



Macon County
Public Health

MACON COUNTY BOARD OF HEALTH
MINUTES
3/28/2016

- Members** Chris Hanners, Engineer and Chair; Teresa Murray, General Public and Vice-Chair; Emily Porter-Bowers, Nurse; Dr. Carole Peterson, Physician; Melissa Bell, Pharmacist; Dr. Jeff Todd, Veterinarian; Dr. Nathan Brenner, Dentist; James Tate County Commissioner; Gena Futral and Molly Phillips, General Public.
- Members Absent** Dr. Carole Peterson
- Staff Present** Jim Bruckner, Tammy Keezer, Jimmy Villiard, Kyle Jennings, Jennifer Garrett, Kathy McGaha, Darice Davis, Dorota Anthony, Lynn Baker
- Guests** Commissioner Ronnie Beale
- Media** Mr. Ryan Hanchett; The Franklin Press, Ms. Brittany Raby; Macon County News, Ms. Kristen Karcher; WNCC Radio, Bobby Coggins; Independent journalist
- Public Comment** No public comment
- Call to Order** Meeting was called to order at 6:17 by Chris Hanners
- Approve Agenda** Mr. Hanners asked to add Read to Me to the agenda under section 3B the February Budget report under Board Training and to add Community Health Assessment under section 3C old business. Melissa Bell made a motion to accept the agenda as amended. Gena Futral seconded the motion. The motion passed unanimously.
- Welcome/Intro./Departures/Recognition** Mr. Hanners welcomed and thanked everyone in attendance tonight.
- Closed Session** None
- Presentations** None
- Approve Minutes of Previous Meeting** Commissioner Tate made the motion to approve the minutes as written. Dr. Brenner seconded the motion. The motion passed unanimously.

Old Business

A. Board of Health Procedure Mr. Bruckner informed the Board of 2 recommended changes in the BOH procedure policy 105.1 which were discussed at the January Board meeting. Each Board member received a copy of the policy with the changes highlighted. The first change is in **Article IV, Section 1, Officers**. It currently reads as follows: The Board shall elect its own Chairperson and Vice-Chairperson. Only those members who have served at least one year on the Board shall be eligible to hold office. The recommended change would read as follows: The Board shall elect its own Chairperson and Vice-Chairperson. Only those members who have served at least six months on the Board shall be eligible to hold office. The second recommended change is in **Article X, Meetings, Sections 1 & 2**. The two sections currently read as follows: **Section 1**. The Chairperson shall preside at all meetings, shall appoint appropriate committees, and shall assist these committees in carrying out the duties for which they were appointed. **Section 2**. The Vice-Chairperson shall preside in the absence of the Chairperson and shall perform such duties as are assigned by the Chairperson. Should the Office of Chairperson be vacated for any reason, the Vice-Chairperson shall fill the unexpired term of office and a new Vice-Chairperson shall be elected by the Board. The recommended changes include adding a third Section and to modify Section 2. The recommended change would read as follows: **Section 1**. The Chairperson shall preside at all meetings, shall appoint appropriate committees, and shall assist these committees in carrying out the duties for which they were appointed. **Section 2**. The Vice-Chairperson shall preside in the absence of the Chairperson and shall perform such duties as are assigned by the Chairperson. **Section 3** Should the Office of Chair or Vice Chair be vacated for any reason, the Secretary will solicit nominations from the Board, conduct a vote and immediately tally and announce the results. This change was made after discussion with the county attorney, Chester Jones. If passed by the Board these changes will become effectively immediately. Commissioner Tate made the motion to accept the changes as recommended. Melissa Bell seconded the motion. The motion passed unanimously.

B. Read to me – Mr. Bruckner gave an updated on the Story Walk project. He spoke to MountainWise and to the state about assisting with funding for the story walk project in Macon County through the MountainWise grant. We are unable to use Mountainwise project grants due to age restrictions. The grant funding cannot be used for anyone under the age of 18. Mr. Bruckner also spoke with the county finance officer about the county assisting with the project. She said that only County Commissioners are allowed to grant county funds and that the county is already sponsoring part of the Story Walk project through a grant from the County's Community Funding Pool. Mr. Bruckner said that MCPH will post information on the county website about the Story Walk project and any time we write a grant that involves physical activity for children we will try to tie some of the funding to future Story Walk projects.

