



A Community Mental Health / Developmental Disabilities / Addictive Diseases Program

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**NEW HORIZONS BEHAVIORAL HEALTH
BOARD OF DIRECTORS**

January 13, 2020 Board Room – 3:30 p.m.

Members Present: David Ranieri, Joseph Williams, Nancy Schroeder,
Edwina Turner, Sherrell Terry, April Hughes, Karen Johnson,
LaVerne Chaffin, and Sandra Gill

Members Excused: Damon Hoyte, Ed Harbison, and Linda McElroy

Staff Present: Andrea Winston, Valerie Bowden, Denise Wade,
Randall Newberry, Susan Gallagher, and Molly Jones

CALL TO ORDER: The meeting was called to order at 3:30 p.m. A quorum was established at that time.

RECOGNITION OF GUEST(S) ATTENDING TODAY'S MEETING: Mack Moye, Stewart County Manager, and Harris County Probate Judge, Thomas Lakes.

*** SECRETARY'S MINUTES (Approval of December 9, 2019 minutes):** M/S/P Joseph Williams/Sherrell Terry to approve the minutes of December 9, 2019 meeting, Board approved.

FINANCIAL REVIEW: December has not been closed out, but for the month of November there was a deficit of (\$4,163) with a year-to-date surplus of \$1,158. November is always a short month with 3 weekday holidays in the month which reduces revenue generation. There are only 19 working days in November compared to an average of 21 working days. We actually budget for a deficit in November due to the short month. We are running slightly behind budget year-to-date, with no unusual items. Days Cash on Hand at the end of December was 6.2 days. Andrea added that changes with the vendor that processes Developmental Disability authorizations have resulted in state-wide delays of collecting DD funds. State budget cuts have had an impact on additional slots we were allotted for Mental Health Supported Employment that had not been filled and we anticipate deeper cuts next year. Winter months are always slower months and with two providers leaving recently, our billing is impacted, but provider services continue and we hope to add telemedicine before the end of January.

STRATEGIC PLAN: With goals of demonstrating superior treatment services, financial viability, and improving community awareness, the FY20 plan was presented for Board review with progress reported since July in several areas. Board members were asked to review the document, and provide feedback with updates on the plan presented in future meetings.

BOARD MEMBER TRAINING – CSB 101: HISTORY OF NEW HORIZONS BEHAVIORAL HEALTH:

The GACSB Annual Educational Exchange has a Board Member track that provides useful information on Board practices, principles, and governance. Andrea encouraged Board members to attend the exchange, held in the fall, and participate in the trainings. She presented copies of our Mission and Vision statements and emphasized the need to make sure these are front and center, clearly articulated to the public, and are the basis for organizational decisions. A brief history of the agency was presented beginning in the 60's when we were known as the Columbus Area Mental Health, Mental Retardation, and Substance Abuse Program. The early 70's saw expansion of substance abuse treatment with detoxification and 28-day programs being added along with travel to the rural counties for services. Day treatment programs were added in the 80's, including programs for the elderly, and some enhancement of services for developmentally disabled individuals. The 90's brought additional funding and expansion of children's services and, at the same time, challenges with reducing utilization of state hospital beds. Then came House Bill 100, a measure reforming the delivery of services that created Community Service Boards and Regional Boards. The Bill embraced the principles of consumer participation, consumer choice, competition, and privatization. In 2006, House Bill 1223 was enacted. It addressed problems of board membership size, and concerns raised about the operations of Community Service Boards. Services were moved from the Department of Human Resources to the newly created Department of Behavioral Health and Developmental Disabilities (DBHDD) in 2009. More oversight and including elected officials in the makeup of the Board came as a result of issues with Gateway CSB. In 2014, New Horizons Community Service Board changed its name to New Horizons Behavioral Health.

