



Meeting Call to Order: The meeting was called to order at 8:03 a.m. by LCRB Vice Chair Melba Houston.

Roll Call and Introduction of Guests: The Trustees and other guests introduced themselves.

Present: Melba Houston, Nancy Behlmann, David Thompson, Glenda Fitzgerald, Jim Price, Christine Heintzelman, Kristin Gentry, Margie Beckmann, Rod Barnhill, Dr. Elaine Henderson and Cheri Winchester (Executive Director)

Absent: Kathy Boessen and Dr. Michele Neblock

Guests: Kelly Broeker (PFH), Michelle Young (PFH), Lauri Cross Fink (SLC), Amanda Fox (TCC), Mark Grzeskowiak (PCHAS), Kimberly Hewlett (SJA), Jennifer Kaiser (Compass), Christine Petty (Compass), Brittney McDonnell (CNW), Catherine Terbrock (CNW), Cara Weinmann (CNW), Terri Roche (Arise), Fran Natoli (Arise), Juvaughn Baker (Best Choice), Suzanne Entzeroth (Best Choice), Angie Rhodes (FACT), Sasha Vandeven (LCHD), Kim Vickers (LCHD), Marleen Creamer (LCHD), Rebecca Grutsch (LCHD), Heidi Hubbard (YIN) and Lincoln County Sheriff John Cottle.

Approval of Minutes: A motion was made to approve the January 23, 2019, meeting minutes. (*M.S.P.: Heintzelman, Beckmann*)

Monthly Financial Report:

Ms. Winchester reviewed several financial documents that included:

- Balance Sheet as of January 31, 2019
- Profit & Loss Budget vs. Actual January 31, 2019
- Sales Tax History from 2018 to Present
- LCRB 2019 Funding Summary
- LCRB 2019 Schedule of Units

The balance of the Peoples Bank & Trust account on February 26, 2019 was \$50,000.00 in the Main Account and \$273,211.31 in the Money Market Account for a total balance of \$323,211.311.

The Balance Sheet as of January 31, 2019, showed \$120,000.00 in the LCRB Reserve Fund. Assets and equity were in balance at \$290,862.18

A total of \$110,783.41 was received in January 2019 (102.26% of monthly budget) and a total of \$77,440.09 (66.04% of monthly budget) was paid out in expenditures, resulting in net income of \$33,343.32.

The January 2019 sales tax revenue (deposited on 2-7-2019) was \$111,919.46 (\$30,074.21 or 36.75% more than January 2018).

In February 2019, \$119,375.67 was paid to our providers. The 2019 contract balance totaled \$1,184,467.99. The usage rate of our contracted services through January 30, 2019, was 9.37%.

A motion was made to file the financial report for audit as presented. (M.S.P.: Price, Heintzelman)

Community Brief: Arise Equine Therapy Foundation

Fran Natoli and Terri Roche provided an overview of the LCRB-funded equine-based therapy program. Ms. Natoli shared that the challenges or needs that would draw a client to a counselor's office can be addressed in the arena, which provides a unique experiential therapy session involving live horses. The therapy team devises a plan before the client enters the arena to often address communications, habits and behaviors. The arena-based session does not involve a lot of talking; rather, it provides a forum for hands-on learning typically leading the client to an epiphany moment where learning and growth take place. The client then partners with the Arise therapist to devise a plan for what steps to take based on the learnings from the arena.

Arise provides adjunctive therapy offered in partnership with other LCRB-funded agencies and programs. Primarily, Arise has partnered with Compass Health Network on client needs but is available to support clients in all LCRB-funded programs. Arise's program is especially for clients who are in a static situation with their existing therapy services, such as not responding positively or progressing with talk-based therapy services.

Terri Roche added that the horses are able to give clients immediate feedback. The horses are able to demonstrate to the client what they may not be ready or willing to hear from their therapists. The animals don't know about the client's background or status of their relationships. They provide a safe place for authentic learning.

Ms. Roche said the referral process is straightforward and progress notes are shared with the referring provider with client consent. Thus far, Arise has been able to get the family involved in the therapy sessions 100 percent of the time, which is critical for growth and progress as kids live as part of a family unit.

Correspondence & Announcements:

Ms. Winchester routed the Feb. 26, 2019 *Lincoln County Journal* article "County Resource Board gets new member appointed;" a thank you note from Audrey Henebry with the R-III School District; and an invitation to the Nurses for Newborns fundraiser. Ms. Winchester also announced that Sts. Joachim & Ann Care Service will host a LIHEAP Energy Assistance Day on March 5, 2019, from 3-6 p.m. at its St. Charles location (4116 McClay).

