

**COPPER COUNTRY MENTAL HEALTH SERVICES BOARD**

Wednesday, May 30, 2018 6:00 PM

Rice Memorial Center  
901 W. Memorial Drive  
Houghton, MI 49931

**MINUTES**

**CALL TO ORDER:** The meeting was called to order at 6:00 PM.

**ROLL CALL:** Richard Bourdeau, Zach Edgerton, Barry Fink, James Fyfe, Sandra Gayk, Richard Herrala, Dr. Kathleen Johnson, Albert Koskela, Mike Koskinen, Pat Rozich and James Tervo.

**ABSENT:** None.

**OTHERS:** Mike Bach, Cari Raboin, Susan Serafini, Crystal Stone, Dawn Stromer and Angela Cline.

Those in attendance stood for the Pledge of Allegiance.

**Approval of Agenda**

**MOTION:** by Mr. Fyfe, seconded by Mr. Bourdeau, that the Agenda be approved as presented, with no additions, deletions or amendments. Motion carried unanimously.

**Approval of Minutes of April 25, 2018 Meeting**

**MOTION:** by Mr. Koskinen, seconded by Mr. Koskela, that the Minutes of the April 25, 2018 meeting be approved, as presented. Motion carried unanimously.

**Treasurer's Report for April, 2018**

**MOTION:** by Mr. Koskela, seconded by Mrs. Gayk, that checks numbered 53078 to 53358 for a total of \$1,239,119.83 and Combined Cash Investments Report for April 30, 2018 totaling \$8,387,168.75 is accepted and placed on file. YES: Bourdeau, Edgerton, Fink, Fyfe, Gayk, Herrala, Johnson, Koskela, Koskinen, Rozich and Tervo.

**Comments from the Public**

Sylvia Wentala from Great Lakes Recovery introduced herself and stated she works with released parolees and job specialists to find them employment. Housing is especially difficult to find in our area and she attends various meetings and goes around town speaking to landlords looking for housing for these individuals.

**Chairperson's Report:** James Tervo, Chairperson, presented the Chairperson's Report.

**NorthCare Governing Board Meeting – May 9, 2018** – Mr. Rozich reported on the May 9, 2018 NorthCare Governing Board Meeting and stated that the meetings are running smoothly. In regard to

the search for a new CEO, he had spoken with several individuals at the Community Mental Health Association of Michigan (CMHAM) Spring Conference who were interested in applying. The intent is to have the position filled by August and will look internally, if necessary.

**CMHAM Spring Conference – May 1<sup>st</sup> & 2<sup>nd</sup>, 2018 & Strategic Plan 2018 – 2023** – Mr. Rozich reported on the Community Mental Health Association of Michigan (CMHAM) Spring Conference held in Novi, MI on May 1, 2018 and May 2, 2018 and stated the biggest surprise was a presentation about the “third way” strategy that is based on the recognition that neither of the two options often put forth as the only options for the future of Michigan’s public mental health system, which are; 1) retaining the current structure of Michigan’s publicly-sponsored mental health system and 2) privatizing the core functions of the Michigan system. Cari Raboin added that the Association sent an email further explaining this and will share it with the Board next month.

**GLRMHA Meeting** – Mr. Tervo stated that the Great Lakes Rural Mental Health Association (GLRMHA) Conference will be held September 9<sup>th</sup> – 11<sup>th</sup>, 2018 at the Island Resort Casino. On the first day there will be a grape farm tour. Bob Sheehan, from CMHAM, will be the first presenter along with UPSET, pet therapists, Lynda Zeller from MDHHS, and the National Council for Behavioral Mental Health from Washington, D.C. There will also be Mental Health First Aid and consumer recovery stories. Mr. Tervo encouraged everyone to attend and to let Angela Cline know if they are interested.

Mr. Rozich reviewed the NorthCare FY 2017 Annual Performance Report and directed everyone to page 10 of the report, showing the Access Screenings for Mental Health services graphs. Mr. Rozich encouraged Board members to call NorthCare or CCMH if they have any questions.

