



Department of Behavioral Health and Developmental Disabilities
Region 4 Mental Health, Developmental Disabilities & Addictive Diseases Regional Advisory Council

MEETING MINUTES

D·B·H·D·D

Tuesday, December 12, 2017 | 1:00 PM – 3:00 PM | Southwestern State Campus • 400 S. Pinetree Blvd., Thomasville

Attendance

Members Present: Deanie Campbell (Mitchell), Sandra Cosby (Worth), Louise Darley (Terrell), Virginia Herring (Seminole), Dr. Wilhemenia Howell (Lowndes), Amy Lollis (Lanier), Sabrina Owens-Hayes (Dougherty) and Billy Zorn (Irwin).

Guests: Joseph Benson (RESPECT Institute), Dr. Jeff Cantor (SWLC/Phone), Irene Cheyne (SWLC/Phone), David Farrow (RESPECT Institute), Heather Hatchett (Georgia Pines), Robert Hurn (Georgia Pines), Michael Kshastri (SWLC Intern/Phone) and Steve Spivey (SWLC Chair/Phone).

DBHDD Staff: Jimmy Bennett (R4/BH), Jackie Davis (R4), Rachael Holloman (R4/BH), Todd Jones (R4/BH), Michael Link (Statewide Community Relations) and Patty Waters (R4/BH).

Call to Order: Sandra Cosby called the meeting to order.

Welcome and Introductions: Ms. Cosby welcomed meeting attendees. All meeting attendees introduced themselves.

RESPECT Speaker (David Farrow): David shared his recovery story with RAC members. A police officer's generous gift of a \$4 bus fare to go to a treatment center marked the beginning of David's recovery story. One year initial treatment required a separation from his family and friends. His life has been much better since that day. David, who as previously painfully shy; has learned to talk about himself, where he has been and where he is going. David has stayed clean, has relocated and embraced an "extended family" within a local church where is a member. He is very involved with his church and attends aftercare once a week. His life is good now. The things that were important to David that he would like to share with people is that he had to get honest with himself, be open-minded and be willing and to let God do His part in his life. God was able to take his "mess" and turn him into a "messenger". He has a long list of goals in his life now and believes that he may someday become a minister of the gospel.

Priorities Process (Dr. Jeff Cantor, Irene Cheyne and Michael Kshastri):

- **Delphi Process (Dr. Jeff Cantor):** The Delphi is a process of collecting futuristic information about a particular event or happening. The Delphi is based on getting a **group of experts** who are knowledgeable in a particular subject area. In the RAC case; this will include multiple subject areas dealing with all of the issues surrounding the DBHDD client process; from identifying people who can benefit from services



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that DBHDD delivers; to healthcare professionals and others in the ancillary field that DBHDD operates in. This [panel of people](#) will be gathered together through a nomination process. They will be presented with several scenarios. They will be asked to give their best predictions (reactions) about how those things can be impacted by the world around us (economic, social, political, etc.). Panelists will be asked to give their best predictions and their best suggestions on how to deal with the scenarios given. This is a [three round process](#) and will be carried out at a distance. Participants will not meet in the same location. Participants on the panel will not interact or know one another. In [round one](#) panelists will be presented with the [initial scenario](#). They will be given a timeline in which to respond and will mail their response back to Michael Kshastri (Statewide LC Intern). Michael will compile all of the responses. Michael will go back to the panel with a [second round](#). In the second round, panelists will be presented with what they said in round one and a compilation of what everyone else said in the round. Panelists will then be asked to reconsider their initial response. They can stand on their response or they can change it. They mail it to Michael again. Michael goes through the process once again of compiling everyone's revised and/or non-revised responses and he sends it back to each individual panelist in a [third round](#) with their round two response and the compilation of everyone else's. They are told to make a final determination of how they want to respond to each of the question scenarios and are asked to send their responses back to Michael. Michael then compiles a [final analysis](#) of what everyone has said. The Delphi Team can use this information to help formulate the kind of questions to have RAC members go back with regionally to constituents to get feed-back about DBHDD services.

