hoelscher
Wesley Wood
Nancy Deming

Members Excused

Patrick Tenney
Holly Crookshank

Brenda Lamkin
Carmen Easter

Guests:

Martha Minter
Jenny Lancaster
Cathy Caps-Amburgey
Rebecca Jennings

Kevin White
Liz bricks
David Deutsch
Dawn Brown

Elliott Birckhead
Lydia Saad

Minutes

Cathy Reed Made a motion to accept; Aaron Morris seconded it with a small correction on page six of the minutes; suppose to say legislators Motion carried

Membership Update:

A couple of applications would like the membership committee to meet and discuss them.

Families Strong Presentation: Dawn Brown

Dawn Brown from Mosaic Group gave us a presentation about Mosaic Group and Families Strong, WV. Each group will have up to 12 people, meet for 9 weeks

State Updates-

Richard Ward- Dept of Rehabilitation Services

DRS is open for business, with no waiting list for anyone that is seeking employment and needing assistance.

Pre-Employment transition- Students 14-21

Instruction Self-Advocacy & Career Exploration Opportunities

Was held in summer, now year-round- held virtually, but going back to in-person, & blended model. We are working on several new programs with more info provided in future

Consumer Satisfaction Surveys (September 2019-August 2020)

Adult Population- Primary Disability was hearing impairments, Next largest number of surveys we got back it was reported that Behavioral Health Conditions was primary. 88% of all the respondents rated their overall experience with the DRS as either above average or Excellent.

Transitioning Youth Population- the largest number of respondents reported that their disability was behavioral health. And 82% of those respondents rated their overall experience with the DRS as above average or excellent.

Cathy Capps-Amburgey

January - March:

Training with Dr. Richard Rawson and Al Hasson – Methamphetamine Use Disorder and Contingency Management

Background: ODCP and BBH worked together to have Dr. Rawson speak virtually (to an audience of 343 in July 2020) and in-person to WV audiences (providers, MCOs and DHHR) at least multiple times. Dr. Rawson also was introduced by Bob Hansen to present at WVU's virtual Addiction Training Institute last year prior to BBH and ODCP working with WVU to roll out the TRUST (Treatment of Users of Stimulants) pilot.

These initial "101" overviews for WV providers laid the groundwork with common themes that included:

- WV's sharp increase in methamphetamine use has led to behavioral health providers who are in great need of information on how to effectively treat polysubstance use.

- Dr. Rawson effectively explained the science to make the argument for how individuals with Opioid Use Disorder (OUD) and a Medications for Opioid Use Disorder (MOUD) treatment pathway are particularly vulnerable to stimulant use disorder.

- Dr. Rawson described how contingency management can be especially effective to focus on engagement and abstinence due to the impact of meth use on cognition and behavior.

TRUST Pilot: After laying this groundwork, multiple providers wanted to know how to implement contingency management, particularly with Dr. Rawson's expertise. The next step was a pilot project (TRUST). Dr. Rawson identified specialty care, behavioral health providers, with significant experience as the ideal participants. The key staff for the pilot is the counselors and other behavioral health clinicians. Six provider

organizations were chosen through the application process to receive intensive mentoring sessions with Dr. Rick Rawson and his colleague Al Hasson.

The TRUST Pilot is ongoing for the next several months with grantees having begun implementation of the TRUST protocols.

Bi-weekly follow-up Zoom meetings with grantees were held from January 12 – March 23 with 22 – 26 participants per meeting. Monthly calls with grantees will continue for 7 months

January 6: SOR/ORN

Motivational Interviewing, presented by Sky Kershner

Motivational Interviewing is an evidence-based practice that can be very effective in helping people consider making changes to behaviors, such as addictions. 365 participants

February 3: SOR/ORN

SMART Recovery, presented by David Koss

Purpose: SMART stands for Self-Management and Recovery Training. The SMART approach is secular and science-based, using cognitive behavioral therapy and non-confrontational motivational methods. 211 participants

