



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

**Board  
Approved  
2-23-17**

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

**December 8, 2016**

**PRESENT:**

Clyde Clark, Vice-Chair	City of Lynchburg
Abe Loper	Additional Member
Gary Marple	Additional Member
Rob Merryman, <i>Secretary</i>	Campbell County
John Rice	Consumer Member
Jim Sikkema, <i>Chair</i>	Bedford County
Mary Lou Spiggle,	Appomattox County
Treney Tweedy	City of Lynchburg
Betty Wise	Amherst County

**ABSENT:**

James Borland, <i>Treasurer</i>	Campbell County
Betty Brickhouse	City of Lynchburg
Terrie Conrad	Appomattox County
Andy Crawford	Bedford County
Dana Koenig	Additional Member
William Scott	Campbell County

**STAFF:**

Damien Cabezas, *Chief Executive Officer*  
Sandy Farmer, *Executive Assistant*  
Andre McDaniel, *Chief Operating Officer*

**GUESTS:**

None



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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: *Clyde Clark made a motion to approve the agenda as mailed. The motion was seconded by Treney Tweedy and carried by unanimous vote.***

**B. PUBLIC COMMENT**

There was none.

**C. MINUTES**

Consideration of the Board Minutes of October 27, 2016.

**MOTION: *Betty Wise made a motion to approve the minutes as mailed. The motion was carried by majority vote.***

**D. COMMITTEE REPORTS**

1. Nominating, Bylaws & Board Development.

**MOTION: *Mary Lou Spiggle made a motion on behalf of the Nominating, Bylaws and Board Development committee to approve the Board Bylaws as revised. The motion was carried by majority vote.***

**E. CHAIRMAN'S ITEMS**

The 2017 Schedule of Board and Committee Meetings was distributed and all board members were encouraged to include these meetings in their schedules.



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Jim encouraged members to make an end of the year, tax deductible donation to Horizon Opportunities, Inc. and would like to report 100% participation from this board if possible.

**F. CEO REPORT**

CEO Dashboard – Damien gave a brief update from the Dashboard showing a high quality of service with quality outcomes. He plans to present more data to this board at future meetings.

Fee Schedule - Effective February 1, 2017 Horizon’s fee schedule will change and Damien met with Delegate Garrett to review the details of this change to assist his constituents with any questions they may have.

Suboxone Clinic – The Suboxone Clinic will begin again next month with the help of our psychiatrists at Horizon.

CARF – our accreditation agency will be on site next week. Even though many of our programs are already accredited Damien wants the entire agency accredited as he is preparing for the future of managed care facilities and wanted Horizon to lead the way. This will help in our recruiting efforts, marketing and for insurance purposes. The Horizon teams have been working very hard to finalize all of the details for this event and he will keep the board updated.

Abe Loper arrived at 3:49 p.m.

MyStrength – is a company we are in talks with that provides self-help resources to improve outcomes, lower costs and guide consumers in their journey to achieve mental and physical wellness. They also provide mobile apps that increase contact with our clients and they have a wellness component and mindfulness exercises or staff.

CEO Wellness Challenge – Horizon and the YMCA is offering for all current Horizon Board Members membership at the Central Virginia YMCA, which includes the Jamerson Y on Enterprise Drive, the Downtown Lynchburg Y on Church Street, and the Y Express on Old Forest Road. You may use your membership at any Y in Virginia or North Carolina. But to maintain the discount, 50% of your usage must be logged at one of the Central Virginia Y locations. An email will be sent to all board members with the details of this exciting offer.



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**1. Enter into Closed Session - Lease or Acquisition of Real Property**

Jim Sikkema made a consideration to enter into a Closed Meeting according to Section 2.2-3711.A.3 of the Code of Virginia in order to discuss the lease or acquisition of real property.

**MOTION: Rob Merryman made a motion to enter into a Closed Meeting in order to discuss the lease or acquisition of real property. The motion was seconded by Treney Tweedy and carried by unanimous roll call vote as follows:**

Clyde Clark - aye	Jim Sikkema –aye
Abe Loper - aye	Mary Lou Spiggle – aye
Gary Marple - aye	Treney Tweedy - aye
Rob Merryman - aye	Betty Wise - aye
John Rice - aye	

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 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: Clyde Clark made a motion to exit out of the Closed Meeting. The motion was seconded by Treney Tweedy and carried by unanimous roll call vote as follows:**

Clyde Clark - aye	Jim Sikkema –aye
Abe Loper - aye	Mary Lou Spiggle – aye
Gary Marple - aye	Treney Tweedy - aye
Rob Merryman - aye	Betty Wise - aye
John Rice - aye	

No recommendation at this time.



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**2. 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>Clyde Clark - aye</b>	<b>Jim Sikkema –aye</b>
<b>Abe Loper - aye</b>	<b>Mary Lou Spiggle – aye</b>
<b>Gary Marple - aye</b>	<b>Treney Tweedy - aye</b>
<b>Rob Merryman - aye</b>	<b>Betty Wise - aye</b>
<b>John Rice - 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 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: Clyde Clark made a motion to exit out of the Closed Meeting. The motion was seconded by Rob Merryman and carried by unanimous roll call vote as follows:**

<b>Clyde Clark - aye</b>	<b>Jim Sikkema –aye</b>
<b>Abe Loper - aye</b>	<b>Mary Lou Spiggle – aye</b>
<b>Gary Marple - aye</b>	<b>Treney Tweedy - aye</b>
<b>Rob Merryman - aye</b>	<b>Betty Wise - aye</b>
<b>John Rice - aye</b>	

No recommendation at this time.



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**G. NOTICES AND REMINDERS**

There is no meeting scheduled for the month of January. The next scheduled board meeting is **February 23, 2017** 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 February there will also be an Executive Committee meeting scheduled from 3:00 p.m. until 3:30 p.m.

**H. OTHER BUSINESS**

*There were none.*

**I. ADJOURNMENT**

***MOTION: Gary Marple made a motion to adjourn. The motion was seconded by Treney Tweedy and carried by unanimous vote. The meeting was adjourned at 4:47 p.m.***

Above minutes were approved at the meeting held on February 23, 2017.

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*