**Director’s Report:** Cari Raboin, Executive Director, presented the Director’s Report.

**Eye Movement Desensitization & Reprocessing (EMDR) Presentation** – Cari Raboin introduced Outpatient Therapist, Crystal Stone, to the Board. Crystal Stone stated she has been a therapist for 14 years and her specialty is helping individuals recover from trauma and substance abuse. The more adverse childhood experiences (ACE’s) one has, the more it affects the person’s mental and physical health. EMDR was created by Francine Shapiro, who was having difficulties in her life and noticed her eyes moving back and forth when thinking about material. When she thought about her eyes moving, she noticed it had no emotional charge and started trying this process on friends and colleagues in 1987. Later, she developed a protocol and published a study on EMD, as it was previously known as. EMDR has been primarily used for veterans with Post Traumatic Stress Disorder (PTSD), but also with individuals with all types of traumas, illnesses, phobias, etc. Ms. Stone displayed a light bar used with EMDR therapy and stated she begins by asking the individual to measure how disturbing it is to think about their trauma on a scale from 0 – 10, with 10 being the most disturbing. If EMDR is decided on to be used as a form of therapy, the individual will choose an event from their past that is still bothering them. EMDR also addresses “small t” traumas such as, poverty, losing a job, being rejected by peers, etc. The therapist and individual get clear on past issues and current problems, then focus on where they want to go in the future. The individual sits facing the light bar with the therapist off to the side and the session is spent mostly with the individual processing their chosen trauma event or “target”. Crystal Stone demonstrated how the light bar is used and stated it also does bilateral stimulation. There are also audio and tactile capabilities that use headphones and vibrating paddles, and all are



effective. This is a very powerful therapy that can vividly draw up these traumatic situations and emotions. While using the light bar, the individual gets clear about what moment of trauma was the worst and the thought that is associated with that moment. They are then asked what thought they would rather have and focus on that while using the light bar. A session can last up to 90 minutes. At least one target is usually decreased from an 8 or 9 to a 0 with each person. The target does not come back as the body has a natural ability to process and discharge memory. Older individuals may take longer because they have more targets to go through. EMDR can be used on any age individual and the duration of sessions vary. Crystal Stone stated EMDR can also be helpful eliminating urges or triggers, such as someone with substance abuse issues seeing their drug dealer or it can help divorce attachment from the positive feeling they have with their addiction. The Board thanked Crystal Stone for her presentation and Mr. Tervo stated it was one of the most engaging presentations the Board has ever had.

**FY 2018 MDHHS Contract Amendment #2** – The MDHHS FY 2018 Contract is an agreement between MDHHS and the Community Mental Health Services Programs (CMHSP) for Managed Mental Health Supports and Services. Cari Raboin stated there were minor changes made to the contract.

**MOTION:** by Mr. Koskinen, seconded by Mr. Koskela, that the Board approves the FY 2018 MDHHS Contract Amendment #2 between MDHHS and the CMHSP for Managed Mental Health Supports and Services from October 1, 2017 through September 30, 2018, as presented. Motion carried unanimously.

**Rice Board Meeting – May 9, 2018** – Cari Raboin stated at the Rice Memorial Clinic Foundation Board Meeting on May 9, 2018, the Board had already approved a funding request for the Houghton County Arena in the amount of \$45,000, and details regarding this obligation were discussed. BHK presented to the Board and are asking for funding for additional classroom aides. The Portage Health Foundation is asking for funding to provide grants to various groups. The CCMH mortgage has been paid off by the Rice Foundation Board. Susan Serafini added that the good news is that all the buildings are owned free and clear, but the donation came to us a contribution and is considered Local dollars, so the downside is that we no longer have Local dollars coming in. Cari Raboin stated that she and Susan Serafini discussed our waiting list with the Rice Board and will be looking at it to see if we can take more individuals off the list and what the cost will be and will present to the Rice Board with proposals. We are also looking for a building to purchase for Clubhouse and if one is found, it may be brought before the Rice Board also.

