

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

**DATE:** February 8, 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 Marty Palmer, Nathan Strait, Richard Anderson, Chad Williams, Jared Kummer, Holly Kunzler, Lea Gibson, Lynnette Robinson, Julie Lynn

**EXCUSED:** Commissioner Trevor Johnson, Anna LaDamus

**I. APPROVAL OF MINUTES:**

A motion was made by Commissioner Ralph Brown to approve the minutes of the January 11th, 2023 Authority Board Meeting. The motion was seconded by Commissioner Darin Bushman. Affirmative votes by voice included Commissioner Darin Bushman, Commissioner Dennis Blackburn, Commissioner Scott Bartholomew, Commissioner Ralph Brown, and Commissioner Marty Palmer. Motion carried.

**II. FINANCIAL REPORT:**

Richard Anderson presented the fiscal year (FY) 2023 financial report. With 58% of the year gone, revenues show 62% for mental health and 86% for substance abuse. Things are rolling along as planned. The funding is broken into a \$9 million mental health and \$2.5 million substance abuse budget. On the expenditures side, wages and fringe are 67% for both mental health and substance abuse due to the new staff hired. Travel is still low but should increase with the National Conference in May. Inpatient is 45%. Anna LaDamus is estimating \$600,000 versus the \$406,515 that has been paid based on pending claims. Total expenditures are 65% mental health and 57% substance abuse.

A motion was made by Commissioner Darin Bushman to approve the FY2023 financial report as presented. The motion was seconded by Commissioner Dennis Blackburn. Affirmative votes by voice included Commissioner Darin Bushman, Commissioner Dennis Blackburn, Commissioner Scott Bartholomew, Commissioner Ralph Brown, and Commissioner Marty Palmer. Motion carried.

Richard presented a history of Center revenue back to the year 2001. It stayed steady until a significant uptick in 2013. The historic county match was shown for the same time period.

Commissioner Marty Palmer asked how the county match is calculated. Richard stated the counties match state dollars based on population. This year the total state dollars were \$398,000. The University of Utah Kem C. Gardner Policy Institute population projection is used to calculate the populations of the six counties. The county match is 3.4% of this year's Center budget and has fluctuated over the years up to a maximum of over 5%. Commissioner Marty Palmer asked when the county match is paid. Lynnette Robinson stated Juab and Millard Counties pay once per year at the beginning of the fiscal year, and the other counties pay twice per year. Payment is based on county preference. Commissioner Scott Bartholomew stated sometimes payments are paid in advance when the counties have the funds. Lynnette stated she sends the county clerks the amounts in time for budgeting. Commissioner Ralph Brown asked what is in the equation for county match as a percentage of the budget. Richard stated the equation includes everything, though the budget has grown without an increase in county match due to the different funding streams. Commissioner Darin Bushman stated the budget was around \$5 million when he came on the board in 2013 and has nearly doubled. Richard stated the county match has also almost doubled, but the \$400,000 match is used to draw down \$11 million to the program.

Richard stated the Center receives funding for each person who is Medicaid eligible in the six county area. There was a large jump when COVID hit because once eligible, the person did not come off. The public emergency will end in May, and the state will begin to terminate those no longer Medicaid eligible over a nine month period. Prior to COVID, the general trend was a bit of a decrease. Current eligibles are about 15,000. Richard does not think it will decrease under 10,000. Commissioner Scott Bartholomew asked if the media encouraged people to apply for Medicaid during the pandemic. Richard stated normally people go on and off, but no one went off during the public health emergency. The medical loss ratio (MLR) encourages 85%. The Center put \$2.4 million in the bank. Medicaid provided about \$2 million more than the Center asked for because of the public health emergency. The decrease in eligibles should not hurt the Center.

The MLR percentages are non expansion Medicaid mental health 85.4% and substance abuse 89.4%, and expansion Medicaid mental health 99.5% and substance abuse 52.27%. Mental health expansion paid the Center exactly right, and substance abuse expansion overpaid.

Commissioner Marty Palmer asked what legacy Medicaid is. Richard stated it is the original Medicaid used when the Center was capitated. Medicaid now also has an expansion type of Medicaid that has different eligibility requirements.

### **III. EPHRAIM BUILDING FACILITY UPDATE:**

Richard provided an update on the carbon monoxide poisoning at the Ephraim outpatient facility. All the furnaces were replaced within a week. The faulty unit was the first to go. The other two units that were the same age were replaced the next day. Carbon monoxide monitors have been placed in every office. A big lesson learned is to ensure these monitors are in homes and buildings. They are required for new home construction but not commercial. Commissioner Ralph Brown stated building code requires the detectors. Nathan Strait stated the Center's

licensing has not required monitors for the facilities. Staff needs will be discussed in executive session.

