

DBHDD Region 6 Regional Advisory Council Minutes

Minutes: May 8, 2019

Present:

Mya Cullins	Henry	Lori McSwain	Upson	Irene Cheyne	Fayette
Melissa Johnson	Troup	Jeffrey Cantor	Coweta	Lisa Fort	Stewart
Ryran Traylor	Lamar	BJ Lawrence	Pike	Nikki Bryant	Webster
Valerie West	Troup				

Conference Call:

Annie Davis	Muscogee	Ted Kirk	Fayette	Marlene Rozell	Meriwether
Sher'Londa Walker	Talbot				

Absent:

Betty Cason	Carroll	Mike Patterson	Macon	Syntel Brown	Spalding
Celeta Cavender	Carroll	Cathy McGill	Crisp	Tomika Sales	Marion
Chanda Moore	Coweta	Sandra Willis	Randolph	Jodie Goodman	Carroll
Neydi Belmonte	Coweta	Cynthia Smith	Muscogee	Beverly Garland	Muscogee
Ed Barnwell	Muscogee	Beverly Richter	Dooly	Jim McCarten	Fayette
Starla DeSaussure	Harris	Jan Rayfield	Heard	LaVonne Harn	Houston
Alan Everidge	Houston	Kattie Kendrick	Peach	Geraldine Jackson	Spalding
Maggie McGruther	Sumter				

Guest:

Angela Franklin	Respect Institute Speaker
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DBHDD Staff:

Ann Riley	Regional Service Coordinator (RSA – BH)
Lawonna Parks	Administrative Assistant/ RAC Assistant

	AGENDA ITEMS	PRESENTER(S)	DISCUSSION
	Call to Order	Valerie West, Chair	<p>Meeting called to order – 1:06PM</p> <p>A. Welcome and Introductions</p> <ul style="list-style-type: none"> • Valerie West – Welcome and Thank everyone for coming out today. I’m Valerie West, Chair of the Council and I represent Troup County. I’m a parent of an adult with severe mental illness, an advocate and I’ve been involved in similar committees and NAMI for the past 12 years. At this time, we would like to go around the room and introduce ourselves. <p>B. Review of January 8 & March 13, 2019 Meeting Minutes</p> <ul style="list-style-type: none"> • Valerie West – Corrections: I was absent from the March 13th meeting. Please indicate on the minute meetings. Approval for the January 9th minutes: Cantor/ Traylor – approved. Approval for the March 13th minutes with amendments: Cantor/ Cheyne - approved
	Guest Presentations – Public Announcements		<p>Respect Institute Speaker</p> <ul style="list-style-type: none"> • Angela Franklin, Respect Institute Speaker (Presentation) <p>Public Comments (3 min. per comment)</p> <ul style="list-style-type: none"> • N/A <p>Health Surveys (Charts)</p> <ul style="list-style-type: none"> • Lisa Fort - At a Family Connection meeting several months ago and our representative from the Department of Public Health attended and presented the statistics for our county and the surrounding counties. I have no clue on how to read any of the charts, but I wanted to share. Based on the calculations for Stewart Co., we have a population of 5,985 people living in the county with 48% are from the ages of 18-44. Also included in that population are those who are incarcerated. Our county health ranking is poor with 35% of adults reporting as obese. We are one of five counties in Georgia who have been awarded the CBC Obesity Grant and there are 11 land grant institutions that have received grants and the University of Georgia is one of them. It started in Calhoun and they’ve added Stewart and Dooly County. As you can see only 6% reported limited access to healthy food and we only have one grocery store which is in the far Eastern part of the County. Our County is extremely large and we have transportation issues. 21% of the

residents, have no vehicle available, so how do they get to the grocery store. A lot of the residents utilize the Dollar General in Lumpkin for their grocery needs but there are no fresh vegetables or fruit available unless they purchase can goods. We were given a grant to provide a cooler in a facility where fresh vegetables and fruits can be stored and provided to residents. The grant will pay for the cooler and the vendor to come in and keep it stocked. Now, we are having a hard time trying to get someone to house the cooler or find a decent location to accommodate the residents. 77% of the children are in single parent households but in the state of Georgia it's 38%. As we provide services to rural areas, we need to keep that in mind. 41% of the residents are living in poverty with 66% being all children. 73% of the residents have a high school education with only 27% with an education greater than high school. The area of concern I took an interest in was the shortage of Mental Health Providers and that was also true for Marion County. The statistics I'm presenting today comes from a 10-year span for Stewart and the surrounding Counties.

