### **RBHA** BEHAVIORAL HEALTH AUTHORITY BOARD OF DIRECTORS MEETING MINUTES November 5, 2019

The Richmond Behavioral Health Authority (RBHA) Board met at 107 S. 5<sup>th</sup> Street, in Richmond, VA 23219.

**RBHA Board members present were:** Scott Cannady; Irvin Dallas; **Vice Chair;** Denise Dickerson, **Secretary/Treasurer**; Dr. Cheryl Ivey Green, **Chair**; Sabrina Gross; Karah Gunther; Dr. Cynthia Newbille; Malesia "Nikki" Taylor; Eduardo Vidal and Dr. Michelle Whitehurst-Cook.

**RBHA Board members absent were:** Thomas Bannard; Dr. Joy Bressler and Chelsea Higgs Wise.

**Staff present:** Dr. John Lindstrom, **CEO**; Steve Buffenstein; Bill Fellows; Susan Hoover; Dr. Jim May; Shenée McCray; Carolyn Seaman; Michael Tutt and Meleese Evans.

RBHA's Legal Counsel: Jon Joseph of Christian & Barton, LLP.

Guests: None.

### **Proceedings:**

- > The meeting was called to order at 3:05 p.m. by Dr. Cheryl Ivey Green.
- > **Public Comment**: None.
- The Board minutes for October 2019 were approved with a motion by Denise Dickerson and seconded by Irvin Dallas. The minutes were unanimously approved.

### **Employee Recognition**

• Ruth Goode, Case Manager in Child and Family Mental Health, was recognized as employee of the month.

### FY 2019 Audit Report

• Chris Murray, CPA, of Brown Edwards & Company presented the FY 2019 Audit Report.

Motion: Dr. Cynthia Newbille made a motion that the RBHA Board of Directors accept the FY 2019 Audit Report as noted; seconded by Dr. Michelle Whitehurst-Cook and unanimously approved.

### **Board Chair Report- Dr. Cheryl Ivey Green**

• Dr. Cheryl Ivey Green thanked board members for making an effort to be part of the employee event on November 1<sup>st</sup>.

### Chief Executive Officer's Report- Dr. John Lindstrom

• The CEO report was discussed and is included in today's board meeting packet and with today's meeting minutes.

### <u>RBH Foundation Report</u> – Ms. Carolyn Seaman

- The Foundation Development Report was discussed and is included in today's board meeting packet and with today's meeting minutes.
- Dr. Cheryl Ivey Green invited board members to make a donation to the RBH Foundation, if not already.

### **Committee Reports:**

### Access & Service Delivery Committee - Dr. Michelle Whitehurst-Cook

- The Access & Service Delivery Committee has not met since the last board meeting.
- The next meeting will take place on December 17<sup>th</sup> at 2:00 p.m.

### <u>Advocacy & Community Education Committee</u> – Mr. Scott Cannady

• The Advocacy & Community Education Committee have not met since the last board meeting; however, a meeting will be scheduled soon.

### <u>Executive Committee</u> – Dr. Cheryl Ivey Green

- The Executive Committee has not met since the last board meeting; however, the committee will meet on December 3<sup>rd</sup> at 3:00 p.m.
- The committee will discuss strategy for addressing issues with managed care organizations and will review nominations for the Wayne Hamilton Blanks Service in Recovery Award.

### Finance Committee –Ms. Denise Dickerson

- As of September 30<sup>th</sup>, RBHA showed a net gain of \$2.0 million and total net assets of \$9.8 million, excluding Regional and Non-authority funds.
- Total cash in the bank at September 30<sup>th</sup> was 20.6. million, and RBHA's share of that cash is \$7.7 million. Although Cash balances have rebounded a bit and payments from MCOs has improved, there is still a considerable amount owed to RBHA. Management continues to arrange meetings with all of the MCOs.
- The investment balance decreased by \$53,000 for the month on the \$5.8 million invested at the end of September.
- RBHA's current operating reserve ratio is strong at 1.43 or just under 3 months of expenses.
- Total Client AR is \$7.6 million gross and just over \$4.6 million net of the allowance. AR balance was adjusted to reflect only amounts actually billed for the month of September. This method of presenting AR represents a more realistic figure to be collected. The cause of the slow collection of AR has not changed; however, Management continues to increase pressure on the MCOs to pay the claims submitted.
- The Finance Committee recommends that the RBHA Board approve the purchase of the Red Cross Building at 420 E. Cary Street in Richmond, VA at \$3.1 million and authorize the CEO to pursue financing with a loan not to exceed \$3.2 million.
   Motion: Dr. Cynthia Newbille made a motion that the RBHA Board of Directors authorize the purchase of the building at 420 E. Cary Street in Richmond, VA, with financing not to exceed \$3.2 million, subject to obtaining all necessary legal clearances from counsel; seconded by Irvin Dallas and unanimously approved.