PRESENTATION: PEER ALLIANCE IN RECOVERY (P.A.I.R.) Denise Wade McLeod reported on one of several projects developed and implemented by New Horizons' staff through DBHDD's Recovery Focused Transformation Initiative. The Peer Alliance in Recovery (P.A.I.R.) project follows the principles of recovery-oriented mental health practices that ensures services are delivered in a way that supports the recovery of individuals. These principles include: uniqueness of the individual, real choices, attitudes and rights, dignity and respect, partnership and communication and evaluating recovery. P.A.I.R. is a one-on-one peer mentoring program for all pathways for the community we serve that builds supportive relationships in order to save lives and build bridges for long-term recovery. Mentors and mentees establish their own contract of expectations for the P.A.I.R. relationship (length of relationship, values, boundaries, meeting time, etc). Opportunities for additional support include educational training such as Mental Health First Aid for mentors and networking opportunities for a future as a Certified Peer Specialist (CPS) or Certified Addiction Recovery Empowerment Specialist (CARES). Denise indicated that through this program, we are learning that anything that provides additional support to the individuals we serve is beneficial to aid in long-term recovery. Photos from New Horizons' presentation of P.A.I.R. and other Recovery Focused Transformation Initiatives at the Behavioral Health Symposium held at Callaway Gardens in October were shown during the presentation.

APEX – SOUTHERN COUNTIES: Clinical Director, Denise Wade McLeod, reported the vision of the Georgia APEX Program is easy access to high-quality care that serves children where they are. To accomplish this, our mission is leading accountable, effective, and sustainable school-based programming to support the behavioral health needs of Georgia's children and families. Program goals include increasing access to mental health services for children and youth, providing early detection of child and adolescent mental health needs, and strengthening coordination between community-based mental health providers and local schools. Research indicates that school mental health services are essential to creating and sustaining safe schools, mentally healthy children are more successful in school and life, and school-based mental health services support the mission and purpose of schools: learning. Our time line for APEX in the Southern Counties was to have the MOUs reviewed and signed by the schools and New Horizons (completed), and to interview and hire 3 new counselors and have them complete required training by January 20, 2020 (delayed due to lack of applicants, one counselor hired, will start 1/16/2020). If challenges with hiring continue, Plan B is to hire counselors from Muscogee County and allow/compensate for time/travel to the southern county schools.

DEVELOPMENT/MARKETING PLANS FOR 2020: Susan Gallagher presented "Welcome 2020, a New Year of Challenges and Success." Development plans and goals include: Promote Integrated Healthcare, Continue to Grow Advisory Board Membership, Submit up to 3 Federal Grant Applications, and Expand and Promote Recovery Month Activities (5th Annual Run4Recovery, Recovery Month Luncheon, and Recovery in the Park). Marketing Plans and Goals for 2020 are: Develop Constant Contact ListServ and start Quarterly Newsletter by March 2020, Partner with Columbus Chamber of Commerce around free QPR trainings to local business, organizations, and faith communities, and continue to segment email groups for targeted information. Community Relations Plans and Goals outlined monthly events focused on Behavioral and Integrated Health, HIV testing, Back to School events and continued Conversations of Courage around suicide awareness and prevention through trainings.

ANNOUNCEMENTS: Quitman County Board member, Linda McElroy, is unable to attend Board meetings for the next few months due to medical reasons. She may be facing surgery soon followed by recovery time. Board members signed a card and expressed good wishes for her recovery.

Andrea reported on a meeting she and Susan attended last Friday at the Bradley Center with the DBHDD Commissioner and her team, Regional Office staff, WCGRH staff, St. Francis, Bradley Center, and Pastoral Institute staff, and the Mercer University President and his team. Discussion focused on: 1) A request for funding to relocate geriatric-psychiatric beds from the Bradley Center to St. Francis to provide improved physical healthcare needs and utilizing those beds to expand the number of crisis beds, and 2) Implementation of a partnership with the Bradley Center, WCGRH, and New Horizons with the Mercer University program of Graduate Medical Education Psychiatric Residents. The Commissioner's responses referenced the recent budget cuts at DBHDD with more expected next year and no plans to expand services. No definite decisions were reached, but the Board will be updated on any future developments.

Andrea proudly announced that New Horizons received a three-year CARF accreditation based on our survey last fall. She extended thanks to staff, program directors, and Board members who were instrumental in the success of the survey.

Mr. Ranieri introduced Judge Lakes, Harris County Probate Judge since 2016, a guest at today's meeting. Board members introduced themselves along with the county they represent. Andrea gave a brief overview of services and the areas we serve. Mr. Lakes expressed interest in learning more about the agency and the services we provide.

PUBLIC COMMENT: Mr. Moye emphasized that New Horizons, with an annual budget of \$25 million dollars, is not a small agency.

ADJOURNMENT: There being no further business, M/S/P Joseph Williams/Edwina Turner to adjourn the meeting at 4:42 p.m., Board approved.

David Ranieri
Chairperson