#### **IV. INTEGRATED CARE MODELS:**

Nathan stated there is a push for integrated care models that look at both behavioral and physical healthcare. A slide was shown that lists what each section offers. Behavioral healthcare is much more robust. The Center refers out physical health concerns. Mental health concerns are referred to the Center. Intermountain Healthcare (IHC) is touting their integrated health model, but they are not able to do much of what the Center does in regard to taking care of the entire person. Commissioners may hear about this model in their meetings. The Center is much more integrated than a hospital in regard to meeting behavioral healthcare needs. An IHC doctor is requesting the funds the public mental health providers (PMHP) receive to be able to offer the services. The Center has day treatment, intensive outpatients, and the ability for clients to be seen daily if needed. IHC is only able to offer a psychiatrist if a patient happens to be there on the same day. Richard added that the mobile crisis outreach team (MCOT) makes a very big difference as well. Nathan will email the information to the commissioners.

#### **V. OSUMH AUDIT REPORT:**

Jared Kummer presented the audit report from the Office of Substance Abuse and Mental Health (OSUMH). The combination of The Division of Substance Abuse and Mental Health (DSAMH) with Public Health changed the name to OSUMH. The term substance abuse is being phased out with the term substance use. The audit recognized MCOT as a strength. They are doing good work and helping police and first responders, which is a good relationship for the community. Another strength is the Substance Abuse Subtle Screening Inventory (SASSI-4). Chad Williams and Nathan worked to implement this questionnaire that helps determine if a client has a substance use disorder. Ashlee Gleave and Richard installed kiosks in some of the offices so clients can complete the questionnaire online. The generated report provides a wealth of information and claims 92% accuracy in determining an alcohol or substance use disorder. Oftentimes, court ordered clients do not tell the full truth. This questionnaire does a great job identifying deception. Commissioner Dennis Blackburn asked how many questions there are. Chad stated there are about 75 true or false and 20 direct questions. Commissioner Scott Bartholomew asked if the questionnaire is required. Chad stated it is part of the evaluation. There is a great deal of evidence that points to accuracy. An audit a few years ago suggested implementation. It is very user friendly. It also discusses criminal thinking, family culture, etc. Jared stated it highlights prescription drug abuse. It takes about 15 to 20 minutes to complete. The cost is \$7.50 per test. Commissioner Darin Bushman asked if the questionnaire is taken at intake. Jared stated it is. Another strength found in the audit is the early recovery skills group that was a homegrown creation from a Center committee. The group is for clients just coming in for substance abuse treatment and focuses on basic hygiene, finances, care kits, etc. It weaves in evidence-based practice ideas related to relapse prevention and positive psychology. There are around 200 slides. Naloxone training is provided that reverses an overdose. Smoking cessation is provided. This is an introductory course that can branch out to other treatments. The Richfield expansion project was listed as a strength. The partnership with IHC was also listed as a strength. Their clinicians can see Medicaid clients then bill the Center fee-for-service. This helps the Center serve Medicaid eligible clients and forms an alliance. The encounter can be submitted on

the prepaid side. Commissioner Marty Palmer asked if the Center participates with Central Valley Medical Center in Nephi. Richard stated the Center communicates and collaborates with that hospital, but not to this extent because they are not an IHC facility. Provo Canyon Behavioral Hospital is used for inpatient and works with that hospital often. Jared stated jail services were listed as a strength. Assessments can be provided to prisoners, which allows for a bridge into treatment upon release for their safety and wellbeing. The Sanpete team's early recovery skills group runs hybrid with telehealth into the jail. The prisoners become clients while in jail and continue treatment upon release. Lea Gibson stated these clients get familiar with the group leaders and do not need to wait for an evaluation to be seen once released from jail. Commissioner Marty Palmer asked about the Juab County Jail. Chad stated there is an agreement with the sheriff to implement the group there, but the jail is working on a staffing situation prior to settling on a date and time. They are onboard and excited about the program. Commissioner Marty Palmer stated the jail should receive more funding if they have state inmates engaged in this type of program. Jared stated there were no major findings in the audit, but four deficiencies were found. The Center only has one person who is trained on family peer support services, however there are only 14 active trained in the entire state. This is not a high priority for the Center. There is 80 hours of duplicated required training. Nathan stated the state is set up with Systems of Care who has family peer support specialists and mirrors what the Center provides. There is no point in duplicating what they are already doing. Jared stated another deficiency is clients with a substance abuse episode who have not been seen in over 30 days should be less than 4%. The Center is currently at 9.1%. A report was sent out, and therapists closed those clients. Richard stated the reporting triggers only at admission and discharge so the state does not receive the data until the client closes. It is a struggle because many times the client returns for treatment right after being closed. Jared stated another deficiency was clients engaged in social support at discharge decreased from 19% to 12%. Other rural providers were around 26%. Plans are in place to correct this issue. Another deficiency was tobacco and nicotine use. The Center is supposed to help clients smoke less from admission to discharge. This rate decreased from 2% to 1%. The plan to correct this is to offer smoking cessation training and correcting data entry issues. Commissioner Scott Bartholomew asked if being in jail helps people get off nicotine. Jared stated it does until the moment they are released. Commissioner Marty Palmer asked if prisoners can smoke in jail. Jared answered that they cannot. The data needs to be entered prior to the client being in a controlled environment. Overall, the audit was successful. 00,000 Americans per year. Did pretty good on the audit.