• The Finance Committee recommends the forgiveness of \$120,000.00 drawn down by the Richmond Behavioral Health Foundation from the FY19 \$120,000.00 Line of Credit. In addition, the Committee recommends the extension of the Line of Credit at the same \$120,000.00 value for FY20.

Motion: Denise Dickerson made a motion that the RBHA Board of Directors forgive the \$120,000.00 drawn down by the Richmond Behavioral Health Foundation from the FY19 \$120,000.00 Line of Credit and extend the Line of Credit at the same \$120,000.00 value for FY20; seconded by Dr. Michelle Whitehurst-Cook and unanimously approved.

### Human Resources Committee – Mr. Irvin Dallas

• The Human Resources Committee has not met since the last board meeting.

### Nominating & By-Laws Committee - Dr. Joy Bressler

• The Nominating and By-Laws Committee has not met since the last board meeting.

<u>Presentation</u>: Bernadette Senior, Program Manager II, provided a presentation on Marshall Center Psychosocial Rehabilitation Services for Adults.

The meeting adjourned at 5:25 p.m.

The next Board of Director's meeting will take place on Tuesday, January 7, 2020 at 3:00 p.m.

### **Respectfully Submitted:**

Dr. Cheryl Ivey Green RBHA Board Chair

Dr. John P. Lindstrom Chief Executive Officer

### Richmond Behavioral Health Authority Board of Directors Chief Executive Officer's Report November 5, 2019

The Annual Employee Appreciation event was held last Friday at Bryan Park. Over 560 participants enjoyed food, fun, and fantastic fellowship. Eight Human Foosball teams, representing every major program area competed for the RBHA Champions Cup. Congratulations to The Jewels, representing School-based Services, in taking the final game over runner-up Amigos, representing Developmental Services. Other major activities held during the afternoon included a pumpkin decorating contest (the creativity absolutely amazed me), line dancing (seemed as though well over a hundred RBHAers were busting moves), and an attention-getting RBHA talent show. Our Board Chair, Dr. Cheryl Ivey Green participated, displaying her wonderful voice. I am sure I am probably leaving something out, but it seemed that all enjoyed the afternoon.

The RBHA leadership team was well represented in Roanoke at the Fall VACSB Conference held October 2-4. Board members Irvin Dallas and Scott Cannady joined us and were actively engaged conference sessions and social events. The next VACSB conference will be in Richmond at the downtown Marriott in January – more to come.

A RBHA team of over 60 participated in the NAMI Walk on October 5. Our team consisted of leadership, staff, peers, consumers, and three RBHA Board members – Cheryl, Sabrina, and Nikki! Thanks so much for your consistent and impressive support of RBHA and the individuals we serve.

RBHA received a Federal D.O.J. Bureau of Justice Assistance grant in collaboration with the Richmond Department of Justice Services that will permit the Richmond Circuit Court to implement a Behavioral Health Docket. To kick off this effort, a Circuit Court Behavioral Health Docket Retreat was held on October 7.

On October 10, Dr. Jim May and I attended a one day Opioid Summit in Virginia Beach focusing on treatment issues affecting the criminal justice population. Program content was heavily focused on Medication Assisted Treatment. RBHA and our regional warm-line was recognized at the summit as the most frequently accessed and well operated such services in the state.

On October 11, we were pleased to host a delegation from Henrico County for a North Campus tour and discussions pertaining to withdrawal management. The delegation included a deputy county manager and the president of the Henrico County NAACP.

RBHA hosted a daylong meeting with a group of individuals representing federal agencies with interest in Veteran suicide prevention. Dr. McKeon, head of suicide prevention at SAMHSA, led the delegation. As a side note, I had never before been in a room with so many Generals, federal department heads, and presidential appointees.

On October 24, I met with Chief William Smith to discuss the status of our various collaborations with the Richmond Police Department and areas for potential growth in our partnership.

