

**Utah Behavioral Health Planning and Advisory Council
Monthly Member Meeting**

February 6, 2025

12:00 pm - 2:00 pm

“Our mission is to ensure quality behavioral health care in Utah by promoting collaboration, advocacy, education, and delivery of services.”

Format: Virtual

Chair: Javier Alegre

Co-Chair: Jules Martinez

Attendees:

Sigrid Nolte (CPSS), Andrew Riggle (Disability Law Center), Dan Braun (Wasatch Pediatrics), James Park (Consumer), Jeanine Park (CPSS/Advocate), Jeannette Villalta (MCC), Jennifer Marchant (CPSS, Legislation Advocate), Randee Barriga (Davis Behavioral Health/CPSS/Person in long time recovery), Jules Martinez (Clinical Director at Latino Behavioral Health Services), Jane Lepisto (Person in recovery), Jennifer Gray (Southwest Behavioral Health), Shanel Long (SUMH), Brayden Robinson (Executive Director of the Utah Peer Network.), Chandra Davis (Southwest Behavioral Health), Kelsey Brock (Project Director for Transition Age Youth Staff, Office of Substance Use and Mental Health.), Kim Davis (Policy Team Member, Office of Substance Use and Mental Health), Cadon Sagendorf, Martha Lilia Soto Cevallos (Therapist at Inclusive Minded, ally and peer), Peggy Hostetter (Licensed mental health professional, retired chemical dependency specialist from Washington state.) Sarah Miles OSUMH), Alicia Wilcox (Family peer support trainer with Utah State University Health Extension.), Cathy Davis (Utah State Board of Education Suicide Prevention), Emily Bennett (Association for Utah Community Health), Susi Felch-Malohifoou (PIK2AR), Mary Jo McMillen (Ex Director USARA), Christine, Matthew Wappett (USU).

DHHS Staff: Heather Rydalch (Peer Support Program Manager/ OSUMH), Amy Campbell (Office of Substance Use Mental Health/DHHS), Leah Colburn (Administrator over Children and Adult Mental Health Services, overseeing the Mental Health Block Grant), Pam Bennett (SUMH)

Stipends:

Please use this link to request your stipends.

https://utahdhs.iad1.qualtrics.com/jfe/form/SV_9pHlKplipfbzODQ

Welcome and Introductions Jules Martinez opened the meeting, thanking participants for attending and initiating the introduction of members. Participant introduced themselves,

sharing their roles, pronouns, and affiliations with various behavioral health services and organizations.

Review of January 9, 2025, Minutes: Jules asked if anybody wanted to suggest changes to the minutes. A motion to approve the minutes was made. Sigrid Nolte motioned to approve the minutes, and Janine Park seconded the motion. The minutes were approved unanimously; everyone was in favor.

Discussion

Brent's Concern: He expressed hope that the advisory board would focus on the broader state strategy for the behavioral health care system, not just the block grant. Suggested including presentations on the strategic plan and overall system spending.

Pam and Shanel indicated that aspects of Brent's suggestions are already being implemented. Emphasis on creating a comprehensive and unified approach within the new behavioral health commission. Clarification that the advisory board's role in advising on the block grant remains crucial and unchanged.

Peggy's Input: Shared a conversation with Brent where he implied the advisory board might no longer be needed for the block grant process. Highlighted confusion and lack of clear communication from Brent regarding the board's future role.

Clarifications Provided: Assurance that UBHPAC remains independent and its input is valued. Emphasis on continued requirement for the committee to review and support the block grant. Addressed concerns about the independence of the commission from the governor's roadmap.

Concerns

Suzy's Perspective: Questioned the tangible impact of the advisory board, feeling it serves more as a federal mandate than a tool for actual improvement. Noted lack of visible changes benefiting the communities served.

Committee's Response: Acknowledged the slow nature of bureaucratic change. Highlighted recent successes, such as funding for sober housing and rental assistance. Discussed upcoming efforts like community-based recovery funding projects with a long implementation timeline.

Communication and Transparency Improvements

The committee proposed the implementation of quarterly updates from Pam and Shanel on the committee's priority list and progress. Suggestion to create a simple document tracking quarterly achievements and ongoing projects.

All agreed to try quarterly reporting. Acknowledged potential delays but committed to transparency regarding work in progress.

Updates and Announcements:

Shanel:

- Announced Dimensions training for tobacco prevention, with sessions in Salt Lake and Provo in April.
- Offered free training for agency staff to become trainers. If you are interested, please send an email to shlong@utah.gov

Susie:

- Shared updates on the men's support group in prison and community release resource fairs every Tuesday.
- Fundraiser: Denim & Diamonds, Feb 22 at 6:00 pm
- CHW at Utah State Capitol on February 14th.