- **Nikki Bryant** – There was an article issued sometime ago where they compared Stewart County as a whole, with an Immigration Prison and reported that they were similar. It's like being in prison, you have no resources, no way to get out, no jobs, you're living in poverty and in broken homes. Why wouldn't people have Mental Health problems.

RAC Training (Augusta) Update

- **Lori McSwain** – Despite the low attendance, I enjoyed the training. I loved that I was able to connect with other Council Members from other Regions who share the same role as I and to hear some of the issues they are experiencing from their Region. There were some awesome motivational speakers who spoke on how they overcome their disabilities or illnesses, their support systems and working with Law Enforcement on how to deal with and handle the population we advocate for. The only downfall I experienced, some of the trainings I registered for upon checking in had changed. I wanted to hear updates for the waiver and APEX program however the training was cancelled. There were a lot of discussions on GCAL scheduled however the training was cancelled, I really enjoyed sitting with other Council members and discuss similar issues we all may have or face in each of our Regions.

- **Irene Cheyne** – This morning I received an email about the young lady who was supposed to speak on the APEX Program. I didn't have time to make copies for everyone, so I will pass around what I have. There is some very good information and the Commissioners are very interested in the program. It's basic information, whether our county has the program, if not, then why not. I will email this to everyone and we have been asking for this information for quite some time and it's very informative. According to the survey, early intervention was listed as what the community wants in the schools.

ACCG – Associations County Commissioners of Georgia

- **Irene Cheyne** – On April 26th – 27th, Sandra Cosby, Chair of Region 4 she and I attended the ACCG Conference in Savannah. DBHDD had a display table set up and allowed Sandra and I to co-inhabit together. The following handout circulating is a letter Sandra and I wrote together and distributed at the conference. The letter gave a brief description about being the voice for the County you reside in to include, seats allocated for County, what Region the County is in, seats filled and the number of vacancies. If you look on the back side of the letter, it details the representatives for that County, how many seats are allotted and the population. We spoke with Commissioners, County Managers and Clerks from over 50 counties. We shared the information with each of them concerning the collected surveys and when they noticed that there was a star by their county, they wanted to know why. If there is a star by your County, all the seats have been filled. As we conversated with each of them, discussing general information, only one knew about GCAL. We had some Commissioners who filled out the surveys on the spot and some who asked if they could take a few with them. I've been an advocate for DBHDD for quite some time and we, have been trying our very best to attend an ACCG meeting and to have it finally happen was wonderful. A team and I attended their next scheduled meeting and now we are best of friends. They were interested in the survey and they love what we are doing. They have a Mental Health Committee and their greatest interest/ concern is the jail. Inmates who are incarcerated lose their Medicaid and Social Security and they are very hard to get back and the County is paying for all those drugs. 60% of the County budget goes to Law Enforcement and the jails. The work we are doing as RAC is being

			<p>recognized and ACCG is doing an article in their Summer magazine featuring RAC. It's all about us and what we're doing and encouraging them to get their counties involved. Before we leave today and if you all don't mind, I would like to take our picture because they would like to put our picture along side our article.</p>
	<p>Membership Updates and Actions</p>		<p>Review of Roster – Membership Changes</p> <ul style="list-style-type: none"> • Lawonna Parks – Please review the following roster located in your folder for corrections or if changes to your information needs to be addressed on the roster. <p>Membership Changes – Lori McSwain has officially been selected to represent as a RAC member for Upson County. Mya Cullins is one of five representatives for Henry County and she is with us today. Let's give a warm welcome to our newest members.</p> <ul style="list-style-type: none"> • Irene Cheyne – During this meeting, if it's appropriate, we need to follow up with those members who have been absent from the meetings. I've noticed in other counties they have a spread sheet where they keep track of who attends the meetings in person, who's on the call and who has been absent all together. Lawonna, can we get a similar spreadsheet as well? We as a Region need to hold members accountable when they do not show and Lawonna does not have to do that alone. We can call those members ourselves and find out what's going on. Membership wise, we can do so much with little money because we are volunteers. The counties that do not have representation, shows in terms of getting the questionnaire out to the communities. • Jeffrey Cantor – Is it ok if I email or call the other two representatives for Coweta County? • Valerie West – Yes, that would be a great ideal. Inform them they are missed and if they are still interested in serving on the Council, if not, we need to reach out to their County Commissioner and request a replacement. <p>Meeting Attendance & Orientation</p> <ul style="list-style-type: none"> • Valerie West – I would like to thank everyone for coming out and to our Council members on the phone. The conference line is ok, but we rather have you here in person if you can make it.