CEO Report November 5, 2019

### **Key Updates**

**Red Cross Building** – We are making significant strides toward the completion of our due diligence. The study period ends November 24, at which time RBHA must move forward with the purchase or withdraw. At this time, it seems that there are no major obstacles. Bill Fellows has secured a path toward financing the purchase through our banking institution. Others updates are as follows:

- ALTA survey nothing of note on the survey
- Title the items missing can be cured with an affidavit from the Red Cross. Their counsel is going to prepare something and send it to C & B
- We will have the results of the environment survey by the end of the week

Several issues were identified in the building study. Red Cross is repairing a leak in the HVAC unit. They seem to be open to providing a credit for the items that rated a D in the survey which are a hole in the floor on the second floor and items related to the fire code. The estimated repair amount between the leaks and the D rated items is \$15, 500.00.

There are also two areas that have mold in the exterior rated B/C with the estimated repair cost of \$18,000.00.

The majority of the estimated cost of repairs is related to cosmetic repairs of the exterior - \$88,000.00.

The Red Cross asked that we send them an itemized list of what else we would like them to consider as a repair or credit. We are asking that they repair the D rated items and the mold (\$33, 500) and ask for a \$50,000.00 credit towards the exterior repairs or an \$80,000.00 credit and we take care of everything.

**Children's Services Center** – Final construction drawings and permitting remain in process. Once complete, Daniel & Company will mobilize for work completion.

**REACH** – The Hickory Road house (adult transitional) is now provisionally licensed and will begin admissions once the client lease agreement is approved (under review by C & B). The Baldwin Road house (crisis therapeutic) is complete, now awaiting completion of a few punch list items.

**Restructuring RBHA's Leadership Team** – Effective in January 2020, several programs and services will be realigned within our organizational structure. The purpose of this realignment is to create efficiencies within specific program areas, increase communication, involve a broader group of program level directors and managers in decision-making, and streamline

CEO Report November 5, 2019

leadership structures that cross divisions and departments. The existing Leadership Team will be reduced in size to a small degree and position titles will change – for example, the position title of Director of Administration will become Chief Administrative Office, Director of Finance will become Chief Financial Officer, and major division directors will become Chief Operating Officers. There will be **Executive Leadership Team** meetings twice monthly and a monthly meeting of the program level directors and managers, designated as the **Senior Leadership Team**. We will also establish a quarterly Leaders' meeting – consisting of all agency supervisors. To support this roll out, we will create new organizational and functional organization charts, along with a description of role and function.

**Methadone Treatment** – Our final proposal to assume a local Methadone Treatment Center remains in process, with plans to update the Board of Directors more fully in January.

Respectfully submitted,

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John P. Lindstrom, Ph.D., LCP Chief Executive Officer

# Addressing the opioid epidemic through prevention

### CONTENT CONTRIBUTED BY RICHMOND BEHAVIORAL HEALTH AUTHORITY

he Richmond Behavioral Health Authority (RBHA) remains at the forefront of the opioid epidemic. RBHA has a dedicated prevention services team experienced in providing a variety of educational, awarenessraising activities for the Richmond community – including young people. This team partners with other organizations to achieve collective impact targeting various risk factors for negative health outcomes, including addiction. Prevention services provided include mental health first aid training, substance use prevention education, violence prevention, medication disposal bags/safe storage information, and many more services, plus Narcan use training (REVIVE) to give people the tools they need to be able to respond to an opioid overdose.

to an opioid overdose emer-Partnering with others tion of Naloxone. gency with the administra-In fiscal year 2018, RBHA's individuals how to respond Additionally, another 199 mental health and substance able to recognize signs of in REVIVE, which teaches to do when they occurs. a skills-based training course use issues as well as what that empowers people to be prevention team trained ndividuals were trained in mental health first aid, 130 Richmond residents

