

Carbon-Monroe-Pike Mental Health and Developmental Services Advisory Board

MINUTES	FEBRUARY 24, 2020	7:00 P.M.	724 PHILLIPS STREET STROUDSBURG, PA 18360
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A meeting of the Carbon-Monroe-Pike Mental Health and Developmental Services Advisory Board was convened on this date at 7:00 p.m. in the MH & DS Administrative Conference Room at 724 Phillips Street, Suite 202, Stroudsburg, Pennsylvania and via conference call.

MEETING CALLED BY	Dr. Samuel Dolgopol, Chair & Tina L. Clymer, Administrator
CHAIR	Dr. Samuel Dolgopol
RECORDING SECRETARY	Beth Bingaman-Lutz
PRESENTERS	Mike Bamford, Director of Case Management Services and Ellen Siegel, RN
BOARD MEMBERS PRESENT	Ms. Susan Barradale, Mr. Tom Carasiti, Dr. Laurene Clossey, Dr. Samuel Dolgopol, Ms. Dorothy Eberts, Ms. Nellie Gordon, Commissioner Guccini, Ms. Amy Kirkwood Albert, Commissioner Lukasevich, Ms. Suzanne McCool, Commissioner Moyer, Mr. Eugene Pelletreau, and Ms. Elizabeth Torkildsen
BOARD MEMBERS ABSENT	
STAFF MEMBERS PRESENT	Kathleen Peterson, Jennifer Williams, Mike Bamford, Ellen Siegel, and Beth Bingaman-Lutz

AGENDA TOPICS

PRESENTATION	Behavioral Health Home Plus (BHHP)	Mike Bamford, Director of Case Management Services and Ellen Siegel, RN Wellness Nurse
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Carbon-Monroe-Pike Mental Health and Developmental Services Targeted Case Management program has been participating in the Behavioral Health Home Plus (BHHP) wellness program since 2015. This is a pay for performance program through Community Care Behavioral Health (CCBH). Adults with serious mental illness to adapt a whole person perspective while working on every aspect of their lives not just their mental health. The philosophy is to adapt a healthier life style for the whole individual. Targeted Case Managers (TCM) are trained to be wellness coaches. Along with Ellen Siegel, Wellness Nurse, the TCMs create **Specific, Measurable, Achievable, Realistic, and Timely (SMART)** goals with their consumers. Efforts are concentrated on the eight dimensions of wellness. TCMs encourage their consumers to improve their health conditions by reviewing tool kits on topics such as:

- Improving Sleep
- Physical Activity
- Managing Physical and Behavioral Health
- Quitting Smoking
- Healthy Weight
- Taking Medication Effectively
- Stress Reduction

TCMs follow up with their consumers on the progress being made towards their goals. Some improvements seen by participants include:

- ~ Reducing Tobacco Use
- ~ Quitting Smoking
- ~ Weight Loss
- ~ More control of their hypertension
- ~ Decrease symptoms of Mental Health
- ~ Better Mood

As the program moves into a new contract year, additional items are being obtained to help individuals in the program be successful.

- Myplate – for individuals who have been diagnosed with diabetes or prediabetes
- Pedometers – to track and increase physical activity
- Pill Box – for individuals that struggle with taking medication effectively

These wellness approaches have also been carried over to all staff with the agency’s annual Wellness Week. Throughout the week, staff is given information on how to improve their overall health and invited to participate in the following events: CPR/AED/First Aid Training, staff walk, flu shots, blood drive, and healthy snack and recipe day.

This year Mr. Bamford is looking forward to helping consumers diagnosed with diabetes gain better control of their illness. Also included is enhancement of wellness coaching training and continued promotion of a healthier life style for the whole individual. Ms. Clymer noted that this program has been very effective over the years with many success stories. Due to these ongoing successes, the department has received an incentive bonus to help pay for additional tools that individuals can use to continue employing healthy lifestyle goals.

ACTION ITEMS

Minutes	Motion by Eugene Pelletreau, seconded by Dorothy Eberts, and carried unanimously to accept the minutes of the January 27, 2020 meeting.
Agency Reports	Ms. Clymer highlighted the HealthChoices and Developmental Services report while Jennifer Williams reviewed Mental Health. No motion required.
Financial Report for HealthChoices	Motion by Suzanne McCool, seconded by Eugene Pelletreau, and carried unanimously to accept the unaudited financial statement as of January 31, 2020.
Financial Report for MH, DS, and EI	Motion by Elizabeth Torkildsen, seconded by, and Eugene Pelletreau carried unanimously to accept the unaudited financial statement as of January 31, 2020.
County Human Service Plan	Thursday, March 5 th at 2:00 p.m. will be the next meeting held at Carbon-Monroe-Pike Mental Health and Developmental Services, 724 Phillips Street, Suite 202. Ms. Clymer reviewed last year’s objectives and shared that the Drug and Alcohol Commission’s planning team will be hosting a recovery simulation as it relates to mental health, drug and alcohol, poverty, and homelessness. The purpose is to have participating individuals gain a better understanding of these problematic areas. Everyone is welcome to attend and the event is planned to be rolled out in April.
State Budget Status	Ms. Clymer projected the funding this year is level and cited the challenges facing Early Intervention and Mental Health programs due to the lack of increases in base funding. Level funding is really a decrease in funding because it does not allocate for increase in costs. Furthermore, she is putting together a fact sheet and plans to speak with representatives to get assistance in advocating to the state. As requested, once the fact sheet information is completed, it will be shared with the board. A positive outcome of the budget is that Developmental Services is slated to get an increase in funding for waivers.

OTHER

Green Light Project	“A Community that Cares” flyer was distributed. The Green Light Project is an initiative to help spread mental health awareness and decrease the stigma associated with mental illness. One simple way is asking individuals to use a green light and keep it on in a visible location from May 4 th -11 th . Ms. Clymer has invited Larissa Kimmel, System of Care Coordinator, to present on the project at the next Advisory Board meeting.
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First Episode Psychosis Program	Ms. Clymer reported that the agency has been requested to pilot the program and is in process of asking for funding from the state. Negotiations are currently in the works with a provider who is already managing a program from Luzerne County and has had very good outcomes.	
Next Meeting	Monday, March 23, 2020	
VISITORS	None	
ADJOURNMENT	Motion by Elizabeth Torkildsen, seconded by Suzanne McCool, and carried unanimously to adjourn the meeting at 7:37 p.m.	
APPROVED BY	<i>Tina L. Clymer, MS, LPC</i>	