			<p>Orientation – I’ve received an email from a new member who was upset, and he spoke with our Statewide Leadership Chair, who I received a call from, about our orientation situation. What I would like to do anyone who has not had orientation, please give your name to Lawonna today for us to schedule the next session. I apologize for anyone who has not had the orientation, blame it on our heads and not our hearts. There are times we do forget things and we try so hard to cover a lot of material and get information out.</p> <p>Meeting Location</p> <ul style="list-style-type: none"> • Jeffrey Cantor – Due to scheduling conflict, we were unable to meet to discuss finding other possible locations. I would like to table this for our next meeting.
	<p>Region 6 Field Office / RAC</p>		<p>2017-2018 Priority Process RSA Report (Update)</p> <ul style="list-style-type: none"> • Ann Riley – Most recent update concerning Supported Employment. We are growing, and we now have more slots available and I just met with those providers. They are filling the slots and our individuals are working. Those are competitive jobs with competitive pay and not shelter workshops or volunteer positions. • Valerie West – How are you handling transportation, I know at times if the individual gets off late, transportation is not available. • Ann Riley – DBHDD included some transportation funds within that contract. Providers must be mindful when spending however we still want the individuals to be as independent as possible, incorporate their life skills training and learn city and natural resources and we have some individuals who carpool. Learning other means of transportation prepares them to not depend strictly on DBHDD or when funding is no longer available. <p>2019 Priority Process</p> <ul style="list-style-type: none"> • Irene Cheyne – At our July meeting we will re-visit the 2017-2018 priorities and decide which three priorities will be for our Region and up to three strategies per need for those priorities. The handout in front of you, is a printout of the PowerPoint I will present today. We, as RAC members, are volunteers and we must understand what our role and actions are as a Council member. Understanding equals action, lack of action equals no understanding. DBHDD has a new website and I encourage all of you to visit the website and see what it has to offer.

There is so much information and its easy to migrate. There is a section that explains what the RAC is all about and its very helpful to know some key points before you talk with your County Commissioner. I recommend we re-connect on a county level with our Family Connection. We as the RAC do not have a budget however Family Connections have a small amount of funds they receive from the state. They also have data bases that we can access so it is important to stay connected. We will revisit our 2017-2018 Region and state priorities. Those priorities are what we will reproduce in July. We did not do a good job of spreading the word concerning the priorities however we are going to do a much better job in 2019. I will email each of you a copy of the Delphi Study, a group of very knowledgeable people took time out of their busy schedule to answer questions focusing on potential improvements for access to service, quality of care, continuum of care leading to recovery and independence, prevention and early diagnosis and innovation. This is all apart of the understanding, detailing how we established the priorities and questions for the Delphi Study. Actions: We as RAC members should talk with our county elected officials at least every six months. They are the ones who elected us, and they are interested in what we are doing and what we have to say. I encourage all of you to attend the meetings at let your voice be heard. Our information sources are a good tool to stay knowledgeable for the work we do. On the DBHDD website, we can access policies from a legal stand point and the services we advocate for are explained in detail. I also encourage all of you to take advantage of that as well. The statewide survey was another excellent source for us to gather information and get the opinion of the community to identify services that were being met and where we lacked. I am currently receiving surveys as we approach the deadline and I was informed I have at least five hundred that will be overnighted to me today. Jeffrey, very briefly, explained to the other members what you have volunteered to do to help with tallying the surveys.

- **Jeffrey Cantor** – I will be comprising the data for the 31 counties of Region six and create a regional report. This report can be used as a focal point when talking with the County Commissioners and other elected officials.