## **VI. LEGISLATIVE UPDATE:**

Nathan stated in years past, there were only one or two bills to keep an eye on, but now there are several. House Bill (H.B.) 177 State Hospital Amendments looks at moving the Utah State Hospital. Developers would like to expand the water park that is nearby. The concern is that the hospital has immediate needs that are not and will not be met if it is moved. A location has been identified in American Fork that is not supposed to be part of the study. Commissioner Dennis Blackburn stated part of the discussion was the problems finding staff. Nathan stated Wasatch Mental Health has an office in American Fork and has the same staffing problems. Many of the current techs at the Utah State Hospital attend Brigham Young University and state they will resign if the hospital moves because they do not want to commute. Commissioner Darin Bushman stated the Utah County commissioners are in favor of the study but not locked in on

any location. They are open to the idea of the hospital moving out of Utah County. Nathan thinks that is because of the income they would receive from the waterpark expansion. H.B. 111 Inmate Treatment Amendments is in regard to providing medication assisted therapy in the jail with the medication stored elsewhere. H.B. 66 2nd Sub. Behavioral Health Crisis Response Commission Amendments is looking at MCOT and receiving centers throughout the state. This is a direct response from the crisis commission and their recommendation. H.B. 78 1st Sub Behavioral Health Treatment Access Amendments allows people with out-of-state licensure the ability to practice in Utah without a Utah license. This allows people to see someone purely through telehealth but could be dangerous. Senate Bill (S.B.) 150 School Employee Licensing Amendments allows schools to pay licensing fees. Nathan and Richard have discussed allowing this as well for the Center. It would not be a lot of money but would alleviate the pressure of staff leaving to work at the schools for this reason. The following other bills were listed but not discussed: H.B. 16 Block Grant Funding for Prevention Programs in Public Education, H.B. 12 Department of Commerce Electronic Payment Fees, H.B. 159 Health Care Professional Licensing Requirements, H.B. 166 Mental Health Professional Licensing Amendments, H.B. 248 Mental Health Services for Adults, H.B. 315 Recreational Therapy Medicaid Coverage Amendments. Commissioner Darin Bushman stated there is a bill moving forward to provide scholarships to retired law enforcement to move into mental health education. Nathan stated Utah Association of Counties (UAC) and UBC are supporting that bill. The Center has a subcontractor and therapist intern who are retired law enforcement. Rather than fixing the problem over and over, they wanted to get ahead of the problem. Commissioner Darin Bushman stated it seems like they would be solid clinicians given the 20 years they worked with the problem.

## **VII. CLINICAL SERVICES REPORT:**

Jared provided the clinical services report for the current fiscal year. There have been 41,792 services so far. The services were shown quarterly by service offered. MCOT was implemented six quarters ago. The last four quarters are the highest on this list that goes back to 2018. A third prescriber was hired for medication management. The prescribers are up to 855 services, which is the most the Center has had. Hopefully the trend continues. Medication management keeps clients stable and out of the hospital. Richard stated the two high quarters for bed days were when expansion was implemented in January of 2021. The implementation of MCOT in July of 2021 helped bring those to a more manageable number. Jared stated having six MCOT therapists is significant. The Tri-County team has eight therapists, Millard-Juab has six, and Sanpete has four and is short-staffed by three. Losing therapists to MCOT is difficult. Each therapist has 60 to 100 clients. Those clients must then be redistributed. Jared thanked the board for the approved pay raises that were a stabilizing factor and will hopefully draw some in. There has been a decline in group therapy, but therapeutic behavioral services have increased. Dialectical behavioral therapy helps teens and adults focus on better management of emotions and relationships. Commissioner Marty Palmer asked where the office is in Nephi. Chad stated it is right across the street from the grocery store on Main Street. Commissioner Scott Bartholomew asked if groups are like the 12 step program. Chad stated those groups are more self-help and not led by professionals. They tend to be more spirituality-based and led by someone who has completed the program. The Center's groups target specific ways of thinking, behavior, and

topics. Jared stated some groups have steps the clients pass off. Staff attend training to be certified in leading the groups.