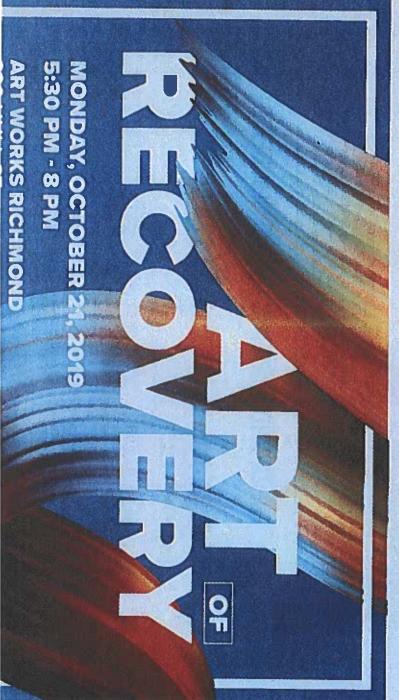
Partnering with others in the community is vital to addressing the opioid epidemic. RBHA regularly partners with the Richmond Police Department to pro-

> mote permanent drug disposal sites at each of the precincts. To learn more about these Last year, these efforts contributed to the disposal of 530 prevention efforts, get inv pounds of prescription medications.

Importantly, gathering input from the community and building relationships are major components of the prevention team's efforts. In partnership with the Richmond City Health District and other community partners, RBHA held community forums that provided opportunity for over 8,000 Richmond residents to voice concerns and learn about what's happening in our community.

The Friends of Prevention Coalition (FOPC) is a catalyst for promoting wellness in the city of Richmond, to create and sustain safe, healthy and drug-free communities. Members work in collaborative, innovative and creative ways, developing environmental strategies and effective solutions to promote health, wellness and resilience.

> To learn more about these prevention efforts, get involved, or make a contribution to RBHA's ongoing efforts, call (804) 819-4000 or visit rbha.org/support to donate to the Richmond Behavioral Health Foundation.



## The opioid epidemic is a major public health issue

BEHAVIORAL HEALTH AUTHORITY CONTENT CONTRIBUTED BY RICHMOND



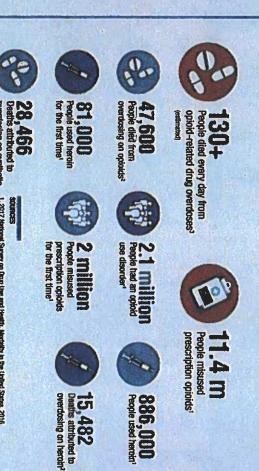
ccording to the federal Health Services Agency Substance Abuse and Menta prescription opioids and the (SAMHSA), the misuse of

Not surprisingly, the Richmond Behavioral

This is a fentanyi/heroin overdose mortality deaths from prescription opioid overdose. from fentanyl and/or heroin overdose, 25 communities. In 2017, there were 91 deaths is experiencing this epidemic more than most only 20% of those diagnosed receive specialty are diagnosed with opioid use disorder yet SAMHSA reports that 2.1 million Americans disease affecting many types of individuals. public health issues in the United States. Opioid use disorder is a chronic, relapsing use of heroin are two of the most significant addiction treatment. The city of Richmond

opioid epidem

# THE OPIOID EPIDEMIC BY THE NUMBERS



overdosing on synthetic opioids other than

2. NCHC Data Brief No. 329, November 2018

SOUNCES

1. 2017 National Survey on Drug Use and Health, Montally in the United States, 2016

(804) 767-6581 for more information

3. NOHC, National Vital Statistics System. Estimates for 2017 and 2018 are based on provisional data.

tality rate in Richmond was 11.2/100,000 rate of 40.8/100,000 in Richmond (nearly 2017. The prescription opioid overdose morfour times the state mortality rate of 11) in ment of Health, 2019). versus the state rate of 5.9. (Virginia Depart-

a same-day access service called Rapid Access socking services at RBHA enter care through behavioral health and developmental services ongoing peer support. RBHA offers a variety to the citizens of the commonwealth. Those socking services for substance use disorders need of a residential level of care, call outside the city of Richmond, and may be in It you or someone you know needs help for support and resources (1-833-4PEERVA). of these best practice services in addition to a Suboxone, methadone), counseling and for those with an opioid use disorder consist 2018, RBHA's intake number for individucant increase in the number of individuals Health Authority (RBHA) has seen a signifi Friday, 8:30 a.m.-3:30 p.m. If you live walk-in assessments are available Mondayan opioid use disorder, rapid access hours for and the collaborative AliveRVA Warm Line, a of medication-assisted treatment (such as Best practice treatment recommendations RBHA is one of 40 community services als with an SUD diagnosis increased 28%. (SUD). From fiscal year 2014 to fiscal year peer-operated phone line providing recovery intensive and traditional outpatient services, agement and intensive treatment services, (OBOT) clinic, residential withdrawal mangold-standard office-based opioid treatment boards across Virginia providing a variety of



