

June 7, 2023 | 10:00-11:30 am

Meeting materials: <https://www.betterhealthtogether.org/bold-solutions-content/bh-forum-materials-june2023>

## Forum Overview

- The BHT Behavioral Health Forum is a convening body for partner organizations throughout the Better Health Together region that provide behavioral health services, enhance the behavioral health workforce, or interact in other ways with behavioral health systems.
- Current focus is allocating \$1.2 million to support the behavioral health workforce.
- Everyone is welcome to attend and participate in discussion. Voting members (one vote per organization) are organizations working with BH clients or educating the workforce in the BHT region
- Helpful documents/links:
  - [Workforce Initiatives Landing Page](#)
  - [List of initiatives with dollar amounts and descriptions](#)
  - [February 2023 Meeting Materials](#)
  - [Guiding Principles](#)

## Workforce Initiatives: Updates for Currently Active/Planned Buckets

### **Behavioral Health Supervision Support**

- Funding to support provider organizations with supervision for master's level behavioral health staff
- \$150,000 allocated; \$10,000 maximum per organization
- 10 contracts in place (6 organizations returning from the first round of funding, 4 new applicants). Funding for 5 contracts still available. Opportunity will be open until funding is exhausted.
- For full information about this bucket (including link to apply for funds):  
<https://www.betterhealthtogether.org/bold-solutions-content/bh-supervision-funding-2021>

### **SUDP Alternative Certification**

- Covers the cost of the alternative certification coursework at the Community Colleges of Spokane. For behavioral health providers serving Medicaid populations in the BHT region.
- \$66,000 allocated (plus remaining funds from a previous round of funding)
- 8 people, including clinicians from Providence, SRHD, and Spokane Public Schools, are enrolled for the spring quarter.
- 10 slots still available.
- Summer 2023 registration closes 6/16; fall 2023 registration opens 8/14 and closes around 9/12.
- Email [Hannah@BetterHealthTogether.org](mailto:Hannah@BetterHealthTogether.org) to request funding or get more information

### **SFCC Bachelor's in Integrated Behavioral Health Scholarship**

- \$45,000 allocated from the Forum to support students in this new Bachelor's program, starts in the fall with 15 students.

- SFCC team will be working on scholarship decision-making in the coming weeks. BHT will work with the Financial Aid Office to disperse the funds.
- For more information about the program, contact élodie goodman, SFCC Dean of Social Sciences, Business, and Human Services: [elodie.goodman@sfcc.spokane.edu](mailto:elodie.goodman@sfcc.spokane.edu)

#### ***Peers/CHW Joint Trainings – culturally specific/accessibility***

- Forum handed this funding (\$47,000) to the E. WA CHW Network – contact Kim Wilson ([kim.wilson@BetterHealthTogether.org](mailto:kim.wilson@BetterHealthTogether.org)) if any CHWs want to get involved with the Network, be added to the email list.
- The Network has identified trainings as part of their strategic planning process. Will work over the summer to start scheduling.
- BHT will keep Forum members updated about training information including opportunities to participate.

#### ***Certified Peer Counselor and WRAP Training***

- \$60,000 allocated by the Forum for 2 CPC trainings and 1 WRAP training.
- Passages is a local Health Care Authority (HCA) approved training organization, will facilitate at least one training using Forum funds. Currently waiting for HCA to release the training calendar for the second half of the year – after that, determine timing.
- WRAP trainers at Passages are due for recertification. Waiting for the national certifying organization to offer courses so they can complete that process.
- Becky Hammill (Passages): supposed to hear from HCA about dates and training contracts today. Still no WRAP refresher courses scheduled. Passages can also offer MH First Aid.
- *Ruta Nanivadekar (Pioneer)*: we would benefit from a locally hosted MHFA training.
- *Beth Hammonds*: WRAP is phenomenal.
- *Katrina Bryant*: Very eager for a local WRAP training and train the trainer!

