



## 2023-2025 Mental Health Meeting Minutes

**DATE:** 11/14/2023

**TIME:** 1:30pm

**Location:** OSF Rt 91

**Members Present:**

Co-Chair Jonathan Gauerke  
Clerical Support Amy Roberts  
Gregg Stoner  
Mary-Jennifer Meister  
Mariela Munguia  
Jacob Morgan  
Nikki Graham  
Cheryl Crowe

Co-Chair Dawn Lochbaum  
PFHC Board Rep. Holly Bill  
Sally Gambacorta  
Jovon Matthews  
Wes Podbielski  
Joan Montoya  
Shanita Wallace

### Updates

-Upcoming Guest Speakers:

-December: Trillium Place Access Center – Tony Mills & OSF Strive discussion on Cultural Diversity – Sam Schubach

### Discussion

-Dawn met with Amanda from OSF and Dr. Sara Kelly to discuss looking at information for telepsych.

-OSF will pull what data is needed and Dr. Kelly will change how she is asking for some of the information.

-Dr. Kelly will also speak with their Carle contact and will get back to the team.

-Carle is working to transition EPIC from UPH to Carle, the transfer over will be on 12/2.

-Will continue to work with teams to generate data.

-Trillium Place contracts will end at the end of December with telepsych provider, will then have 2 APNs available to increase access.

-There is a high utilizer team that has been put together, they will meet after Thanksgiving. They are working to develop care plans.

-A training that is being held tomorrow was already sent out to the group.

-Jonathan reviewed key takeaways from Population Mental Health White Paper article.

-Mental health is not solely a behavior health issue, it's a population health issue that requires the addition of prevention and early intervention typically associated with wellness and public health activities.

-Mental Health disorders are not the single leading cause of disability worldwide with nearly 800,000 people dying by suicide each year, about one death every 40 seconds.

-It's estimated that the US will have a shortage of 250,000 mental health providers by 2025.

-Reminder to take care of yourselves, team members, organizations so that you can care for your clients/patients.

- Research has found that universal and targeted group interventions produced the greatest return on investment and reactive interventions provide the lowest.
- Changing your mindset to look at what does it look like for clients or patients to have good sleep or stress management.
- Stigma prevents individuals from seeking care, but can increase the barriers to access, and eliminates the possible points of early interventions.
- Because of the stigma, research shows that delay of treatment contact ranges from 6 to 8 years for mood disorders and 9 to 23 years for anxiety disorders.
- More than 70% of people who need mental health services lack access to care.
- These science fact digital platforms (Self Help apps and telehealth) also allow for a more tailored approach, utilizing multiple modes of support, including assessment, crisis intervention.

### **Sub-Committee Updates**

#### Telehealth

- The group decided to move forward with the 3 definitions from the directory provided by Mariela and the Systems of Care team.
- Came up with list of benefits and barriers for telehealth and shared those and asked for feedback.
- Mariela noted that there is a school in Bloomington that gets around HIPAA with texts and will send the contact to Jonathan.
- The biggest barrier at Strive is cost, it's very expensive to do telepsych. As OSF is grant funded, the cost is covered by the grant. They have a psych APN, not an LCPC.
- At Strive, for 12 hours for an Psych APN doing med management, it's approx. \$14,000 a month.
- Heartland has one for adults and one for children and it's a huge expense.
- If a patient doesn't show up, the entities still have to cover the cost.
- Lack of community partnerships with schools, expand to these locations?
- A big benefit would be having more access to diverse providers.
- Dawn shared that they only have 2 Psychiatrist's at OSF SFMC, so now using AmWell, which is a telepsych service. They are currently only using in the ED but will change in a few months and will be using AmWell telepsych in the hospital for some patients/situations.
- Dawn noted it was delayed a couple of weeks due to wanting to get education completed first. Things are going well considering starting a new system.
- The goal is to get patients out of the ED and connected to resources.

#### CAHC

- Dawn will be sending out meeting invites this week for the CACH sub-committee meeting.
- Looking for the first meeting to happen the week after Thanksgiving or the first full week of December.
- Dawn added that they are working to compile a list of CAHC trainings – please send any that you have to her.
- It was noted that 1:1 observers/behavioral health monitors at OSF did not have any CAHC specific training so Dawn has been working with leaders of that department and about 1 month

ago, all 1:1 observers/behavioral health monitors now have 2 CAHC trainings added to their standard education.

-They are now looking to expand that education system wide.

-Dawn added that she will have more to report in the next couple of months.

**Next Meeting Date**

-December 19, 2023 at 1:30pm – **Teams Only**

**Member Announcements**

-Any activities or trainings, please share with Co-Chairs or Amy Roberts to be sent out to the group.

-If you are not on one of the sub-committees and would like to join, please let Amy Roberts know.