### **RBHA Board Meeting** Development Report – November 5, 2019

Richmond Behavioral Health Foundation – As of September 30, 2019

YTD revenue: \$96,916.54

YTD grants: \$32,000.00

**YTD gifts-in-kind:** \$81,989.00

	Current Year (FY20)	Previous Year (FY19)	Two Years Ago (FY-18)
	Total Grants/Requests Submitted in FY20	Total Grants/Requests Submitted in FY19	Total Grants/Requests Submitted in FY 18
	(July 1, 2019 – June 30, 2020)	(July 1, 2018 – June 30, 2019)	(July 1, 2017 – June 30 2018)
Number of Submitted Grants/Requests	3 carryover from FY19 (\$40,000) 2 8,000 (TOTAL: \$48,000)	9 \$418,500 and up to \$500,000 (TOTAL: \$918,500)	8 (TOTAL: \$136,000)
Number of Funded Grants/Requests	4	5	6
Dollar Value of Awarded Grants/Requests	\$32,000	\$59,795 Approx. \$9,342 In-Kind	\$106,000.00
Number of Pending Grants/Requests	0	2	0
Dollar Value of Pending Grants/Requests	\$0	\$40,000	\$0
Number of Denied Grants/Requests	1	3	2
Dollar Value of Denied or Partially Funded Grants/Requests	\$16,000	\$821,500.00	\$30,000

Update on Grants and Gifts: See attached chart



### RBHA Board Meeting Development Report – November 5, 2019

### Outreach/Appeals/Partners

- Altria ELVE Event October 30, 2019 North Campus Greenspace
- Annual RBHF Giving Appeal to be mailed in November
- RBHA United Way Campaign to kick off in November Goal \$40,000
- Giving Tuesday December 3, 2019 Cold Weather Items

### Media/Marketing:

- Website Development RBHA & RBHF Charles Ryan Associates anticipated launch in January
- Brand Federation Branding & Messaging Proposal vote to move forward November 22, 2019
- RBHA Mission, Vision, and Values Roll out in January new RBHA marketing materials

### Events:

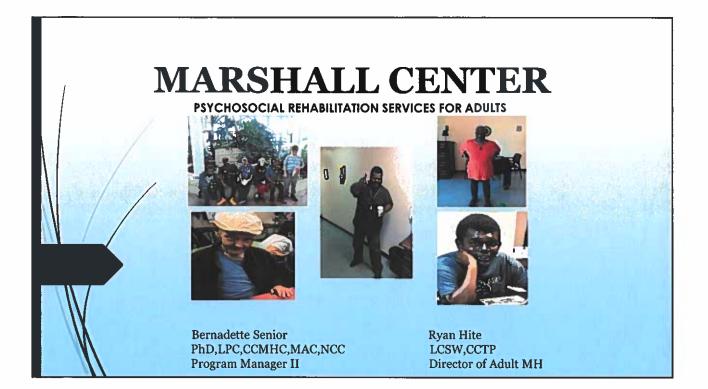
• Art of Recovery – October 21, 2019, 5:30pm - 8:00pm

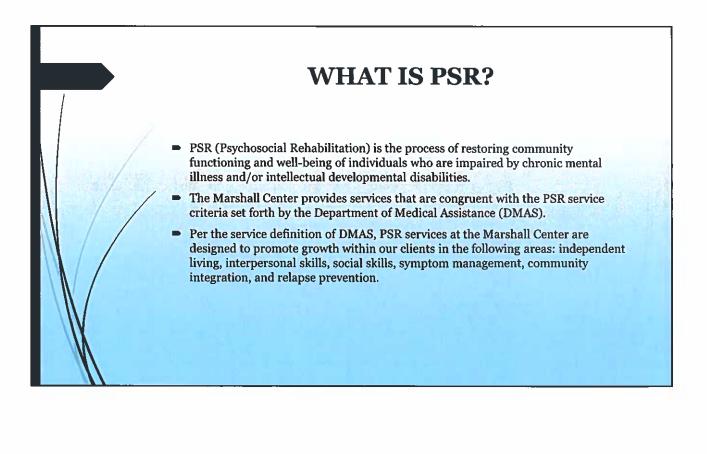
### Community Outreach:

