

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

January 9, 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 (OSUMH), Brayden Robinson (Executive Director of the Utah Peer Network.), Chandra Davis, 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.) Kori Foote (Assistant Youth Coordinator with NAMI Utah, running the Youth of Utah Advocacy Coalition.), Cadon Sagendorf, Martha Lilia Soto Cervillos (Therapist at Inclusive Minded, ally and peer.), Melissa Edgeworth (Senior Director at Valley Behavioral Health, overseeing SUR certification for community behavioral health clinics.), Carol Ruddell, Kelcy Brock, Arlyne Arteaga.

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.)

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

Review of November 7, 2024, Minutes Jules asked if anybody wanted to suggest changes to the minutes. A motion to approve the minutes was asked. Janine Park motioned to approve the minutes, and James Park seconded the motion. Minutes were approved unanimously; everyone was in favor.

Updates and Announcements:

Jules opens the time for members to share resources, job openings, office openings, and upcoming training sessions.

Braden Robinson, Utah Peer Network. Announces the following certifications:

- Mental Health First Aid.
- QPR for Suicide Prevention.
- Upcoming certification in Seeking Safety facilitation.

Martha Lilia Soto Cervillos, Inclusive Minded. Workshop Offering in partnership with Saprea:

- Free, one-day, five-hour workshop for survivors of sexual assault. Flyers and registration links are to be shared via email.

Amy Campbell, Family Peer Support Specialist Training, Information and application links available upon request. Training Dates:

- February 3rd through February 7th.

Shanel Long announces the Trauma Informed Services Agency-specific trauma-informed services available through Trauma-Informed Utah. Send queries to Becky King via email for training arrangements at rbarnett@utah.gov

Jules updates the group about the work Javier is doing UBHPAC Bylaw, he is working on the draft, and he will present soon.

Presentation:

Carol Ruddell, Live On Utah Campaign.

Active since 2019, officially five years as of 2024. They have a new website: liveonutah.org
Available in both English and Spanish.

They have 3 different Playbooks:

- English Playbook: 10 short lessons focusing on suicide prevention.
- Spanish Playbook: 8 short, culturally adapted lessons addressing emotional health.
- Military Community Playbook: Tailored for veterans, service members, and their families, addressing unique challenges and suicide prevention within the military culture.

Current Materials and Initiatives

- **Videos:**

- "The Neighbor" and "The Talk" in both English and Spanish, emphasizing connection as a key suicide prevention strategy.
- Stories include personal struggles and the impact of supportive
- conversations.

- **Social Media:**
 - Memes available on Facebook and Instagram to promote conversation and reduce stigma around mental health and suicide.
- **Billboards:**
 - Located in both urban and rural areas to increase visibility.
- **iHeartRadio Ads:**
 - Sponsored by Strong Auto Group.
 - DJs (referred to as "talent") promote Live On Utah through statements and ads.
- **Community Engagement**
 - **Resource Distribution:**
 - Posters, stickers (Live On Latino, military, and standard teal), and other swag available for distribution at events.
 - **Participation:**
 - Encouragement for organizations to share and utilize Live On Utah resources in their platforms and events.
- **Work Groups**
 - Workplace Work Group:
 - Faith Work Group:
 - LGBTQ Work Group:
 - Means Safety Work Group:

Carol encourages the group to share links to Live On Utah videos and resources.

Block Grant Discussion

Leah Colburn now oversees the Children and Adult Mental Health Services and the Mental Health Block Grant.

Previous Efforts: Last year involved four work groups gathering feedback on block grant administration. Comprehensive letters submitted to the state to demonstrate collaborative feedback.

Brent encourages diversification of focus within work groups to include underrepresented populations.

Jules on planning and timeline drafting process: March and April, review state strategic priorities and past block grant performance. Initial draft by July 1st after receiving the block grant application. Letter to be prepared by August 1st. Review and finalize the block grant letter for submission by September 1st.

Legislative Session Updates (Andrew Riggle)

Tracking Bills: Monitoring bills related to mental health and substance use as the

legislative session commences. Current Bills Discussed:

- **SB56 (Rep. Ellison):** Modifies discharge instructions from inpatient psychiatric facilities to be provided either on paper or electronically based on patient preference. Includes information on accessing medical records.
- **HB29 (Rep. Ellison):** Correctional Health Amendments, Requires medical assessments for offenders within 7 days of incarceration. Mental health and dental assessments within 30 days. Department of Corrections to report on assessment compliance and response times.
- **SB55 (Sen. Plum):** Medicaid Medication-Assisted Treatment Amendments Prevent sober living and residential treatment facilities from denying access to medication-assisted treatments (e.g., methadone, naltrexone). Mandates continuation of such medications for residents.
- **SB48 (Sen. McHale):** Behavioral Health Amendments, Adds "emotional disorder" and "interpersonal dysfunction" to the Mental Health Professionals Licensing Act. Allocates fines from act violations to fund education on mental health practices.

Upcoming Bills

- **Rep. Clancy's Proposals:** Increased Penalties, for possession of hard drugs. Limits on Harm Reduction Programs, potential restrictions on needle exchange, and supervised consumption sites. Drug-Free Zones, extending regulations to homeless shelters. Know by Name Program Expansion, enhancing connections between chronically unhoused individuals and case managers. Federal Funding Adjustments: Proposing block grants from HUD funds for chronic homelessness programs instead of formula-based allocations.

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 1:49 pm by Jules Martinez.

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