



MINUTES  
Governing Board of Directors  
Tuesday, June 28, 2016

Directors Present: Barbara Ballard Brad Burnside Cindy Maude  
Don Grosdidier David Johnson Elizabeth Sheils  
Jane Fevurly Lucia Orth Steve Glass

Directors Absent: Gene Bauer Ken McGovern Reed Dillon

Staff Present: Pat Roach Smith, Chief Operations Officer  
Cindy Hart, Development Director  
Tracy Kihm, Finance Director  
Sara Volweider, Clinical Case Manager/ AOP Therapist  
Leah Hansen, Executive Assistant (Minutes)

I Jane Fevurly called the meeting to order. Lucia Orth was welcomed as a new member on the board.

II Public Comment: None.

III Consent Agenda: The Consent Agenda included May 31, 2016 Minutes, Financials and CEO Report

**ELIZABETH SHEILS MOVED TO APPROVE THE CONSENT AGENDA; DON GROSDIDIER SECONDED THE MOTION. MOTION CARRIED.**

**Financials:** Tracy reviewed the May financials. Bad debt write offs are higher in May than in all of 2015. Tracy reported that bad debt is from IDDT (25%) and IOP/DBT (19%). Bad debt is a topic that the Executive Team is working on in their Financial Learning Community training. This training takes a specific look at back office operations and Bert Nash is one of 17 organizations around the country participating. Legal and Accounting fees are over budget due to the recent HR audit. Pat reported that this audit was necessary and took a closer look at our policies and procedures to assure that we are legally operating our organization as we should be.

**CEO Report:** Shirley Martin Smith has agreed to chair the search committee for the appointment of finding our next CEO and is working on a timeline that she will provide the board. David referenced his colleague, Dr. D.A. Jordan and the three essential characteristic themes of leadership that he hopes the committee will incorporate into the search of his successor.

IV Review & Comment: *Therapeutic Lifestyle Changes (Sara Volweider, Clinical Case Manager & AOP Therapist):* Sara Volweider, Clinical Case Manager & AOP Therapist has led the Therapeutic Lifestyle Changes (TLC) group at Bert Nash since last year. TLC is a protocol

developed by Dr. Stephen Ilardi, a professor at KU. At Bert Nash, the TLC group meets one hour each week. It is a form of treatment especially helpful for clients that suffer from depression. Clients are introduced to this group during the intake process but can join at any time. Statistics from this research prove that depression is dramatically on the rise; 10 times higher than 2 generations ago primarily due to lifestyle changes and the frenetic pace of life that our bodies are not accustomed to. Ilardi's book, 'The Depression Cure' follows a 6 step program to beat depression without drugs. These elements include: omega-3's, engaging activity, physical exercise, sunlight exposure, social support and sleep.

*Crisis Center Design Plans:* Current drawings of the crisis center were available for viewing at the meeting today. The crisis center will consist of approximately 39,000 square feet and will include areas specific for public entry, law enforcement entry, staff entry, 23 hour hold, sobering units, social detox (men), IOP services as well as room for expansion if needed. Our engagement with LMH will be through dietary, laundry and lab services. A referendum on the crisis center will likely take place in March. The correlation of the proposed jail expansion/remodel and crisis center continues to spark discussion. The jail expansion/remodel will include a 28 bed specialty unit that will be therapeutic for the mentally ill and additional space for women inmates. Educating the community on the importance of both these entities will be instrumental for the vote to pass. Cindy Hart will invite board members of Kansas Appleseed to attend a Discover Bert Nash tour at Bert Nash. The Criminal Justice Coordinating Council continues to meet and evaluate programs and operations and make recommendations and improvements for work such as the crisis center and jail.

*Budget Changes:* David reported that he and his team are working on a plan to restructure the budget. David has asked the county for help with the recent Medicaid cut, but hasn't heard back as of today. The city recently proposed a \$40K cut to Bert Nash this past week. These recent cuts will likely have an impact on Bert Nash, but it is our goal to make the impact as minimal as possible on those we serve.

**THE MEETING WENT INTO EXECUTIVE SESSION AT 8:45 A.M. THE REGULAR MEETING RECONVENED AT 8:50 A.M.**

V Adjourn: The meeting adjourned at 8:50 A.M.

The next Governing Board meeting will be Tuesday, July 26, 2016.