- Lewis Ginter Dinner August 2019
- Rotary Club of Short Pump September 2019

## **GRANT Applications FY20**

	Application Date	Request	Requested	Funded	Not Funded	In Kind	NOTES
Altria ACECF	5/8/2019	5/8/2019 Homeless Services SUD Peer Outreach	\$ 25,000.00	25,000.00 \$ 25,000.00	- \$		Outreach Services Funding
Dominion Foundation	6/7/2019	6/7/2019 Homeless Services SUD Peer Outreach	\$ 15,000.00		\$ 15,000.00		Salary Support
Hands On Greater Richmond	6/28/2019	6/28/2019 North Campus Greenspace	\$	yes		\$ 8,000.00	8,000.00 Altria ELVE Project - 275 Volunteer Hours
							275 Volunteer Hours
Aetna		Alive RVA	\$ 5,000.00	\$ 5,000.00			via Dawn - ALIVE RVA support
Women of St. Stephen's Church	8/15/2019	8/15/2019 WRTC - North Campus	\$ 3,000.00 \$		\$ 1,000.00		Welcome Kits - Women and Children
Giving Tuesday						\$ 180.00	180.00 Individual Donors
Art of Recovery						\$ 719.00	719.00 Raffle Prize Donations
Facilities Bullpen						\$ 3,090.00	3,090.00 Office/Group Room Furniture Donation - North Campus
Charles Ryan Associates						\$ 20,000.00	20,000.00 Website Development
Prevention Services						\$ 50,000.00	50,000.00 Messaging/Branding Consultant
		TOTALS: \$		48,000.00 \$ 32,000.00 \$	\$ 16,000.00 \$	\$ 81,989.00	





### **CURRENT CENSUS**

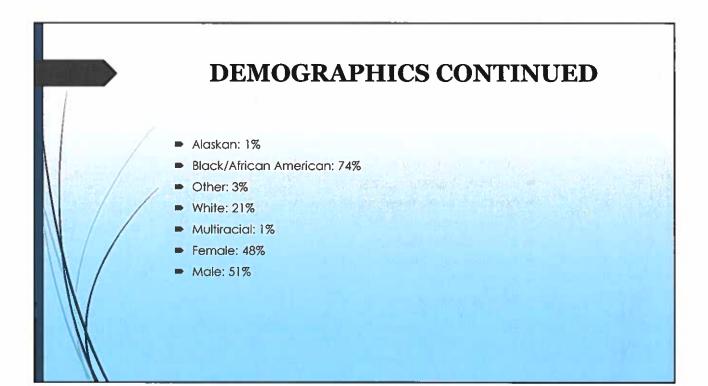
- Marshall Center currently has a total of 124 members enrolled.
- Average daily attendance ranges from 80-110.
- Members attend on a varied weekly frequency, which contributes to some days having a higher attendance rate than other days.
- Mondays' census is typically 100+.
- Marshall Center is open 3 Saturdays per month—Weekend census currently ranges from 25-45.
- Goal is to have 100+ members attend each day the Marshall Center is open.

### **PROGRAM REFERRALS**

- Marshall Center receives referrals internally from RBHA primary service providers as well as from external private providers.
- Referral sources include: MH Case Managers, Physicians (PCPs), Psychiatrists, MH Skill-Builders, Family Members, Permanent Supportive Housing Providers, and ALF Administrators.
- An average of 5 referrals are received monthly. This number has been
  progressively increasing over the past quarter.
- Orientation Process: The PSR Clinician is the primary point of contact for all referrals. Once a referral is received, the PSR Clinician collaborates with the referring source and schedules an assessment. The potential member has the option to remain at the center for a half-day on the date of the assessment and if still interested in attending the program, the assessment is completed, an authorization request is submitted to the MCO, and a start date is set. New members are automatically assigned to an orientation PSR case manager for 30 days upon their entrance into the Marshall Center.