D.A.R.T. Report:

Kelly Broeker with Preferred Family Healthcare reported that the taskforce will meet tomorrow at 9:30 a.m. regarding the Thurs., April 4 community event, which will take place from 5:30 to 8 p.m. at the Winfield School District. The taskforce is planning a dodgeball tournament for students with classrooms reserved for parent-based substance use prevention education. The event will also feature the "Hidden in Plain View" interactive parent exhibit.

Ms. Winchester encouraged LCRB-funded providers to set up resource tables for parent outreach during the D.A.R.T. event.

Old Business:

LCRB Desktop Computer System Installation

Ms. Winchester reported that the board-approved new LCRB computer system will be installed at the LCRB office on March 1, 2019.

New Business:

2018 Annual Report of Services and Outcomes

Ms. Winchester said she emailed the board the comprehensive 2018 Annual Provider Report of Services and is publishing the outcomes via the LCRB social media channels with #2018AnnualReport. In 2018, providers offered direct services to 1,565 Lincoln County children and youth, assisting 590 Lincoln County parents/guardians/adults or 367 Lincoln County households. LCRB-funded prevention programs reached 10,744 Lincoln County children and youth and 1,925 parents/guardians/adults.

Missouri Student Survey 2018 Trends Analysis

Ms. Winchester shared a project estimate, approved for board consideration by the LCRB Finance Committee, for Dr. Cynthia Berry to prepare an outcomes report for Lincoln County from the 2018 Missouri Student Survey. Dr. Berry is preparing such reports for both Franklin and St. Charles counties children's services funds. Total cost for the report analysis is \$1,500.

A motion was made to approve the 2018 Missouri Student Survey report, featuring Lincoln County outcomes analysis, noting it provides the board with direct access to students' feedback and perspectives. (M.S.P.: Price, Gentry)

Executive Director's Report:

Ms. Winchester reported:

- She's reached out to several Lincoln County schools to identify current needs and ways that LCRB-funded programs/services can support students.
- The board workshop to be held at Arise Equine Therapy Foundation farm is scheduled for Fri., April 12 at 1 p.m.
- The Finance Committee would still like to add an additional member if any board member is interested in joining.
- The Early Childhood Taskforce received approval from the Public Health Fund to serve as its fiscal agent, which is needed for the Shower of Love Lincoln County campaign to accept monetary donations.
- This afternoon she'll facilitate the Youth Leadership Troy Quality of Life and Health Care Session.

- Senator Blunt's office reached out to ask if she could coordinate and facilitate a meeting with the senator and local leaders this Saturday in Troy. Participants will include Compass Health Network, The Child Center, law enforcement, drug court, Lincoln County Health Department, mayor and Mercy Hospital Lincoln to discuss the merits and outcomes of the Certified Community Behavioral Health Clinics and the local effect of the national opioid crisis.

Committee Reports:

- A. Finance Committee: Chair David Thompson reported the committee is cautiously optimistic about 2019 sales tax revenues but is preparing for a possible slowdown.
- B. Personnel Committee: Chair Kristin Gentry said the committee will meet again once LCRB chairperson Kathy Boessen is back to review the employee handbook.
- C. Selection & Review Committee: Chair Christine Heintzelman thanked providers for their timely submission of the 2018 Annual Providers Report, which supports the Selection & Review process.

Comments for the Good:

Michelle Young with Preferred Family Healthcare reported that Preferred is hosting its Camp Catalyst program during school districts' breaks, providing a day camp program for Lincoln County youth ages 5-12. Camp Catalyst works with children on self-regulation, goal setting and healthy activities. During Christmas break, Camp Catalyst served 11 Winfield students and 19 Elsberry students. Preferred is planning for camps during districts' spring breaks as well. Also, Preferred is offering small group sessions now at Boone Elementary, the Elsberry School District and Troy's middle schools.

Amanda Fox with The Child Center reported on planned activities for April's commemoration of Child Abuse Prevention Month, including individuals wearing blue on Friday, April 5 to spread awareness and the agency will host the Midwest Justice for Children Conference on April 9-12.

Margie Beckmann with the Lincoln County Health Department reported the Harvest Hauler will be offered May through November, adding new community regions and more local farmers' produce.

Adjournment: The meeting was adjourned at 8:58 a.m. by Melba Houston (*M.S.P. Thompson, Price*)

Next Meeting: The next Lincoln County Resource Board meeting is scheduled for **8:00 a.m. on Wednesday, March 27, 2019, at the Lincoln County Health Department.**

Minutes respectfully submitted by: Cheri Winchester, Executive Director