Brayden:

- Announced upcoming events such as Mental Health First Aid, QPR per Suicide Prevention for Peers, and Community in general. If you are interested, please send an email to brayden.robinson@utahpeernetwork.org

Cadon:

- Announced participation in the Utah Suicide Prevention Commissioning Coalition <https://nuhopeutah.org/class-schedule/2025/1/15/session-1-supporting-young-adults-with-mental-health-challenges-w923n>

Mary Jo McMillan

- The annual event "Rally for Recovery" on February 27th at the Utah State Capitol celebrates our community affected by substance use and mental health conditions. On February 27th, 4-5:30 pm
https://www.facebook.com/events/1539035410127927/?rdid=Uz6oVg3PqLv3nTCQ&share_url=https%3A%2F%2Fwww.facebook.com%2Fshare%2F1DtbFY8PMY%2F#

Amy:

- Upcoming Peer Support training in state prisons.

- Utah Peer Conference on June 12th & 13th. Call for Presentations and Workshops
Submit your proposal by March 14 at <https://www.utahpeerconference.org>

Kelsey:

- Introduced a webinar series and the third annual Youth Led Policy Summit event, encouraging applications from youth aged 14 to 26.

Presentations:

Presentation on Dual Diagnosis by Matt Wappett

Matt is the Executive Director for the Institute for Disability Research, Policy and Practice at Utah State University. They focus on the mental health needs of individuals with intellectual and developmental disabilities (IDD).

Main Takeaways:

- There is a high prevalence of mental health issues among individuals with IDD (35-60%).
- Significant barriers in accessing mental health services, including a lack of providers accepting Medicaid.
- Increased mental health concerns during the COVID-19 pandemic.

Current Activities:

- Developing training programs for direct support professionals and mental health providers.
- Creating online resources to navigate system barriers.
- Establishing a professional policy community of practice.

Q&A

Concerns Raised: Lack of treatment centers specializing in dual diagnosis for individuals with IDD. Long waitlists and limited availability of trained mental health providers.

Suggestions: Develop centralized referral resources for specialized treatment programs. Enhance training and support for caregivers and disability service providers.

Action Items: Matt to provide contact information for specialized clinics. Mary Jo to ensure accessibility of recovery centers for individuals with disabilities. Committee members are encouraged to reach out with further questions or for collaborations.

Matt's landscape analysis report (attached to these minutes). Connect with disability support services for better coordination. If you have any questions, please send an email to wappett@usu.edu

Legislative Updates by Andrew

Introduced Bills:

- **House Bell 39:** Enhances mental health assessments in prisons and mandates timely treatment.
- **House HB63:** Directs the Crisis Response Commission to reduce negative outcomes during law enforcement encounters with individuals with mental health needs.
- **House HV167:** Coordinates mental health services for individuals under probation and parole.
- **House HV276:** Clarifies release procedures from forensic units and expands inpatient rights.
- **House HB281:** Requires parental permission for school-based mental health counseling.
- **House HB310:** Allows individuals with private insurance to purchase Medicaid coverage for additional services.
- **House HV334:** Strengthens guardianship rights and supports decision-making.
- **House HB347:** Adds psychotropic medications to Medicaid's preferred drug list.
- **House SB65:** Requires substance use disorder screening in county jails.
- **House SB134:** Creates a mental health advance directive.
- **House Concurrent Resolution 6:** Requests HUD funds to be allocated directly to the state.
- **Senate SB65 & SB115:** Focus on substance use treatment and screening in jails.

Budget Requests:

- **Representative Ellison:** \$3,412,000 for local authorities to address funding gaps post-ARPA.
- **Governor's Recommendation:** \$105,700 for parity in foster care and juvenile justice coverage.
- **Behavioral Health Commission's Requests:** Rural receiving center and additional mobile crisis outreach team. 26% increase to the MCAT rate and 35% increase for certified peer support specialists. \$3.8 million for state hospital operations.

Thanks to Andrew for keeping the committee informed about the progress and impact of introduced bills and continuous updates as legislation progresses.

Closing remarks

The meeting concluded with expressions of gratitude towards the presenters. Jules Martinez thanked all participants for their attendance and contributions, emphasizing the importance of ongoing collaboration and support within the behavioral health community.

The meeting adjourned at 1:55 pm by Jules Martinez.

**The next meeting will be held on March 6, 2025. From 12:00 to 2:00 PM,
the meeting will be held via Teams.**