February 24, 25, and 26: BBH Trainers Dave Sanders and James Matney

Peer Recovery Ethics Workshop

This three-part workshop provided the knowledge that informs the skills and attitudes of the ethical practice of peer support. Ethics in the delivery of recovery support services is crucial to the success and quality of those services. Through discussion and practice sessions participants will examine the ethical responsibilities of peer supporters and discuss ethical scenarios in small group settings. 104 participants

March 3: SOR/ORN

Compassion Fatigue and Self Care, presented by Kris Wright, LCPC 215

participants

March 17, 18, and 19: BBH Trainers Dave Sanders and James Matney

Peer Recovery Ethics Workshop

This three-part workshop provided the knowledge that informs the skills and attitudes of the ethical practice of peer support. Ethics in the delivery of recovery support services are crucial to the success and quality of those services. Through discussion and practice sessions participants will examine the ethical responsibilities of peer supporters and discuss ethical scenarios in small group settings. 19 participants

March 30: WV Peer Recovery Support Specialist

Help304 and Other Crisis Resources; Stimulant Use Disorder; Aftercare Placement and Resources

Peer recovery is an individualized journey that offers a unique perspective and understanding of the difficulties associated with substance use disorder and its impact. Peer Recovery Support Specialists (PRSS) are an essential component to the Opioid Use Disorder (OUD) Continuum of Care.

Through shared understanding and respect, PRSS staff help link individuals to treatment and encourage them to stay engaged in the recovery process.

The West Virginia Department of Health and Human Resources, Bureau for Behavioral Health is hosting quarterly regional PRSS training to provide educational opportunities on important issues pertaining to addiction and recovery. The training will provide more “tools in their toolbox” when working with individuals in recovery.

Other BBH Updates:

COVID-19 Emergency Funds \$2 million

At the last WVBHPC meeting, BBH had just received an announcement that we were awarded the COVID-19

Emergency Funds grant for \$2 million, so in follow up to that announcement, BBH is sharing this additional information.

Summary: West Virginia will use the **Emergency Mental Health and SUD during COVID-19 SAMHSA** grant to serve individuals in West Virginia who are experiencing substance use disorder (SUD), serious mental illness (SMI), co-occurring disorders, or emotional distress exacerbated by the COVID-19 crisis. Priority will be placed on increasing behavioral health service access to high-risk populations, including individuals in essential services, experiencing homelessness, in recovery, actively using substances, un- or underemployed, un- or underinsured, involved with the child welfare system, and reentering communities from incarceration. Statewide services will be deployed through four regional teams comprising the state's 13 comprehensive behavioral health centers (CBHCs), with support from West Virginia University and other partners. Evidence-based practices will include motivational interviewing (MI), medication-assisted treatment (MAT), SBIRT, and trauma-focused cognitive behavioral therapy (TF-CBT).

For more information, please contact Rebecca @ Rebecca.E.Roth@wv.gov .

Behavioral Health Workforce and Disparities Training Center(s) AFA

On December 14, we launched a Behavioral Health Workforce and Disparities Training Center(s) AFA. The application deadline was January 21, 2021, and the grant was awarded to Marshall University Research Corporation (MURC). The grant cycle is March 1 – September 30, 2021, in the amount of \$425,000 for a statewide training initiative to provide seven specific pieces of training for the behavioral health workforce professionals and paraprofessionals.

WV Intensive TA Capacity Building Project for Motivational Interviewing (MI)

The Central East Addiction Technology Transfer Center Network (ATTC) is sponsoring an Intensive TA Capacity Building Project for MI. The primary purpose of this initiative is to provide training and technical assistance to Behavioral Health Provider Organizations in West Virginia in fully integrating Motivational Interviewing into administration, supervision, and the provision of programs and services. Five provider organizations were chosen to participate, and the training began in March and extended through September.

WV Statewide Epidemiological Outcomes Workgroup

The next WV Statewide Epidemiological Outcomes Workgroup meeting will be on April 22, 2021, @ 2:00 pm. The WV SEOW facilitates statewide prevention improvement by

leading a systematic process to gather, review, analyze, interpret, and disseminate information about substance use in West Virginia. The WV SEOW establishes a systematic framework for ongoing monitoring of prevention needs and outcomes in the state. To register for the next (April 22) meeting please click here:

[https://zoom.us/meeting/register/tJAsfuCqpjkuGNHtJvGAedBv1EFyHtDIwfJH](https://zoom.us/join/joinMeeting?meetingRef=JAsfuCqpjkuGNHtJvGAedBv1EFyHtDIwfJH)

New BBH Website

The new BBH Website will go LIVE within the next few weeks. The new website will feature a training and TA calendar to highlight training offered around the state.