### MARSHALL CENTER MEMBER DEMOGRAPHICS

- Age 18-44: 19.23%
- Age 45-65: 62.5%
- Over 65: 18.27%
- Alcohol Use Disorder: 1%
  Bipolar Disorder: 11%
- Cocaine Use Disorder: .5%
- Cannabis Use Disorder: .5%
- Delusional Disorder: 2%
- Depressive Disorder: 24%
- Schizophrenia: 89.4%
- PTSD: 1%
- Schizoaffective Disorder: 38.5%



### HOW ARE SERVICES PROVIDED AT THE MARSHALL CENTER?

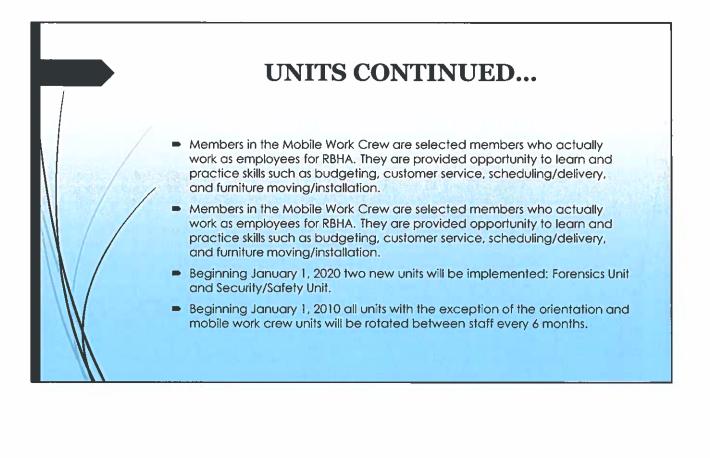
- Therapeutic Interventions
- Psychoeducational Groups
- Community Integration Activities/Outings
- Face-to-Face Contacts
- Collaborative Contacts
- Peer Support Interactions
- Activities with Other CSB PSR Programs
- Guest Speaker / Volunteer Activities

### MARSHALL CENTER DAILY SCHEDULE

- Program Hours: 7:30AM-2:30PM
- Sign-In and Socialization: 7:30AM-8:30AM
- Breakfast: 8:30AM to 9:15AM
- Morning/Unit Meetings: 9:15AM-10:30AM
- Groups: 10:30AM-12:00PM
- Lunch: 12:00PM-1:00PM
- Groups: 1:00PM-2:15PM
- Positive Reflections: 2:15PM
- Program Dismissal: 2:30PM

### **MARSHALL CENTER UNITS**

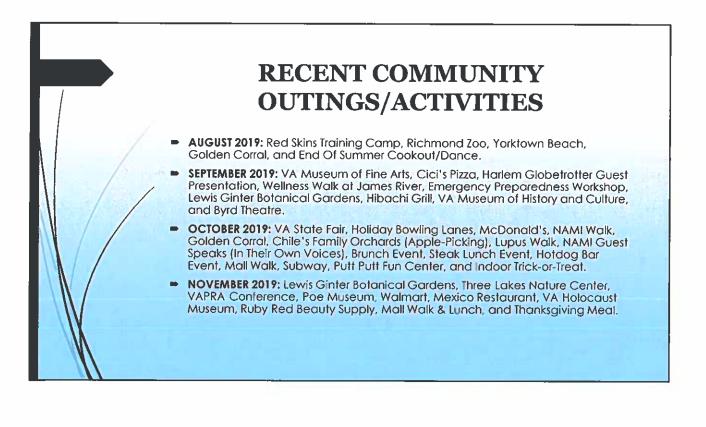
- Each morning after the morning meeting, members participate in unit meetings. Upon admission into the Marshall Center all members are provided opportunity to select which unit they would like to be assigned. There are currently 5 units from which members can select: Food Service, Clerical, Environmental, Mobile Work Crew, and Snack Bar. There is also an orientation unit in which members are assigned for their initial 30 days.
- Members in the orientation unit are those who have been recently admitted into the Marshall Center program. The orientation unit provides opportunity for them to acclimate to the PSR program at the Marshall Center via introduction to programming, center rules/guidelines, staff roles, initial ISP development, and primary unit selection. Members remain in the orientation unit for a total of 30 days.
- Members in the food service unit are able to learn and practice skills related to kitchen hygiene, cooking, meal preparation, and meal serving. The food service unit has a full-time cook who is also a Marshall Center member. All staff assigned to the food service unit receives ServSafe certification.
- Members in the clerical unit are able to learn and practice basic office skills such as answering phones, taking messages, using a copier, and customer service. Members in the environmental unit are able to learn and practice skills related to cleaning and sanitizing areas to decrease germ exposure.



