



**MINUTES OF THE SEPTEMBER MEETING OF THE  
HORIZON BEHAVIORAL HEALTH BOARD OF DIRECTORS**

**Board  
Approved  
10-27-16**

**Horizon Behavioral Health  
Fagan Building  
2241 Langhorne Road  
Lynchburg, VA**

**September 22, 2016**

**PRESENT:** James Borland, *Treasurer*                      Campbell County  
Clyde Clark, *Vice-Chair*                                      City of Lynchburg  
Terrie Conrad                                                      Appomattox County  
Andy Crawford                                                    Bedford County  
Gary Marple                                                        Additional Member  
Rob Merryman, *Secretary*                                    Campbell County  
William Scott                                                      Campbell County  
Jim Sikkema, *Chair*                                              Bedford County  
Mary Lou Spiggle,                                                Appomattox County

**ABSENT:** Betty Brickhouse                                      City of Lynchburg  
Dana Koenig                                                        Additional Member  
Abe Loper                                                            Additional Member  
Trenay Tweedy                                                    City of Lynchburg  
Wise, Betty                                                            Amherst County

**STAFF:** Damien Cabezas, *Chief Executive Officer*  
Sandy Farmer, *Executive Assistant*  
Andre McDaniel, *Chief Operating Officer*  
Theresa McCaskill, *Director of Talent Management*

**GUESTS:** Jaime Bamford, *Medical Director, Horizon*  
John Rice, *Consumer*  
Krisann Taylor, *CQI Data Analyst, Horizon*  
David Walston, *Senior Financial Analyst, Horizon*



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**A. INTRODUCTION**

1. Call to Order/Welcome  
Jim Sikkema opened the meeting at 3:30 p.m.
2. Moment of Silence  
A moment of silence was observed.
3. Adoption of the Agenda

**MOTION: James Borland made a motion to approve the agenda as mailed. The motion was seconded by Rob Merryman and carried by unanimous vote.**

4. Introductions of New Horizon Staff

Damien introduced Dr. Jaime Bamford, Medical Director who is a Child Psychiatrist and is also working with the adult population at Horizon. Krisann Taylor, CQI Data Analyst has returned to Horizon from the private sector and David Walston, Senior Financial Analyst who came to us from BWXT is helping Andre with our budget numbers. Jim Sikkema welcomed them on behalf of the entire Horizon Board of Directors.

**B. PUBLIC COMMENT**

There was none.

**C. MINUTES**

Consideration of the Board Minutes of July 28, 2016.

**MOTION: Clyde Clark made a motion to approve the minutes as mailed. The motion was seconded by Mary Lou Spiggle and carried by majority vote.**

**D. COMMITTEE REPORTS**

1. Community Relations Committee



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Committee chair Terrie Conrad gave a brief overview of today’s committee meeting. The committee discussed the current vision of this committee and the possibility of expanding that vision statement at the February meeting. The committee decided to move forward with more concrete suggestions for board members to become involved to represent Horizon in its best light. More informational data will be developed to present to the localities on the return on investment.

2. Nominating, Bylaws & Board Development Committee

***Motion: Mary Lou Spiggle made a notion on behalf of the Nominating, Bylaws & Board Development Committee to approve John Rice as the Consumer Member of the Horizon Board of Directors. The motion was carried by unanimous vote.***

**E. CHAIRMAN’S ITEMS**

Mr. Sikkema stated how thrilled he is that Horizon started FY17 in the green and thanked the Board of Directors and Leadership for their continued support.

**F. CEO REPORT**

**1. Enter into Closed Session - Personnel Matter**

Jim Sikkema made a consideration to enter into a Closed Meeting according to Section 2.2-3711.A.1 of the Code of Virginia in order to discuss a personnel matter.

***MOTION: Clyde Clark made a motion to enter into a Closed Meeting in order to discuss a personnel matter. The motion was seconded by Rob Merryman and carried by unanimous roll call vote as follows:***

<b>James Borland - aye</b>	<b>Rob Merryman - aye</b>
<b>Clyde Clark - aye</b>	<b>William Scott - aye</b>
<b>Terrie Conrad - aye</b>	<b>Jim Sikkema –aye</b>
<b>Andy Crawford - aye</b>	<b>Mary Lou Spiggle – aye</b>
<b>Gary Marple - aye</b>	

NOW THEREFORE, BE IT RESOLVED, that the Board of Directors hereby certifies that, to the best of each members knowledge, (i) only public business matters lawfully exempted from open meeting requirements by Virginia law were



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discussed in the closed meeting to which this certification resolution applies, and (ii) only such public business matters as were identified in the motion convening the closed meeting were heard, discussed, or considered by the Board of Directors of Horizon Behavioral Health.

