



SIoux RIVERS REGIONAL MHDS

GOVERNANCE BOARD MINUTES

TUESDAY MARCH 28, 2023

The Sioux Rivers Regional MHDS Governance Board met in person at the O'Brien County Courthouse in Primghar as well as via zoom for those unable to attend in person. Those in attendance via zoom and in person included: Brenna Koedam, Kim Wermersen, Cory Altena, Don Kass, Abby Wallin, Lisa Rockhill, Crystal McHugh, John Pluth, Bill Leupold, Jerry Birkey, Sue Duhn, Mike Van Otterloo, Christina Eggink-Postma, Shawn Scholten, Kim Keleher, Tim Overmire, Dennis Vanden Hull, Craig Hoftzyer, Kristen Triplett (Creative Living), Carl Vande Weerd, Denise Driesen, Tim Schumacher, Barry Whitsell, Tammy Bruinsma, Robert Aiken, Mark Loutsch joined at 1:40pm, Janice Hill joined the meeting at 1:47pm, Amy Sathoff joined the meeting at 2:05 pm.

1. WELCOME AND INTRODUCTIONS-

Wermersen welcomed the group and called the meeting to order at 1:30 pm.

2. APPROVE AGENDA-

Pluth made a motion to approve the agenda. Vanden Hull seconded the motion. The motion carried with all ayes.

3. REVIEW AND APPROVAL OF 2/28/23 MEETING MINUTES-

Birkey made a motion to approve the February 28, 2023 meeting minutes. Hoftzyer seconded the motion. The motion carried with all ayes.

4. FISCAL AGENT REPORT AND REGIONAL EXPENDITURES-

Vande Weerd made a motion to approve the fiscal agent report. Kass seconded the motion. The motion carried with all ayes.

5. APPROVAL OF CLAIMS-

Kass asked about the Flowstate expenses. Duhn confirmed those include the additional dollars approved by the Governance Board last month as well as the regular monthly amount. Leupold made a motion to approve the claims as listed. Altena seconded the motion. The motion carried with all ayes.

6. PROVIDER FUNDING REQUESTS-TABLED MEDIA REQUESTS-

Koedam discussed the media requests that were tabled from the last meeting. Eggink-Postma did state because this was not approved earlier in the year they would not need all of the dollars. Seasons would run the ad one less month than listed in the proposal. Van Otterloo asked about the Life Skills request. Koedam did not have a request from Life Skills, but did state she would follow up with Janice Hill about it after the meeting. Vande Weerd made a motion to approve \$11,820 to Seasons Center and \$7,000 to Creative Living as listed in their requests. Van Otterloo seconded the motion. The motion carried with all ayes.

7. FUNDING REQUEST-HOPE HAVEN-

Koedam presented on the Hope Haven request. Hope Haven does some summer camps focusing on vocational supports in the summer. They want to include a meal and focus on classes such as hygiene. Along with teaching about hygiene, they would like to provide the kids hygiene items. The plan is also to have the kids learn to cook during those lunch time sessions as well. Leupold made a motion to approve the Hope Haven request. Kass seconded the motion. The motion carried with all ayes.

8. LETTER OF SUPPORT-CMHC DESIGNATION-PLAINS AREA AND SEASONS CENTER-

Koedam discussed the need to designate a community mental health center. Creative Living chose not to apply for the community mental health center designate. Koedam discussed this with Rob Aiken. In speaking with Rob, Koedam can write a letter of support for both agencies, but it will essentially kick the can down the road for the committee to come back to the board with a decision anyway. Koedam asked both agencies to provide data and numbers for their presence in the county. Hoftzyer asked Creative Living why they no longer wanted that designation. Dr. Scholten did state their agency did not have the ability within their agency to develop the programs needed for CMHC. Eggink-Postma did speak to Seasons Center services. Seasons Center does have an office and presence in Sioux County five days per week. Seasons Center does provide ACT in Sioux County. Plains Area, Kim Keleher, has a provider in Sioux County three days per month, but would be available via telehealth five days per week. Plains Area was the mental health provider many years ago, but subcontracted with Creative Living to provide services. Keleher did state subcontracting with Creative Living would be an option again. Seasons Center does CCBHC in Sioux County and other specialized services in Sioux County. Vande Weerd would like to table this request and discuss this with residents in Sioux County before backing a provider. Wermersen asked how quickly this needs to be decided. Keleher and Eggink-Postma believe the funding is already gone for this year. However, once the letter of support is sent it goes to HHS for a decision. HHS then sends it to the commission for a final decision. Seasons Center did state the report is from July 2021-2022. The higher need may just be based on the services that are provided at certain offices, which vary, by timeline. Some services allow more people to be seen in a day than other services. Altena did ask the board to think about this as a region, and not as Sioux County as the board has made a focus to make decisions based on what is best for the region as a whole. Vande Weerd made a motion to postpone the decision to next month. Vanden Hull seconded the motion. The motion carried with all ayes.