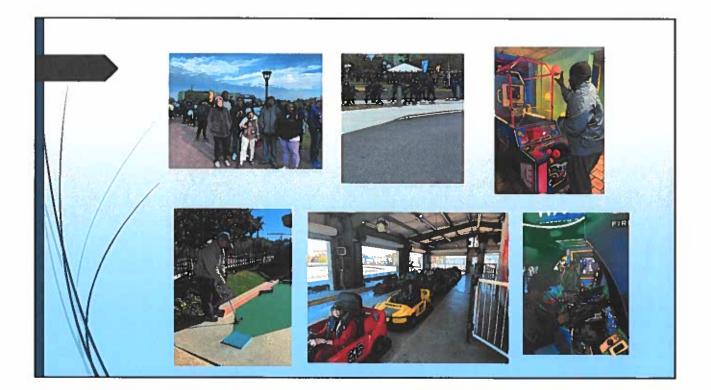
### PUTTING THE "FUN" IN TREATMENT

### **Community Integration Outings and Activities**

- Members a the Marshall Center are provided with opportunities to attend varied community integration activities and outies each week.
- These activities are designed to provide real-life opportunities for the Marshall Center members to practice/implement the social, interpersonal, coping, and community skills they are being taught in treatment.
- > Two Marshall Center team members volunteer to attend/supervise each scheduled community integration activity/outing.
- A Member Council was developed in September 2019 to provide peer support for the Marshall Center members in the selection of outings and other program activities.



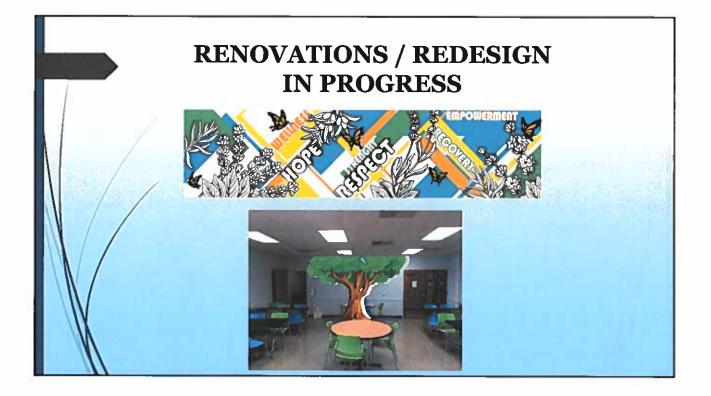


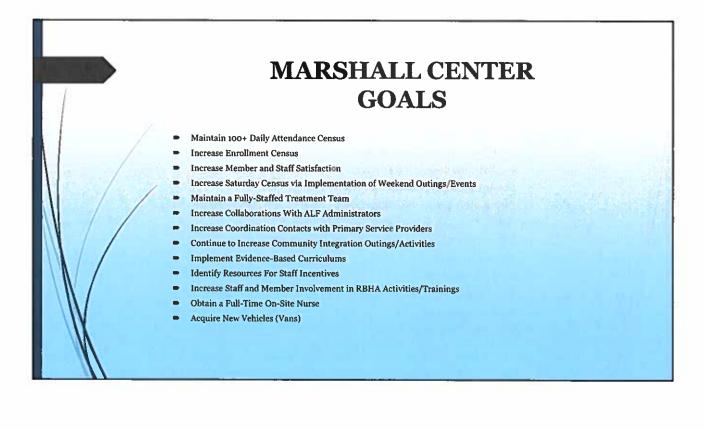




### **GREAT THINGS ARE HAPPENING!**

- Increased Community Outings
- Development of Member Council
- Building Redesign
- Increased Clinical Staffings
- Fully Staffed Treatment Team
- Increased Daily Attendance
- Increased Collaborations With Primary Service Providers
- Increased Staff Participation In RBHA Trainings/Presentations
- Collaborations with NAMI





### MARSHALL CENTER SUCCESS STORY

### **KRISTI BABENKO** High school honor student Mental illness surfaced and progressed while in high school ÷ Enrolled in and dropped out of college Initially enrolled in the Marshall Center 2013-2014 . ¢ Became addicted to cocaine and marijuana as means to cope with her mental illness . Had legal issues and multiple psychiatric hospitalizations Hit "rock bottom" and moved back home with her mother . **Returned to college** . **Completed Associates Degree** Returned to the Marshall Center July 2019 **Resides independently** Graduating College in May 2020