C. Community Health Assessment - Lynn Baker gave a review of the 2015 Community Health Assessment (CHA). Ms. Baker spoke about the CHA process and how the priorities are selected. She then referred to the handout which included the three CHA priorities; Heart Disease, Domestic Violence and Sexual Assault, and Economic Development. Mountainwise of Macon County community stakeholders group selected these priorities. She went on to explain that Bonnie Peggs is the chair for Heart Disease, Jennifer Turner Lynn (Reach) is the chair for Domestic Violence and Sexual Assault. Reach actually has a grant so we were able to partner with them as well. Dale West, from NC Works, is the chair for Economic Development. Ms. Baker explained that there is disparity data that compares Macon County to the rest of the state and the region and that she can give information if asked or it is located on the maconnnc.org website. Mr. Hanners said that we will be discussing these task forces again soon. Ms. Baker said that we also work with the Sheriff's department. Ms. Futral asked if this is the same priorities that Mission Health has. Ms. Baker said yes that the hospital adopts the priorities set by public health.

New Business

A. Opioid and Mental Health Mr. Hanners introduced Commissioner Ronnie Beale. Commissioner Beale thanked everyone for participating on this Board. He went on to explain that he is the co-chair of the National Association of Counties (NACO). NACO went to Washington a few weeks ago and Commissioner Beale shared a letter from Mr. Hanners and Mr. Bruckner that was pertaining to the Affordable Care Act and what

repealing it could do to the state and Macon County financially. Macon County would have lost approximately \$400,000. While in Washington, Commissioner Beale had a discussion with congressman Meadows. Congressman Meadows had no idea of the effect until he read the letter from Macon County. Commissioner Beale told this story to explain just how important the BOH really is and what an impact it makes. He then turned to opioid and mental health. Macon County currently has 108 in custody in the county jail as of today, 23 of which are females. We have 38 inmates that are housed out of county due to lack of space. This number is increasing all the time. We will be about \$575,000 out of budget because of the extra expense of housing inmates out of county. With females it is even costlier due to the restrictions in place for transporting females. There must be 2 employees to transport females out of county. An average of 86 inmates are in custody due to drug related charges. Almost all of the drug charges can be attributed to opioids and methamphetamine. Commissioner Beale referenced reports that he has been involved in. He said that we are now recognizing that opioids and meth are an epidemic now. He then read verbatim the medical definition of an opiate. He gave a brief overview of the drug; where it is derived, how it's produced... He explained the difference between true opiates, combination opiates and synthetic opiates. Sen. Davis has proposed a bill to legislation to track who is prescribing opiates. Unintended addiction accounts for about 65% of the addicted. It often starts with prescription medication, which can then lead to heroin due to the expense of the medications. 55% comes from prescriptions or the medicine cabinets. Why are we having so many deaths? Most overdoses happen after a person has been clean for a while because when they start back their body isn't used to the drug anymore. There are two things to be aware of with heroin; 1. We cannot arrest ourselves out of this situation and 2. Overdoses are happening now more because heroin is being laced with Fentanyl, which is 100 times more potent than Morphine and Carphentanyl (an elephant tranquilizer), which is 1,000 times more powerful than morphine. In 2016, NC we had 640 million opioid pills prescribed. We are 9th in the country. We started a 23 county regional substance abuse task force. They are meeting tonight in Asheville. We have a walk in center, and a good detox facility. The length of stay at a detox hospital is 9 days. Fortunately, Macon County has a follow up program through our EMS department after patient is released from detox. EMS assists with medication refills, making travel arrangements to appointments and much more. Dr. Todd asked if we had a half-way house in Macon County. Commissioner Beale said no because we have trouble getting LCSW's and psychiatrists in this area. Commissioner Beale also said that Cyboxone is a good medicine to keep people off of opiates. May 9 in Raleigh we will have a state wide task force meeting (Stepping Up). This is a nationwide jail diversion program. We have 440 signed up to attend. Commissioner Beale will be speaking. He again thanked the BOH for their support. He thanked Mr. Hanners for allowing him to speak tonight. Mr. Hanners asked for questions. Ms. Phillips asked if there is any talk about adding to the protocol a warning system explaining to the patients of the possible addictive side effect of prescriptions. Dr. Brenner said that dentists have to take an opioids class and narcotics control records class in order to receive licensure renewal. Commissioner Beale said he would like to see a protocol put in place. Ms. Futral is sure there is a lot going on in Mission Health. Mr. Hanners asked if the Board can do anything besides being involved at the community level. Commissioner Beale said it boils down to the cost. He then discussed the different costs associated with treatment.

