

## **RAC Agenda Notes**

### **Region Six**

From May 10, 2023

**Trisha Israel**  
*Acting Chair*

**Doris Aduze**  
*Acting Vice Chair*

**Annie Davis**  
*Secretary*

### **Roll Call**

Trisha Israel called the meeting to order and began with roll call. There were 18 participants present for today's meeting. There was a motion to approve the agenda from March 8 and it was seconded and approved.

### **Respect Institute**

Outreach coordinator, Toya Mather introduced the speaker for today as Allison Friedrichs. Allison's title was, "How I began living a purposeful life". She stated that her mother suffered with bipolar disorder and by age seven Allison was cooking the meals for the family. As an adult she acknowledged her insecurities and began her career then married and had kids but was mentally Allison was going downhill. Her mother died of cancer; her brother committed suicide; She and her husband were divorced, and she had a mental breakdown. After lots of hard work she educated herself on her issues and became healthier through empowerment. Allison stated that it was worth every bit of effort she put into her wellness.

### **DBHDD Reports**

#### *Behavior health*

Ann Riley had no new announcements, and her team is rolling on.

#### *IDD/DD health*

Valona Baldwin had updates:

1. Rate Study increases must be approved by CMS, the General Assembly And DCH. There must also be a waiver amendment in reference to the increases.
2. The federal health emergency ends on May 11, 2023, therefore appendix K will be ended in November 2023

Valona advises the board to go to DBHDD's website for more information.

### **Membership and Member Information**

Trisha stated that the priorities must be submitted in May. The priorities were read and there was a motion to approve the priorities. The motion was seconded and approved. There was a motion to adjourn the meeting and it was seconded. We now stand adjourned.