Jason Parmer/Kevin White- Disability Rights of WV

- PAIMI- Protection & Advocacy for Individuals with Mental Illness
- Monitors Jails, Prisons, & State Hospitals
- monthly meetings to discuss grievances of the patients at state hospitals.
- April 12, 2021, daily statistics were 426 people in psychiatric hospitals, both state and private 174 of those were what they call forensic and the remaining 252 or civil commitment.
- Not enough home & community-based services:
- Assertive Community Treatment needs to be expanded to be available in all areas of the state
- Community Mental Health Centers should provide 24 Hour Emergency Care
- People with Serious Mental Illness in jail; spend months for minor misdemeanors

Block Grant:

- The council should be reviewing the block grant & make comments on it
- The council should be making recommendations, advocating for adults with serious mental illness, children with a serious emotional disorder, and other people with mental illness and substance use disorder; monitor, review and evaluate not less than once each year the allocation and adequacy of behavioral health services within the state.
- When do we see the plan & the annual implementation report to see how things are going?
- Could someone come to talk to us about the block grant and evaluating the outcomes?
- Planning Council 101 Webinar
- Best Practices for State Behavioral Health Planning Councils Webinar
- National Association for State Mental Health Program directors has training
- And if anyone else doesn't have the PowerPoints that I looked at there's a website called the National Association for State mental health program directors, and they have a lot of training that are done by SAMHSA on planning councils I probably have eight or nine of them about, you know, looking at state data and the data you request and all that stuff and I'll be happy to share any of those with people that are interested in looking at them.

Covid-19 Vaccinations at State Hospitals/Diversion

- Offered to everyone, many have taken it
- Not going to supply percentages
- Diversion Facilities, slower process, the barrier being tied to get legal guardian

consent or decision-maker consents

Bureau of Medical Services-

- Accepting WVCBAPP, state board state certification & PRSS Services to bill Medicaid Services
- Transition Period from now until October 2022 you can either have our BMS certification or state board certification to build Medicaid but after October 1, 2022, you have to have the state certification in order to bill.
- Policy Updated about February 2021

Rebecca Jennings:

- WV Dept of Children & Families; will continue to work with our guardianship & health care surrogate clients
- Discussions with clients about their wishes in terms of Covid-19 Vaccinations; communicating with their physicians getting recommendations and proceeding with that.
- State receiving some monies related to Covid-19 and have submitted a preliminary plan up the chain in terms of how we would like to direct those funds to help support our clients in the program for adult welfare.
- Adult Residential Services Program; not a program mandated through WV Code, but it's a program of need determined by the department several years ago, and it's where we help individuals afford subsidized living in what used to be classified as assisted living facilities; now uses personal care homes
- Personal Care home care homes who have contractual agreement contracts with the department to accept the placement and establish state rights and provide 24-hour residential parents supervision for clients that we have determined to meet eligibility. Requirements income assets and also identified needs that they need.
- Certify Adult Family Care homes; which is to certify an individual or family to provide care to vulnerable adults and they can help up to three individuals in their home and provide the family type environment

- Adult family care program, the inception of that program started in the 1970s around the time WV was trying to facilitate individuals, transferring from institutionalized settings to community-based living; numerous homes and not been able to replenish the providers as quickly and it's less restrictive than traditional institutionalized settings And again, touched on earlier, you have relationship or the opportunity to be in that family nurturing environment and build those relationships that just simply cannot be replicated in other settings and a trend and again not an always saying but what we've seen as far as friend lining is individuals go into these adult family care homes as clients participants, and many of them, they stay, you know they end up being matched and we strive really hard to make a good match. Because we want this to work out for the, for the family who's interested in providing the services and for the client who's in need of the services so a lot of times you know these clients go into these homes and you know they enjoy it so much and it's such a wonderful experience and it provides and meets their needs, you know safety supervision oversized otherwise
- Discussion about Take me Home West Virginia
- Individuals can self-report or others can self-report who needs assisted living placements thru DHHR