Mr. Bruckner talked about: Universal Awareness of the issue; State and Federal efforts to try to raise awareness of the epidemic to including targeting: Opioid prescribing practices, Prescription Drug Abuse, Prescription Drug Overdose Prevention, and Heroin use; In 2013, the NC the General Assembly along with the Governor enacted two laws: 1. Requiring pharmacies to report opioid prescriptions through the Controlled Substance Reporting System and 2. Allowing for Naloxone to be distributed; and in 2016 NC the General Assembly along with the Governor enacted a law allowing needle exchange programs to be established. He also reviewed current efforts at the state and local level: NC Legislature has made the opioid epidemic a priority issue and draft bill(s) being discussed/developed by NC Senators; Mr. Bruckner met with the new Secretary for DHHS Dr. Mandy Cohen who has put the opioid issue high on her list as she wants to focus on tying physical health, mental health and substance abuse together; Mr. Bruckner appointed the LHD from Davidson County to the NCACC Opioid work group to work with NCACC is piloting a meeting in a box campaign which once completed will be looking to the other 99 County Managers to coordinate a meeting with local elected officials to discuss the opioid issue; Health Directors are hoping recommendations made by Governor McCrory's Taskforce on Mental Health and Substance will be used by the current administration (waiting to see if

Governor Cooper continues with implement of recommendations; Macon County/WNC represented well: Commissioner Ronnie Beale, Greta Metcalf from Meridian Behavioral Health and Brian Ingram CEO for VAYA); He said that funding for substance abuse NC DHHS Division of Mental Health, Developmental Disabilities and Substance Abuse receives funding for Substance Abuse Prevention, Treatment, Recovery and Community Mental Health Services from the federal government and that these *funds for local programs are managed by the Local Management Entity (VAYA) formally Smoky Mountain Mental Health*; He said that MCPH had been looking at a grant from US DHHS, Office on Women's Health targeting the Prevention of Opioid Misuse in Women , but that they were not able to qualify for this specific grant and that they would continue to pursue these types of grant with the Boards approval; He said the Macon County Substance Abuse Taskforce which is led by the Macon County Sheriff's Office and facilitated by MCPH is working on action items centered on creating a community education marketing campaign; and He said the County Mental Health Taskforce had discussed the issue at a recent meeting with local mental health providers who that the biggest barriers to treatment and recovery is the cost for prescription medications. He closed by saying that he hoped the Primary Care clinic at the MCPH would be part of the "no wrong door" system of care for mental health and substance abuse. That MCPH would be using a screening process with clients and identify and refer if there is an mental health or substance abuse problem. He also said that MCPH would like to be a part of the stepping up program. Mr. Beale is working on funding for this program. Evergreen foundation - more info to come.

B. Grants Approval – Because we didn't have a quorum last month, we had to go to the BOCC for grants approval so we would not miss out on these opportunities. We were clear that if the BOCC approved MCPH applying for the grants that we would not complete the processes without BOH approval. MCPH would like to apply for three grants. 1. The Evergreen Foundation – This is to help fund Behavioral Health services here in the clinics. We have talked with the Evergreen staff as the application needed to be submitted before tonight's meeting. The foundation staff recommended we wait to apply until July. 2. The Community Health Center grant from the NC Office of Rural Health would provide us with a Nurse Practitioner and a half time behaviorist. Ms. Futral asked if this would be ongoing therapy. Mr. Bruckner said initially it would be very limited until we determine if we can generate enough funding to support that aspect of the program. 3. Prevention of Opioid Misuse in Women from the US DHHS Women's Health Branch. This grant is on hold as we do not have a large enough coalition that is already active in solving the opioid issue. We plan to continue to look for grants of this nature. Mr. Bruckner said that we are seeing fewer and fewer Medicaid pregnant women at MCPH. The local OB practice is working with Mission Health to put a behaviorist and Tele psychiatry in their practice to do some therapy and get a provider in the practice to dispense treatment medications i.e. Suboxone. The issue with pregnancy and addiction is a priority in Macon County. Ms. Futral asked if there is a special reason for grants targeting women. Mr. Bruckner said that nationwide there is an issue and the grants are specifically targeting women. Ms. Phillips asked if the therapy would work if they were not prescribed Suboxone. Mr. Beale said that a doctor can only write 20 Suboxone prescriptions per month. Ms. Bell said that Suboxone is relatively new treatment and doesn't work for everyone. She said that therapy alone can and does work. Mr. Beale said it is a funding issue and that in May he will be going to a meeting in Oregon to begin discussion on redesigning how funding is disbursed to rural counties. We want to make sure that rural county health departments are entitled to the same federal dollars as urban counties. Mr. Hanners asked if there was any more discussion on grants. We are asking for approval for the first two grants; Evergreen Foundation grant and the Community Health Center grant. Mr. Hanners asked for a motion to apply for these grants. Ms. Bell made the motion to apply for the Evergreen Foundation and the Community Health Center grants. Ms. Porter-Bowers seconded the motion. The motion passed unanimously.