#### ***Emerging Opportunities Fund: CHW Training Program Dollars***

- \$75,000 allocated to support the HRSA-funded CHW training program for individuals who aren't eligible to use these federal dollars because of citizenship status or barriers related to gender identity.
- Already used to support five community comadres by sending them to a Latino social worker conference in Portland. Will be used to support four attendees of the WA DOH CHW Spanish-language core training taking place in July and August.
- Will continue to report on use of these funds, share stories at future Forum meetings.
- Impactful use of dollars, addressing equity issues.

## **Workforce Initiatives Design Discussion: Org stipends for taking on practicum/internship students - \$125,000**

- Overview
  - Great discussion in February and April about this funding pool – one of our larger buckets at \$125,000 – Forum commitment to invest in developing the workforce, supporting students training to become BH providers.
  - At suggestion from this group, we met with field placement offices at GU and EWU to find out more about needs and recommendations from their perspectives (Whitworth meeting is also in the works). See [notes on slides](#) for takeaways from these conversations.

- Number of slots available is adequate to meet student interest in community behavioral health
  - Not as much interest in community BH as in private practice, even when students are just getting started with their training
- Three options for funding based on Forum discussion and feedback
  1. New slots – based on organization feedback and information from higher education institutions, not a direction for this funding
  2. Flexible funding to organizations – designated to support internship program, organizations can determine how to spend
  3. Direct intern support – administered by BHT or schools, stipends directly to interns
- Discussion – reactions to Options 2 and 3 as possibilities for the internship support funding
  - *Louise Chadez*: I think schools have begun focusing more on private practice as well. But, \$100+ an hour and lots less paperwork would be enticing to me! Especially with the amount of student debt. So loan forgiveness is Essential for attracting younger workers
  - *Beth Hammonds*: Could Stipends be paid to the field supervisor? for providing this service above their normal job?
  - *Hannah*: yes, that is a possibility with the flexible funding option
  - *Mark Ingoldby (Providence Medical Group)*: Did the universities discuss requirements to work over the summer when in stipended internships? The summer gap in learning/training presents a barrier often with interns. This makes me think about covering annual stipend if we can attach the summer requirement.
  - *Sarah*: some students choose to do so, some don't. Based on requirements. Varies based on the number of hours they hit.
  - *Sean Wright (Lutheran Community Services NW)*: I wonder if we could consider a hybrid of option 2 and 3. Likes flexible funding. For LCS – would want to give stipend directly to interns so likes hybrid with option 3 – better to manage through the schools or through BHT, avoid difficulties administering. Sustainability considerations: external funding is helpful but LCS probably wouldn't be able to continue funding for stipends in the future. Outside money – different related to sustainability – funds available now, not necessarily the new normal, though would hope to sustain.
  - *Ron Tussey (PHS)*: I will offer support for Whitworth since I still teach there Part-time.
- Registering preferences for Options 2 and 3
  - *David Crump (SPS)*: I like option 2. Flexibility is a rare blessing
  - *Ruta Nanivadekar (Pioneer)* :Option 2 would be better for us.
  - *Mark Ingoldby (Providence Medical Group)*: I like 3.
  - *Brandy Tarala*: Option 2
  - *Anna Tressidor*: Option 2
  - *Becky Hammill (Passages)*: Option 2 – flexibility is key
  - *Ben Descoteaux*: 2
  - *Joe St. John (STARS)*: Option 2
- Discussion of what flexible funds would be used for / what we might measure across organizations who receive funding