Donna Moss- MSPCAN

- Children's Crisis Referral Line 24/7
- Extended School Mental Health & School Programs
- Starting to do Small Groups
- Service Project: 40 Birthday Bags, to 4 different counties to food pantries
- MSPCAN Conference June 4-6, 2021 at Cedar Lakes
- Training in July, August, September
- Trying to get families involved, issues with mental health, school issues,
- Community Events
- MSPCAN is on Facebook or can call the office at 1-304-428-0365

Martha Minter-Community Access

Help & Hope Site- Covid 19

Martha talked to us about the various Covid-19 Resources through Hope & Help WV

<https://helpandhopewv.org/>

- Covid-19 Resources
- Covid-19 Booklet/Journal
- Covid-19 Brochure/ Wallet Cards
- This is funded by FEMA the counseling Crisis Counseling Program, and the grantee is First Choice services

Lydia Saad State Opioid Response Grant (SOR) Program

Lydia Saad-

- HIV Testing- 1825 Tests
- Hepatitis- very successful & harm reduction programs referred 707 individuals to treatment
- Teen Courts Expanding; 8 more have been developed with 3 counties anticipated to initiate programs soon.
- Smart Recovery Initiative starting soon; WV School of Osteopathic Medicine is helping to

implement

- 3 days facilitate training later this month
- The hiring of a WV Dept of Correction SOR Coordinator to help implement treatment
- WV Public Transit Association- working on incorporating Naloxone Training, Anti Stigma training for staff, and planning promotions for the current year; have hired a SOR coordinator and they are helping to implement the program statewide
- SOR Childcare Initiative is experiencing low utilization; having meetings; could be discontinued after September.
- Behavioral Health Telehealth Grant was approved; moving forward
- SOR Quarterly PRSS Training held March 30, 2021, with 207 attendees
- Anti-Stigma Campaign to reduce barriers created by stigma to access treatment and overdose prevention, the audience for this is first responders, both EMT & Law, Pharmacists, & Emergency Room Staff; volunteers will tell their story, and production for commercials and print materials have started
- Back to Life Website will have an overdose tab
- Profession Development Group has 3 big med schools, WVU, Marshall & School of Osteopathic Medicine. Brainstorming activities for next year and then they will be emphasizing collaboration and direct services
- Dept of Corrections has a grant to provide peer recovery support specialist services; medication-assisted treatment services

Tammy Ketcham- Legal Aid

- Legal Aid is looking for a veterans attorney & funding to maintain the current position
- Should reopen the offices on July 1, 2021
- Accepting all kinds of new applications for assistance
- Online Training & Outreach
- 54 Different Grants providing different services throughout the state

Presentation: Legislative Update- Elliot Birckhead

Elliott Birckhead gave us a presentation on using the WV Legislature Website, how to create lists; how to see legislative rules, etc.

Committee Updates:

Adult Service Committee- Heather Hoelscher

Heather told us about the following

- Info about psychiatric hospitals
- Hope & Healing & Dialysis Treatment
- Friendship Fairmont
- Crisis Services for those with IDD

Children's Committee-

Nothing at this time

System & Monitoring Committee- Ardella Cottrill

Ardella discussed the following:

- The committee needs to start meeting again
- Referral Form from State Opioid Response Grant Received and it was sent to adult service committee and provider association to give their feedback

Housing Committee- Phil Reed

They meet by phone,

WV Leadership Academy: Ardella Cottrill

- March 15, 2021, Telling Your Story presentation 86 registered 50+ attended
- March 24, 2021, State Opioid Response Grantee's meeting; Presentation made
- 64th Leadership Academy held March 25-26, 2021 via Zoom
- 65th Leadership Academy held April 8 & 9, 2021 via Zoom

Executive Committee to meet & Discuss future meetings in person. The next meeting is on July 15, 2021. Meeting adjourned.