			<ul style="list-style-type: none"> • Lisa Fort – Will we have county reports as well? • Irene Cheyne – Yes, however it will all be completed in stages because the work is being completed by volunteers. We will start with the state, then Region 6 and we will use Jeffrey’s work as the model and then we will start breaking the reports down by counties. (Handout) When identifying and selecting priorities, review information gathered, brainstorm potential priorities and related strategies, agree on evaluation criteria and use Nominal Group Technique (NGT) to discuss and choose priorities and strategies. At our July meeting we will use our Nominal Group Technique and suggested evaluation to help us determine the priorities we want to present by aligning them with the DBHDD vision and mission, the strength of information sources, potential support from DBHDD, elected officials, providers and communities and potential collaboration among Leadership Council, RAC’s counties and DBHDD. <p>ASD Study Committee (The Chattahoochee Valley Study Committee on Autism Spectrum Disorder)</p> <ul style="list-style-type: none"> • Irene Cheyne – This is our third year, we usually meet at the library every month to coincide with the library schedule. Due to conflict with scheduling/ reserving the meeting room on numerous occasions, Columbus Technical College has given the study group a meeting room for us to meet every month on their campus. We will meet every third Wednesday of each month from 11:30am – 1:30pm. Everyone is welcome to attend any of the meetings and if you would like to be placed on the mailing list, just let me know. In the upcoming week, we will be doing some prioritization and I will be able to bring those findings back to our July RAC meeting. We also will have a representative from Behavioral Health Link (BHL) attending our next meeting to discuss Crisis Services for individuals with Autism.
			<ul style="list-style-type: none"> • Intellectual Developmental Disability – N/A • Behavioral Health (Ann Riley) – We are in the process of preparing for a couple of scheduled symposiums. The symposium for Behavioral Health (BH) is scheduled for the first week in October at the Lodge at Callaway Gardens in Pine Mountain. The Georgia Suicide Prevention Conference is scheduled in September, also at the Lodge at Callaway in Pine Mountain. If any of you are interested in any of the upcoming trainings,

conferences and symposiums, visit the DBHDD website for locations, dates and times. I do not have any updates to report, however, I'm open to any questions you may have.

- **Irene Cheyne** – Where are we concerning the opioid epidemic?
- **Ann Riley** – That information is listed on the DBHDD website under state opioid grant tab. We were granted a two-year opioid state grant and if you visit the website, it explains to you how the funds were disbursed. Funds were disbursed into prevention, first responders, providing Narcan and treatment facilities. Some funds were disbursed over the last year to McIntosh Trails (Henry Co.) for Medication Assistant Treatment (for methadone) and they are looking for a second Regional provider.
- **Mya Cullins** – I have a methadone treatment program in Cobb County. I'm interested in helping anyone who wants to bring it into their county. I was in school for three months and I open it from scratch. I've done the research, implemented it and its public knowledge, you guys have it and our scores were above the state requirements for that program. That's one of our goals, to assist and spread to other counties.
- **Ann Riley** – It is hard finding providers who would provide those services because it's the old day methadone clinic, it's not that vision.
- **Mya Cullins** – I've talked with other providers, you have Behavioral Health and you have opioid treatment and we get the best of both worlds to add on primary care. Its not hard, the patients are there, they need the help.
- **Ann Riley** – I have a friend who oversees a MAT program in Columbus and I'm not sure how many of you know about substance abuse treatment, but Group is a primary fidelity for that population and its sometime very hard to get people to come to groups.
- **Mya Cullins** – That's a problem. When the patients come in, they want to get their medicine and leave. We notify the patients during orientation, as part of the program you must attend group counseling.
- **Ann Riley** – I will connect you with the therapist in Columbus and maybe the two of you can spread the importance of having Group sessions and try to get more providers or facilities involved.

			<ul style="list-style-type: none"> • Melissa Johnson – You may want to check with the surrounding courts, preferably drug court to see what successes they may have, what’s working and what’s not. • Irene Cheyne – Ann, what is DBHDD stance. Is it acceptable within the agency for medication assistant treatment for opioids is a requirement? • Ann Riley – It’s a standard acceptable practice with service guidelines.
	Other Business		<p>Selection of nominating Committee</p> <ul style="list-style-type: none"> • Valerie West – Are there any volunteers for our nominating committee. This committee will comprise the ballot, find out who is interested in the positions of Chair, Vice Chair, Secretary and two general members. We will need this information by our July meeting, due to elections. We have one volunteer, Ted Kirk, Fayette Co. If there are no other volunteers, I will send an email to all members requesting to fill the remaining two seats, so we may be able to conduct elections at our July meeting.
	VIII. Adjournment		<p>Next Meeting</p> <ul style="list-style-type: none"> • Meeting Adjourn – 3:53 PM • Next scheduled meeting – July 10, 2019 - Upson Co. Senior Center

RAC minutes prepared by Lawonna Parks