#### **VIII. PERSONNEL ACTIONS:**

Richard stated several employees came off their one year new hire or position transition probation. Ashlee Gleave is the systems administrator for the Center, Taija Mecham is a therapist in Nephi, Samantha Payne and Brittany Frischknecht are office managers in Richfield, Angela Taylor and Lindsay Manning are therapists in Richfield, and Jacqueline Simmons is a case manager in Richfield. Ashley Esplin was a therapist intern in Ephraim who resigned after one day because her internship did not work out. Aimee Aitken was a case manager in Delta who resigned to work for a drug testing company.

#### **IX. NATIONAL CONFERENCE APPROVAL:**

Richard stated commissioners are welcome to attend the National Conference in Los Angeles from May 1st through 3rd. Commissioner Darin Bushman thinks the conference is invaluable, and he has been four times. Early bird registration ends March 6th. Richard is asking for approval for team leaders to attend. Commissioner Scott Bartholomew thinks it is crucial for team leaders to attend.

**A motion was made by Commissioner Darin Bushman to approve team leaders attending the National Conference. Affirmative votes by voice included Commissioner Darin Bushman, Commissioner Dennis Blackburn, Commissioner Scott Bartholomew, Commissioner Ralph Brown, and Commissioner Marty Palmer. The motion was seconded by Commissioner Dennis Blackburn. Motion carried.**

#### **X. EXECUTIVE SESSION:**

**A motion was made by Commissioner Darin Bushman to move into Executive Session for the purpose of discussing personnel. The motion was seconded by Commissioner Dennis Blackburn. Affirmative votes by voice included Commissioner Darin Bushman, Commissioner Dennis Blackburn, Commissioner Scott Bartholomew, Commissioner Ralph Brown, and Commissioner Marty Palmer. Motion carried. Roll call of those in attendance included Nathan Strait, Richard Anderson, Lynnette Robinson, Commissioner Darin Bushman, Commissioner Dennis Blackburn, Commission Scott Bartholomew, Commissioner Ralph Brown, and Commissioner Marty Palmer.**

**A motion was made by Commissioner Darin Bushman to move out of Executive Session. The motion was seconded by Commissioner Ralph Brown. Affirmative votes by voice included Commissioner Darin Bushman, Commissioner Dennis Blackburn, Commissioner Scott Bartholomew, Commissioner Ralph Brown, and Commissioner Marty Palmer. Motion carried.**

#### **XI. EXECUTIVE SESSION ACTION:**

**As a result of the Executive Session and in light of the carbon monoxide exposure at the Ephraim clinical building, a motion was made by Commissioner Darin Bushman to cover those employees for medical time off under the discretion of their team leader and CEO**

**who will ensure the coverage is not abused. Staff will be kept whole through June 30th, at which time the coverage will be reevaluated. The motion was seconded by Commissioner Marty Palmer. Affirmative votes by voice included Commissioner Darin Bushman, Commissioner Dennis Blackburn, Commissioner Scott Bartholomew, Commissioner Ralph Brown, and Commissioner Marty Palmer. Motion carried.**

Commissioner Scott Bartholomew asked administration to convey the Board's appreciation of staff efforts to try to carry on and for those helping out with coverage for the carbon monoxide poisoning. Commissioner Darin Bushman stated the Board realizes the impact on the staff and feels awful about it. The commissioners have their back. The best the Center can do is cover their hours while they obtain the treatment they need. Nathan and Richard will discuss how to communicate these messages to staff. Commissioner Scott Bartholomew stated staff will appreciate being checked up on. Richard stated Jared has done a lot of that. Administration is closer with the Sanpete team because they are right next door.

**XII. MEETING SCHEDULE:**

The next Authority Board meeting is scheduled for Wednesday, March 8th, 2023 at 4:30 p.m. at Steve's Steakhouse in Richfield.

**XIII. OTHER:**

Richard stated former Center director, Alan Hall, passed away three or four months ago. His predecessor, Kathy Hobby, recently passed away. Doug Ford was the director after Kathy and then Brian Whipple, who is doing better after his health scare. Nathan became the director when Brian retired. Commissioner Darin Bushman asked how the former finance director, Farrel Marx, is doing after his accident. Richard stated he is in Tennessee on a church mission but is not the same after his accident. Brian is doing better after his health scare.

**XIV. MATTERS FROM THE BOARD:**

Nothing to report.

**A motion was made by Commissioner Darin Bushman to adjourn the meeting. The motion was seconded by Commissioner Marty Palmer. Affirmative votes by voice included Commissioner Darin Bushman, Commissioner Dennis Blackburn, Commissioner Scott Bartholomew, Commissioner Ralph Brown, and Commissioner Marty Palmer. Motion carried.**

**The meeting was adjourned at 6:50 p.m.**

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**Julie Lynn, Accountant**