C. FY18 Budget Ms. Anthony gave an overview of the FY18 budget process. She said that the budget was submitted to county finance on March 17, 2017 and that we will be meeting with the county manager and finance director next week. Ms. Anthony referred everyone to the presentation on the screen. She explained that the FY17 year-end projections are based on the revised budget, not the original budget. We are expecting that our expenses will be 1% under and revenue will be at 3.23% over. This will help us save 4.3% of the counties money. Mr. Hanners asked if we were giving \$111,000 back to county. Mr. Bruckner explained that we will be asking for \$98,000 in carry over budget for next year as opposed to \$111,000.

Ms. Keezer gave a presentation on the FY18 proposed budget. She started with the expenditure summary. Our projected spending for FY18 is approximately \$5,926,402 dollars. This is \$427,000 more than the FY17 original budget. The increase is due to changes in salary/fringe and general operating expenses. Mr. Hanners asked if salary and fringe is fixed. Mr. Bruckner said yes. She said the projected revenue is approximately \$3,044,434 dollars. This is \$84,000 more than FY17. County funding remains the most stable funding to our department by providing \$2,881,968 or 49% of our budget. This is \$343,000 more than FY17. Ms. Phillips asked if 49% was the average county funding throughout the state. Mr. Bruckner no, that a many health departments simply don't have the support nor do they offer all the services that we offer. Mr. Hanners asked how a health department cannot provide services. Mr. Bruckner said all counties provide basic services, but not all counties provide the same level of those services.

Mr. Bruckner explained how original budget is the base budget or starting point for the new FY budget and that this is where the county wants us to use as our base. He then reviewed the presentation. He explained the different categories of expenses, the increases in revenue and any carry forward money from the FY17 to FY18 budget. He gave a detailed description for the reasons for the total variance in the budget from FY17 to FY18. He said we are asking to replace four vehicles and two animal boxes for animal services vehicles. Ms. Porter-Bowers asked how often all three animal services trucks are out on the road at the same time. Mr. Bruckner said they operate 24/7/365 days a year and they are very often all out on the road as they go to all parts of the county. Mr. Hanners asked if this is the first capital expense for animal services since being taken over by the health department. Mr. Bruckner said yes. Mr. Bruckner talked about computer replacements and explained that we try to replace computers every five years. He then talked about the increase in salary and fringe and that there are several staff that will begin receiving longevity pay in FY18 and that due to employee benefits changes there has been an increase in the cost i.e. health insurance. He said that in contracted services we are asking the county for an Environmental Services position (janitorial staff) trained in cleaning medical facilities; funding to cover for Dr. Dewhurst's clinics when he is out of the office; funds to cover the cost of prenatal ultrasound performed at AMC; and funds for Medicaid Cost Settlement consultant services. Mr. Hanners asked Mr. Bruckner to explain the Medicaid Cost Settlement consultant fee. Mr. Bruckner said this year we've review a past cost settlements through a vendor. It appears from a preliminary review by this outside consulting firm that they are finding additional services that could be cost settled on. This has the potential to increase our cost settlement with Medicaid. Medicaid is reviewing the results of this audit and if they find we are entitled to additional settlement dollars we intend to have this firm review additional years. Mr. Bruckner said that while he understands it is not the Boards role to approve our budget, he asks that they support the budget before it is presented to the County Manager and Board of Commissioners. Mr. Hanners asked if there were any questions or concerns. Being none, he then asked for a motion to support the proposed budget as presented with the knowledge that there may be some changes during negotiations with the County Manager and Board of Commissioners. Dr. Brenner made a motion to support the budget as presented. Dr. Todd seconded the motion. The motion passed unanimously.

Board Training and Information February Budget Update - Ms. Anthony gave an overview of the February budget. We are at 58.38% of expenses for the year and revenue is at 73.62%.

Announcements Mr. Hanners said next month we will talk about task forces and the Board's involvement. Mr. Bruckner said accreditation items will also be discussed.

Next Meeting Date 4/25/2017

Adjourn Ms. Porter-Bowers made a motion to adjourn the meeting. Dr. Brenner seconded the motion. The motioned passed unanimously. The meeting adjourned at 8:13.

These minutes were approved as presented at the 4/25/2017 Board of Health meeting with a motion by Dr. Brenner and seconded by Dr. Peterson. The motion passed unanimously.

Respectfully submitted by

Darice Davis