



## SUMMER Weekly

# Reader

Volume 214, Issue 279, September 14th, 2017

The Plano Rotary Club  
www.PlanoRotary.com

## Olin AWOL for Mental Health Day

### UPCOMING MEETINGS

**Sep 14**  
**Neil Matkin**  
*Collin College Update*

**Sep 21**  
**Michael Hasty**  
*Saving Smiles*

**Sep 28**  
**Dr Mukesh Saraiya**  
*Stem Cell*



### AUGUST BIRTHDAYS

Clay Curtis	Sep 10
Hubert Aaron	Sep 17



**M**IKE BOOHER is certainly a professional photographer as evidenced by the fact that he shot today's pictures all in highly-editable RAW format, unusable in the *Weekly Reader*. Not to worry, he said, he'd convert them to a more standard JPEG, which he did, but it turned out to be an advanced version which gave my *Photoshop*® indigestion. On the third pass, we have what we see herein, and I thank him for his efforts to dumb it down for me. (I feel like a dinosaur.)

**Dave McWhorter** prayed, giving thanks for being promoted to Past President. **Kelly Palmer** led us in the Pledge, and **Karen Sheldon** was credited with Greeting. **SERGEANT KRAMER** thanked those present for "showing up during vacation" and offered us nothing in the way of Visiting Rotarians or Guests. But he did put **Hayden Padgett** on the spot for an impromptu résumé. Hayden said he'd joined the Danville (CA) Rotary two years ago "because my girlfriend's father was in it." (Way to curry favor, Hayden!) He told us that his hidden talent and "great passion" is choral singing, so we put him to work signing *Happy Birthday* with celebrant **Hubert Aaron**. Someone noticed bobcats fleeing.

**Sarah Watkins** invited us to PSHS @ Irving tonight at 7 pm.



The Vindicated Prince offered annual accomplishment pins to David (6) and **Janis Allman** (4). Janis thanked us for our flowers and prayers during her surgery and recovery. She mentioned a side effect of her pain meds that drove her to throw caution to the winds and buy a new

car. Seeing that madness, her children "took away my car keys so I couldn't buy anything more."

Hayden noted that although he had signed up for Harvey Food Packing within 3 hours of the notice, the volunteer slots were almost filled.

In Olin's absence, **Mary Jo Dean** introduced the day's speaker, **Cheryl Williams**. Cheryl was elected to the County Commissioner's Court in 2010 and has been instrumental in holding the line on the county budget, reducing the tax rate over 13% since her first budget, and creating a transparent and accessible county government. Cheryl is a strong proponent of planning for the rapid growth of Collin County is experiencing. She serves as the alternate member representing the county on the Regional Transportation Commission. Cheryl has successfully advocated for more planning and funding for critical infrastructure improvements. Along with the Mayors and City Councils in her Precinct, she is bringing new economic development to the area while maintaining the quality of life that makes Collin County such a special place.

Cheryl praised Mary Jo for doing a community needs assessment that highlighted **mental health** as a priority. She said that, as "a true advocate of mental health," she was happy to speak to us today. She noted that Janis had been her neighbor!

She said that the State (in its infinite wisdom for cost-cutting) had privatized mental healthcare via the *NorthStar Program* in 1999, affecting seven counties including Collin, Dallas, and Rockwall. The State contracted with *ValueOptions* for administration of the program for both Medicaid patients and Indigent service. Sixteen years later, a Sunset review terminated NorthStar and contracted with *LifePath* for such administration beginning on January 1st of this year.



continued on page 2

The legislation provided for the population to be covered, mobile crisis units, and a crisis hotline. In addition, substance abuse was added to the mental health issues. The services required by the State included Child and Adult Outpatient Services, Benefits Screening, Continuity of Care, Jail Diversion, and Disaster Response as well as (undefined acronyms) TCOOMMI, MHFA, and MVPN.

The services to be rendered through *LifePath* with regards to Substance Abuse were to be Screening & Assessment, Outpatient, Residential, Detox, Medication Assisted Treatment through local planning and coordination of efforts with other agencies. Cheryl noted that tying substance abuse to mental health is an unusual mandate (but Texas is no stranger to unusual mandates but they're usually unfunded as per Federal example).