- *Sarah Bollig Dorn (BHT)*: curious about option 2 – typically how we’ve done flexible funding is to have a standard set of things that people report on so we can see how flexible funding is being used. BH supervision example – number hours provided, offset billable hours, etc. Consistency in reporting. How would you use that funding?
- *Ruta*: Pioneer would use it to provide stipend to supervisors / field instructors, recognizing that the people who are qualified to be the supervisors often have a lot on their plate and we are asking them to be intentional about teaching, mentoring, managing risk on top of their jobs. Would like to see a modest stipend to provide something to recognize their work.
- *Dave Crump*: I would use it to help pay for the clinical supervision
- *Becky Hammill*: Small stipend to AFI and stipend to student.
- *Mark Ingoldby*: I am wondering about the reporting out needs from the organization standpoint with option 2. Number 3 has oversight and managerial and organizational structure set up, criteria. Wondering what this metrics would be.
- *Hannah (BHT)*: could set this up like BH supervision support funding with funds dispersed upon contract signing and at six-month reporting. Builds some accountability into the process.
- Next Steps
  - BHT will build out into a proposal for what the funding would look like. Bring back when we meet in the fall. Work through details, vote to approve.
  - Drafting eligibility for organizations around qualifying framework, set dollar amount per organization, context around number of organizations who might be interested and what amount would be enough to be valuable. Talk through the specifics with Forum members and vote.
  - Schools – fall quarter/semester is when students are making selections and interviewing with organizations and actual internships start in the winter/spring quarter. Still fit with that timeline.
  - *David Crump*: sounds like a wonderful plan

## Workforce Initiatives Design Discussion: Peer Practicum/Internship Model

- Two options for input:
  - Apprenticeship model – Health Care Apprenticeship Consortium has three behavioral health apprenticeships: BH tech, SUDP, and peer. Possibility to use Forum funds to help cover the cost and support this program on site at organizations. Could invite the Consortium to a Forum meeting to present and provide more information about this possibility.
  - Forum small group design – work outside of bi-monthly Forum meetings to brainstorm and bring some possibilities to the group for consideration.
- Discussion – reactions to these two options
  - *Becky Hammill (Passages)*: approached by apprenticeship program. Excited until they found out the amount of money they’d need to put in as an organization. Sounds different – people have already gone through CPC training. Seemed there was an issue that completing CPC training wasn’t a criterion, couldn’t get into the queue to bill for Medicaid. Maybe some changes since that time, so a presentation from the Consortium could be a good idea. Initially – wanted to support but wasn’t a fit at the time. Financial support from the Forum would help. Consider that there are many different programs statewide, and they don’t all talk to one another. Changes following the recent legislative session: peer counseling training will now be 80 hours instead of 40. Lots tied to that change, big changes coming – where peers can work, who they can supervise. Unsure how much coordination has been done with this apprenticeship program. Hope there would be some coordination so that

provider agencies who would like to participate and are doing training, would have a clearer picture before they jump in.

- *Mark:* Would like to hear that presentation.
- *Louise:* mentored a peer support person, drawback in this program is that the peer may have experienced trauma in the past and may not be provided with ongoing support. Need mentor or something in the program. Peers don't have skills of a counselor and are asked to do a lot for their education level. Sometimes the trauma they experience is forgotten. Each agency needs to ensure that each peer is getting ongoing counseling they need, paid for through the agency's insurance. I've seen this in different agencies, both with MH and with drug/alcohol – people stay for a little while and then move on. Big part of this is that someone gets initial training and then when they experience trauma they leave. Everyone in the public sector is busy – it's hard to dedicate time.
- *John:* I provide a supervision and process group bi weekly in addition to the program supervision to support our peers
- *Louise:* John! This great! Also, the idea of coaching and peer supervising is a great idea!
- *Gail Kogle:* appreciation for Louise's comment but doesn't want people to think hiring CPC is a whole lot more work. Many orgs successfully employ peers, and it's an enhancement to programs. I'm currently working with people who consider peers they're connecting with to be a lifeline.
- *Becky:* peers have to be supervised by MHP. In the future, peers who are seasoned can take on supervision duties. Will make a big difference in the comfort level that peers have in seeking someone out, saying they might need help, being re-traumatized. HCA has gotten better about providing online meetings, resources for peers. More out there to support peers than there was in the past. Watched it grow into something amazing, being well-supported. Some hesitation about the new changes (not about peers supervising peers). Worried about peers staying in publicly funded BH because of compensation versus what they can get to agencies who can pay through commercial insurance.
- *Ruta:* We're interested in learning more about what it would look like to host a peer apprenticeship cohort.
- *Brandy Tarala:* I would love to have some of our peer support members be involved. We go through an organization called ICISF which is geared to first responders but we also support the families as well.