9. LETTER OF SUPPORT-VILLAGE-NORTHWEST UNLIMITED-

Koedam presented the letter of support for Village Northwest. Essentially, the provider is asking for a letter of support to change a home from a four-bed home to a five-bed home. Kass made a motion to have Koedam send a letter of support to Village Northwest. Van Otterloo seconded the motion. The motion carried with all ayes.

10. FY24 ANNUAL BUDGET AND SERVICE PLAN-

Koedam discussed the FY24 annual service and budget plan. Koedam did state the budget was done with a lot of thought. The budget does include training dollars for providers. Koedam will write into the contract the monies available for training. A form will be put on the new website to request those dollars. Duhn did state staff started with Core services and went from there. Vande Weerd made a motion to approve the FY24 Annual Budget and Service Plan. Leupold asked how much pressure the state is putting on the region. Koedam did state she does not feel like the state is putting pressure on the region per se, but HHS does want the regions to look at COA's and focus on those core services first. The budget does include medications in jails for inmates that have psych meds provided to them by Flowstate. Koedam did state we did increase dollars for outpatient mental health for those that may lose their Medicaid with the reviews that are going to start April 1. With no further discussion, Kass seconded the motion. The motion carried with all ayes.

11. FY24 CONTRACTS AND PROGRAM FUNDING REQUEST-

Koedam discussed the After School program with Plains Area. Koedam did state training was provided to Plains Area for the peer support program. Koedam also included the money in the budget for some respite dollars. Koedam would like to pilot this in Plymouth County since Keleher brought the idea to Koedam as something they would like to try. Keleher discussed the plan to start September 1 when school is back in session in the fall. Keleher did state she hopes to start with twenty students in the group. Van Otterloo as if this program would include Le Mars Gehlen as well. Keleher did state it would include both schools in Le Mars. Van Otter made a motion to approve the after school program with the details and timelines included in the document provided. Pluth seconded the motion. The motion carried with all ayes.

Koedam discussed the proposal for mobile crisis and crisis stabilization community based. Koedam did state this has not been included in the budget approved. Koedam believes we will be there next year, based on the meetings that are happening, to move towards removing county lines and sharing crisis duties under the crisis umbrella. Kass believes we keep this as a tool in our toolbox going forward. Koedam believes we will get there, but will not be ready for this next fiscal year. Keleher agreed with Koedam to put this on hold because of the sub-committee meetings happening within crisis services.

12. MHDS COMMISSION UPDATE-DON KASS-

Kass shared information from the commission meeting. Kass stated it was mostly an informational meeting. The discussion was about separating the kids that do not have mental health issues, but did something criminal, from those that have mental illness and are in and out of facilities like the YES Center.



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The commission also discussed removing kids from schools that are violent towards other kids and teachers in schools. The YES Center has the ability to expand rooms, but there would need to be more beds allowed by the state to include more beds, because the numbers of beds are set by the state. Overdoses from opioids in kids has increased by 290%.

13. **ADULT ADVISORY BOARD UPDATE-DR. SCHOLTEN-**

Dr. Scholten gave a report about the recent Advisory Board meeting. All but two members attended the meeting. It was reported the Governance Board make up changes have passed and will need to be addressed in the future. Koedam will be more involved in the Advisory Board. The plan is to strengthen the advisory board base. The board discussed core services and those that are being utilized by clients in rural verses urban areas. The Advisory Board also discussed the need to designate a community mental health provider. The next meeting will be June 13 at 1pm.

14. **GENERAL DISCUSSION/UPDATES-**

No additional comments.

15. **ADJOURN GOVERNANCE BOARD MEETING-**

Vanden Hull made a motion to adjourn the meeting. Altena seconded the motion. The motion carried with all ayes. The meeting adjourned at 2:45pm.

Sue Duhn, Secretary

A handwritten signature in cursive script that reads "Sue Duhn".

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