Under the ambiguous (for a mandate) heading of **Optional Services Provided by *LifePath*** were:

- Crisis Unit: Extended Observation
- Crisis Unit: Crises Respite
- PPB: Private psychiatric inpatient beds
- After-hours Crisis Clinic, and
- Open Access Enrollment (so anyone can apply, presumably)

Since mental health issues often crop up in Collin County Courts, *LifePath* is to offer the courts the following:

- Assist Mental Health Managed Counsel with Jail Diversion alternatives
- Intensive Case Management for Community Supervision
- Provide ATR(?) for Mental Health Commitment Process

And in cases where jail cannot be avoided,

- Sharing information on Existing Clients in Jail
- Communicating with inmates on Services, and
- Discharge Planning for Release.

There is a **Mental Health Managed Council** to handle Indigent Defense, Mental Health Bonds, Diversion Programs, Mental Health Hospitals, Veterans Assistance, the Mental Health Docket, and liaison with Mental Health Prosecutors.

This sounds like a lot on *LifePath's* plate. It can only accomplish it (with the paucity of State funding implied) by establishing a network of "behavioral health" organizations within the County. According to Mary Jo, most counties already have such networks, so Collin "is catching up." Among the "reasons for forming" such a coalition were:

- Create effective communications mechanisms among providers and constituents
- Inspire consensus-building among behavioral health providers and constituents
- Coordinate care among providers
- Promote integrated care
- Leverage new funds into the community
- Seek out and acquire other untapped resources
- Inspire forward thinking, and
- Broadly share and disseminate information.

Then at the talk's end came the rationale for all of this feverish activity under the innocent title of Jail Mental Health Statistics:

- Approximately 20% of the jail population is on psychotropic medications (some self-medicate)

- It costs ~\$70 per day for housing inmates without mental health issues, but
  - The costs per day for this with such issues: **\$140.**
    - This doesn't include finding beds and a 24/7 suicide watch for inmates with a death wish.
  - There are an average of 400 mental health referrals per month to the Jail Psychiatrist.
  - # of "mental health sick calls" in 1 year: **21,704**
- Last year, the calls for detox included:
- 731 for alcohol
  - 691 for opiates
  - 765 for uppers, and
  - 388 for downers.



Annual state funding for such matters comes to \$13M, and Collin County's share of that is the lowest in the State. *LifePath* held the State of Texas up for ransom for methadone treatment successfully. And they'll do more if the current Federal Grant is successful. At the moment, addicts are "given a phone number and put on a wait list for treatment."

Cheryl insisted that her *LifePath* inherited *NorthStar's* losses. County funding jumped from \$1/2M in 2016 to \$1.6M in 2017.

**Alex Johnson** asked by other counties got increases, and Cheryl said it was due to Collin's "history of cost savings," to which Alex mumbled, "Lucky us of being guinea pigs."

Significant challenges to the program include access to State Hospital beds and, of course, State funding. And the indigent balk at continuing proof of their status. *LifePath* helps them fill out the voluminous forms.

Rick offered her our honorarium, led us in the 4-Way Test, and released us at 1:02.

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*Thank you*



Sabrina Shamy

Major: Business and IT

Plano Rotary Club Endowed Scholarship

Dear Members of Plano Rotary Club,

I am honored to be a scholarship recipient of the Plano Rotary Club Endowed Scholarship. Needless to say, I will definitely be able to sleep better at night due to your immense help. One of my biggest goals is to earn a postgraduate degree which comes with a hefty price tag. However, with this scholarship my dream just became more visible.

Throughout my life, I have learned that education is not a mere option but a requirement and a priority. I am currently studying Business at Collin College. I plan on transferring to a four-Year University and major in Information Technology and Business Administration. After I complete my degree, I would like to either attend law school or business school. My ideal career would be one where it makes a difference in someone's life whether that is serving justice in a courthouse or analyzing the finances of a non-profit organization. This year, I plan on starting a club at school to spread awareness and opportunities for fellow students to help regarding local, national, and international crises. This opportunity has made me more motivated than ever to achieve this goal due to the admiration I have of the Plano Rotary Club's generosity and willingness to make education accessible for the students of our community. As I have mentioned, this scholarship has relieved a lot of stress I've had towards school which will allow me to be more focused on my goals and academics. I will also be able to afford taking more classes and the materials they require in order to complete the Business program at Collin College.

Once again, thank you for enabling this huge opportunity and making an enormous positive difference. As I complete my education at Collin College, I am very thankful and honored for receiving this thoughtful act of gratitude.

**Guests & Visiting Rotarians**

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None

**Visiting Rotarian**

None

**Guest of**

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