- [Status of Delphi Process \(Michael Kshastri\)](#): At the beginning of October, a Delphi Team was established. Members of the Delphi Team were selected from each of the regions to ensure there was representation from each of the regions when the questions were constructed. The [areas of focus](#) are [Access to Services](#), [Quality of Care](#), [Continuum of Care leading to Recovery and Independence](#), [Prevention](#), [Early Recognition](#), and [Early Intervention](#) and [Innovation](#). Each area will be comprised of a group of knowledgeable individuals. They will be given questions specifically surrounding their focus area. Each focus area has 4 – 5 questions centered on them. Survey questions will be developed through discussion. The Delphi Team wants to make sure that the [voluntary survey](#) is easy. It will be sent out to individuals with instructions. The process of developing the survey questions started at the beginning of October. Currently the Committee is at the stage of determining who will actually participate in the survey (educators, legislators, etc.). People from all walks of life will be selected participate in the process order to develop a diverse outlook. The goal is to get information sent out by the end of this week. If you know anyone who would be interested in participating in the survey, please let Michael Kshastri know and he will send them a survey. Approximately 70 – 80 people are needed to participate in the survey.
- [Regions | Gathering Community Data \(Irene Cheyne\)](#):



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- **Existing data.** What does DBHDD already have that they can provide to us? This is being explored for use.
- **Focus Groups.** Asking Regions to consider doing Focus Groups. Focus Groups are pointed discussions about a specific topic. A facilitator is needed to lead the group. The purpose is to gather people's opinions. The committee will be doing some training for people who want to facilitate Focus Groups.
- **Community Forums.** If your region hosts a Forum this year, the committee will have some questions that can be included in literature and given to people who attend the Forum.
- **Interviews.** Interview CSBs, contracted providers, etc. They have valuable information / input to offer.
- **Resources to Read:**
 1. **The Community Tool Box** (<https://ctb.ku.edu/en>). These are very clear, very concise instructions for all kinds of things for non-profit groups. Instructions on Forums, Focus Groups, Check-Lists, etc. are provided in the Tool Box.
 2. **Family Connections Partnership.** Every county in the state has a Family Connections partnership. The group is comprised of community leaders who meet on a regular basis. Family Connections Partnership have resources that you can collect data from the community.
- **Question Development:** RAC members (and others) are encouraged to begin making a list of questions they might like and sending them to the Delphi Team. The Delphi Team will be recommending and forwarding some questions to the Regions through the Delphi Process. Writing down questions ahead of time will help the Delphi Process and will also help the Region when it's time to for them to submit questions.

Approval of Agenda: Deanie Campbell made a motion to approve the agenda as printed. Billie Zorn seconded the motion. The motion passed.

Approval of Meeting Minutes: Billie Zorn made a motion to approve the minutes as printed of the October 17, 2017 meeting. Deanie Campbell seconded the motion. The motion passed.

Director of Community Relations (Michael L.):

- **RAC Training & Orientation:** Thank you to all members who attended and participated the recent RAC learning event at Jekyll Island. Thank you to Commissioners Robinson and Zorn for their participation on the "Commissioners Panel" during the training. Approximately 65 members across the state attended the event. 9 members from Region 4 attended the training. Michael is aware that a lot more education of RAC members around DBHDD programs and services that are available needs to occur. Michael advocates for members to educate



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themselves about the programs and services that are available through DBHDD. Members are encouraged to contact DBHDD Field Office staff with any questions they may have. Doing this will help you to be a better RAC member in your community. DBHDD will continue providing orientation and training for all members. There is a need for new members to be orientated and trained and this will continue.

- **Opioid Crisis (Prevention Focus):** This issue continues to need highlight and focus. DBHDD has a targeted campaign for the opioid crisis from a prevention strategy. The three prongs to the strategy include:
 1. **Media Campaign.** DBHDD has developed a media campaign to raise awareness, reduce stigma and improve communications. Radio announcements, movie theater ads, etc. have been developed. These have all been designed to raise awareness and reduce stigma around the opioid crisis. Part of the federal funds that DBHDD received is targeted towards prevention efforts.
 2. **Prevention Framework.** This involves training communities on opioid prevention to improve coordination and collaboration of efforts. Counties currently being targeted are Bryan, Coweta, Richmond and DeKalb. DBHDD is working with these counties specifically at this time to improve coordination and communication for prevention efforts for opioid addiction. Michael will find out from the DBHDD Office of Prevention how these “pilot” counties were selected. Michael will send this information to Ms. Davis to send out to RAC members. Members may request to have counties in R4 to be included in the next round of pilots to Travis Fretwell who is the leader of the Office of Prevention.
 3. **Naloxone (Narcan and Evzio) Rescue Kits.** Naloxone rescue kits are being distributed to First Responders to help them combat Opioid overdoses. Administration of naloxone has been very successful all over the country for overdoses. DBHDD has partnered with the Medical Association of Georgia to distribute the kits.

For more information regarding what DBHDD is doing to combat the Opioid Crisis, please visit the DBHDD website (www.dbhdd.ga.gov) and review the Prevention and/or Treatment pages.