## Workforce Initiatives Design Discussion: Peer Supervision Support

- Three options for input
  - Option 1: Training Series – work with HCA Operationalizing Peer Support to organize regular free trainings
  - Option 2: Coaching – build on current HCA offerings (regular webinars and office hours) and work with a consultant to provide 1:1 or group coaching to supervisors
  - Option 3: Facilitated Conversations – in-person opportunities for supervisors and peers to share, ask questions. Fund stipends for participants, food, space, facilitator, etc.
- Discussion – reactions to these three options
  - *Cara Reidy (BH-ASO):* will share with contracted providers to see if they would be interested. Heard feedback that as the state rolls out peer-focused program, contracted providers that don't have peer background might be interested, some potential need.
  - *Kalen Roy (BH-ASO):* initial impression on option 2 is that weekly webinars – might be difficult. Monthly or bi-monthly would be more calendar friendly. Consultant could happen with option 1 and DBHR/support team, leaning toward options 1 and 3.

- *Beth*: option 1 – ongoing training is optimal. Tends to provide excitement. Already doing coaching and office hours through HCA so not sure this needs to be added.
- *Ruta*: I think people learn well in facilitated conversations with others. Plus it grows connections in the region and investment in the work. I like Option 3, but I don't think it has to be in person. Even a well-facilitated zoom conversation would be valuable, and don't need food/space, etc.

## Future Discussion: Training/Education

- See [slides](#) for list of training topics and specific trainings that got the highest votes in earlier Forum conversations.
- Send ideas to Hannah for trainings and trainers that you recommend
- Offsetting lost billable hours is another bucket that we will work with alongside training plans

## Announcements

- **Community Colleges of Spokane Corporate & Continuing Education Opportunities:**
  - SUDP Alternative Certification coursework for licensed MH clinicians is enrolling now for a summer quarter start date (July 3, 2023). BHT will cover the cost of eligible practitioners who are serving Medicaid clients in the six-county BHT region. More details about the program: <https://www.campusce.net/spokane/course/course.aspx?c=1052> Contact Hannah at BHT ([Hannah@BetterHealthTogether.org](mailto:Hannah@BetterHealthTogether.org)) about the funding opportunity.
  - Mental Health First Aid is being offered on July 18. Cost is \$50 and the last day to register is July 3. Link: <https://www.campusce.net/spokane/course/course.aspx?c=1042>
- **Northwest Mental Health Technology Transfer Network [Training and Events Calendar](#) – free June webinars on topics of interest to Forum members**
  - De-escalation: How to Approach Volatile Behavior in a Clinical Setting, June 20
  - Trauma-Informed Decision-Making for MH Professionals, June 23
  - Trauma-Informed Systems of Care: How to See Your Setting Through a Survivor's Eyes, June 27
  - Trauma-Informed Supervision & Resilience, June 30
- **Free Training: ODD, ASD, ADHD & Mood Disorders: Over 50 Behavior-changing Techniques for Children**
  - Friday, June 30
  - CE Credits are available
  - Sponsored by the North Sound Accountable Community of Health
  - [Flier with registration link](#)
- **SONG – Spokane Outreach Networking Group announcement from Brandy Tarala, who is on the leadership team**
  - SONG is made up of different behavioral health organizations
  - Working on creating a resource database with information about demographics served, insurance, availability. Plan to keep updated so that organizations and individuals can use this as a tool.
  - Event at the convention center scheduled for **September 25 – SONG BH Resource Fair**. Open to the public for anyone in crisis to come for peer support. Hoping for at least 80 booths. Will have vans outside to provide on-site support/transportation. Hoping to have beds available at different facilities.

- **BH Forum Up Next:**

- **Next meeting is September 6 from 10 to 11:30 am.** Hannah will send calendar invitation after the meeting so you can hold those dates. If you want to be taken off the list, email me to let me know.
- **Summer partner meeting option** – opportunity to connect with BHT, continue informing the design work of the Forum. Let us know ([Hannah@BetterHealthTogether.org](mailto:Hannah@BetterHealthTogether.org)) – we can have lunch/coffee, tour your org, or set up a Zoom call.