**Policy Revision – Freedom of Movement** – The Board reviewed the revised policy, *Freedom of Movement* policy. This policy ensures that recipients of services are placed in the least restrictive setting of their choosing and have access to all areas within the home, on the grounds, in the community and in the Agency program areas that are for recreational, vocational and normal social activities. The policy was revised due to the Home and Community Based Services (HCBS) rules.

**MOTION:** by Mr. Koskela, seconded by Mr. Fyfe, that the Board approves the revised *Freedom of Movement* policy, as presented. Motion carried unanimously.



**Contract Initiation FY 2018** – Cari Raboin stated the Contract Initiation FY 2018 is a new contract to provide a supportive living situation by moving an individual from a downstate group home to a supported apartment in the same area.

**MOTION:** by Mr. Koskela, seconded by Mr. Rozich, that the Board approves the Contract Initiation FY 2018, as presented. Motion carried unanimously.

**Milliman, Inc. GASB 75 (Accounting for Post-Employment Benefit) Valuation** – Susan Serafini reviewed the Milliman, Inc. Governmental Accounting Services Board (GASB) 75 Valuation Agreement. Every two years we offer healthcare benefits for retirees and a GASB 75 evaluation is done. The evaluation is coming due for the next two years and we are looking to continue with Milliman, Inc. Susan Serafini recommended that Milliman, Inc. perform our actuarial services for FY 2019 and FY 2020.

**MOTION:** by Mr. Koskela, seconded by Mr. Koskinen, that the Board approves Milliman, Inc. to perform actuarial services (GASB 75) for FY 2019 and FY 2020, as presented. Motion carried unanimously.

## Updates

Cari Raboin stated in regard to Section 298, pilot projects were to start October 1, 2018 but are now being set to begin October 1, 2019.

Cari Raboin stated we have a number of professional positions open including, an Acute Services clinician, an Early Mental Health clinician, a Board Certified Behavior Analyst (BCBA) or Applied Behavioral Analysis (ABA) Specialist, an Autism Manager, an ACT Therapist/Client Services Manager, an Outpatient Therapist and a Peer Support Specialist.

**Finance Director's Report:** Susan Serafini, Finance Director, presented the Finance Director's Report.

Susan Serafini reviewed Revenue and Expenditures by funding source as of April 30, 2018. We did receive Medicaid and Healthy Michigan savings from FY17 from NorthCare and are reporting \$830,116.46 surplus in Medicaid funding and \$7,931.75 surplus in Healthy Michigan funding, including the savings from last year. The General Fund (GF) is continuing to run at a surplus and is up by \$10,671. The Local funding is doing well at \$52,969 because we are not covering a GF shortfall. CCMH's mortgage has been paid off and local dollars will no longer be coming in from the Rice Memorial Clinic Foundation. The changes made to the preadmission screenings, by no longer performing screenings for private insurance only individuals has saved over \$48,000. Susan Serafini reviewed the Balance Sheet as of April 30, 2018. The total cash for April, 2018 is \$8,387,168.75 which is an increase compared to March, 2018 of \$7,655,351.72. The increase is due to the cost settlement with NorthCare. The total net income of all funds through April, 2018 is \$85,033 compared to the end of March, 2018 of \$74,949. The General Fund's net income is up by almost \$10,000 at \$53,039. All other funds are looking good. Susan Serafini reviewed the General Fund's Income Statement. To be right on budget, the income statement should be at 58.33% of the budget. Revenue's are running at 1 1/3 % ahead of budget due mostly to Medicaid. We are seeing increases in interest rates, but they are

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still a small line item. Expenditures are running slightly over budget by ½ %. The Board thanked Susan Serafini for her report.

**Old / New Business**

There was no old or new business to report.

**Adjournment**

**MOTION:** by Mr. Koskela, seconded by Mr. Bourdeau, that the meeting adjourn. The meeting adjourned at 7:16 PM.

Submitted by,

  
James Tervo, Board Chairperson

  
Michael Koskinen, Board Secretary