**MOTION: Mary Lou Spiggle made a motion to exit out of the Closed Meeting. The motion was seconded by William Scott and carried by unanimous roll call vote as follows:**

<b>James Borland - aye</b>	<b>Rob Merryman - aye</b>
<b>Clyde Clark - aye</b>	<b>William Scott - aye</b>
<b>Terrie Conrad - aye</b>	<b>Jim Sikkema –aye</b>
<b>Andy Crawford - aye</b>	<b>Mary Lou Spiggle – aye</b>
<b>Gary Marple - aye</b>	

**There was no recommendation at this time.**

- 2. OrthoVA** – Damien discussed the partnership between Horizon and OrthoVirginia and reviewed the press release.

*Horizon Behavioral Health (HBH) and OrthoVirginia are entering into an innovative partnership that aims to decrease the use of prescription opiates in Central Virginia. Of prescriptions taken for non-medical reasons, over 24% came from a physician, according to statistics from the Substance Abuse and Mental Health Services Administration (SAMHSA).*

*OrthoVirginia and HBH strive to take a proactive approach to this issue by assessing clients for risk factors associated with addiction and providing them with the tools they need to succeed and live healthy lives. OrthoVirginia Chief Administrative Officer Karen Simonton is enthusiastic about this partnership. “Our mission is to improve the musculoskeletal health and well-being of those who live in our communities. This robust partnership with Horizon will ensure we are doing everything possible to maintain the health of our patients.”*

*HBH will provide an educational group using the motivational enhancement therapy approach. These groups will strengthen motivation, educate on cessation strategies and build a plan for change for individuals referred to the group. Horizon CEO Damien Cabezas is confident that care systems will benefit by leveraging the expertise of behavioral health and physical health. “We will be tracking the outcomes of our efforts. We do not just want to place a bandage on this issue; we need a comprehensive medication management approach. The business case is better clinical outcomes, higher patient satisfaction, better provider engagement and affordable health care.”*



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Horizon's Chief Clinical Officer Sandy Bryant will attend board meetings periodically to brief the board on outcomes on opioids and the progress with OrthoVirginia.

**Expansion in Appomattox** - Damien also updated the board members on the discussions taking place with Blue Ridge Medical Center and Horizon Behavioral Health to develop a medical center in Appomattox where there is currently no pediatric Psychologist and this partnership would bring one to that community. There is a 15K square foot building available and Horizon will lease half of the facility and Blue Ridge will lease the other half.

**Therapeutic Day Treatment (TDT)** is expanding in Bedford and Horizon will be working with one school there and we hope to add more in the future. In Amherst we will provide more intensive TDT services.

**Additional Items** - The new Overtime Ruling effective December 2016 is a concern for Horizon. Talent Management has a committee working on this issue and Damien will report back to the board with recommendations.

Damien decided to hold off on hiring a CQI Director for now, this type of position is highly sought after and we have had challenges with recruiting. Damien will take this area under his leadership and feels we are moving in a positive direction with metrics and reports that are qualitative and quantitative.

Damien reported that in the area of communications please like us on Facebook and LinkedIn. Also in Facilities we are now landlords on Langhorne Road and we are still in the planning phase and will present a master plan to the board soon. We want to bring Emergency Services and Administration physically together at the Langhorne site. Our Electronic Health Records system Credible is doing very well and we are now able to create reports and extrapolate data.

**G. CLIENT TESTIMONIAL**

As part of National Recovery Month Damien invited John Rice, our newly appointed Consumer Board Member to give a brief testimonial about his former addiction and his road to recovery. Jim Sikkema thanked John for his courage to talk about his journey to recovery.

**H. NOTICES AND REMINDERS**



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Damien reminded all members of the upcoming Bocce Tournament, October 15, 2016 from 11:00 a.m. until 4:00 p.m. at Riverfront Park in downtown Lynchburg. He encouraged all to attend and consider putting together a Horizon Board of Directors Team. Damien has been on WIQO Radio and WEST “In the Heart of Virginia” to promote this event. Terrie Conrad asked members to let Damien know of any potential sponsors we could approach to sell more tickets. Damien thanked Clyde Clark again for his help with sponsors, and his generous donations.

The next scheduled board meeting is **Thursday, October 27, 2016** from 3:30 p.m. until 4:30 p.m. The meeting will be held at the Fagan Building, Fagan Board Room, 2241 Langhorne Road, Lynchburg.

In October there will also be a Finance Committee meeting scheduled from 2:30 p.m. until 3:30 p.m. and a report from our Auditors. The meetings will be held in the Fagan Building, Fagan Board Room.

**I. OTHER BUSINESS**

*There were none.*

**J. ADJOURNMENT**

***MOTION: Terrie Conrad made a motion to adjourn. The motion was seconded by Andy Crawford and carried by unanimous vote. The meeting was adjourned at 4:30 p.m.***

Above minutes were approved at the meeting held on October 27, 2016.

ATTEST: Recording Secretary, Sandy Farmer CAP-OM, CP.

Respectfully submitted for Rob Merryman, Secretary

By Sandy Farmer CAP-OM, CP *Executive Assistant & Recording Secretary of the Board of Directors*