- **“Standards of Conduct and Ethics in Government” Policy:** Michael has asked Ms. Davis to send to all RAC members the DBHDD “Standards of Conduct and Ethics in Government” policy. Throughout the state there are situations and times where RAC members may be confused about their role as a RAC member vs their role as an individual citizen. Michael has attended events (Community Forums, etc.) where comments made violated confidentiality as well as comments that crossed the role as a RAC member. The policy was distributed to make sure that members read the policy and understand the ethics that are involved (i.e., keeping private information confidential and making sure there are no conflicts of interest.). Please sign the acknowledgement page (last page of policy) and return it to Ms. Davis. A record of your signature / acknowledgement will be kept on file. This policy will be incorporated into to the orientation & training for new members. Michael



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has a goal to present a formalized training of the entire policy at some point in 2018. Copies of the policy and acknowledgement page were included in today's meeting materials folder.

Discussion | Non-Agenda Topic: 1013s. The council allowed time for non-agenda item discussion about 1013s. Jimmy Bennett will discuss topic/Issue immediately after today's meeting with Commissioner Billy Zorn (Irwin County).

County Reports: None.

Leadership Council Report: No additional comments.

Nominating Committee Report / R4 RAC Secretary Position: Ms. Virginia Herring volunteered to accept the position of R4 RAC Secretary. No other nominations were received from the floor. No discussion requested from council members present. The council voted unanimously by show of left hand in favor of Ms. Virginia Herring to serve as the Secretary of the Region 4 RAC.

DBHDD Region 4 Field Office RSA Report/Behavioral Health (Jimmy Bennett):

New Hire. Julie Hatcher has been hired as the Hospital Transition Coordinator in Region 4. Julie filled position vacated by Chantelle Metcalf. Julie manages transitions of individuals returning from state hospital beds. She makes sure that they are connected with services in the community. Julie previously worked with Easter Seals South Georgia. She has an employment background in both Behavioral Health and Developmental Disabilities and is a great addition to the Region 4 Field Office team.

R4 Field Office. Please remember that Region 4 Field Office staff are a resource available to you. Free to contact R4 Field Office staff at [229-225-5099](tel:229-225-5099) with any questions or concerns that you might have. Staff are happy to assist you in helping individuals in the community to get the services that they need.

Community Collaboratives. Please let Jennifer Dunn (Jennifer.Dunn@dbhdd.ga.gov) know if you are interested in attending any of the Region 4 Community Collaborative meetings. Jennifer will place your name on her e-mail distribution/invite list. Community Collaboratives are held in Albany, Bainbridge, Thomasville, Tifton and Valdosta. The purpose of the collaborative meetings are for stakeholders (community providers, individuals with lived experience, state hospital staff and community partners) to share ideas, expertise and resources to meet the needs of their community and region.



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Public Comments: None.

Announcements (Ms. Cosby):

- **Thank You.** Thank you to all members who attended the RAC training in Jekyll Island. Thanks again to Commissioners Zorn, Robinson and Hayes. Very pleased with attendance.
- **Article (Gwinnett County Daily Post).** New BH holding unit to help with a gaps in resources at the local level. The holding unit can serve 8 medically cleared patients at a time. Patients will be monitored 24 hours a day, round the clock via audio and video equipment. In-patient treatment will not occur. People who need treatment are taken to this “holding” facility while waiting to get treatment.
- **Article (Georgia Sheriff’s Office Magazine).** Discussion regarding MH crisis that is extending to local jails and local jails being the largest contributor to MH wellness in our community. Please see Ms. Cosby if you are interested in the website to read either article.
- **Meeting Attendance.** Several R4 RAC members are not regularly attending meetings. This will be addressed at the February 13, 2018 meeting. RAC bylaws state that *absences can be excused for prior commitments, or a personal emergency*. Absence should be communicated to the Region Field Office (Jackie) prior to the meeting. *Unexcused absences for two or more consecutive meetings may result in the council considering the seat vacated*. Between today and the next meeting, Ms. Cosby will contact members to gage if they are interested in remaining on the council. Attendance and participation is desired. If you know members who have not been attending; please call them and encourage them to attend and participate.

Next Meeting: February 13, 2018 @ Turning Point Hospital in Moultrie from 1:00 pm – 3:00 pm. The April 17 meeting will held at Mitchell Baker Service Center in Camilla. Please think about if there is someplace that you would like for the RAC to meet in your county.

RAC Recruitment Committee (Steve Spivey, SWLC Chair/R1 RAC Chair): Steve suggests that R4 set a “Recruitment Committee” who can then make the calls to members, contact Ms. Cosby (chair) and help guide through filling vacancies on the council. The SWLC has set a recruiting committee and they are currently performing these duties.

SWLC: The next SWLC meeting is scheduled for January 19. All SWLC members (RAC executive committee members) are urged to attend the meeting. A special guest is scheduled to attend the meeting.

Meeting Adjourned.