Memorandum of Understanding

Southwest Behavioral Health Center

&

Ivins City

2019

This agreement between Southwest Behavioral Health Center (SBHC) and the Ivins City (IC) shall be from July, 2019 – June, 2023, or until terminated by mutual agreement:

SERVICES AND RESPONSIBILITIES

1. Southwest Behavioral Health Center (SBHC) shall be responsible to:
   a. Hire, supervise, train and manage a certified prevention specialist to serve as the coalition coordinator for the Reach4Hope Coalition. Within this role SBHC and Coalition Coordinator will:
      1. Organize, build and coordinate the Reach4Hope Coalition to address behavioral health issues at the community level, specific to suicide.
      2. Utilize evidence-based practices, including the Strategic Prevention Framework, the Seven Strategies for Community Change, and the Communities That Care and Community Anti-Drug Coalitions of America models for building and maintaining functioning, effective coalitions.
      3. Engage community partners to collaborate with the coalition, conduct assessments to identify priority focus areas, and establish and follow a strategic action plan to create change within individual communities.
   b. Oversee, assist, and in some cases implement (or collaborate with communities to implement) direct services, activities, strategies and programs to address behavioral health issues.
   c. Secure funding from the State Division of Substance Abuse to pay for activities/strategies/programs, and pay for professional training from the Social Development and Research Group (SDRG) with the University of Washington.
   d. Explore and apply for other grants to maintain positions and provide operating budget for the coalition and identified activities.

2. Ivins City (IC) shall be responsible to:
   a. Provide $2,660 (per state fiscal year - based on a population estimate of $0.38 per person) to SBHC to help maintain a full-time licensed prevention specialist and coalition coordinator for the Reach4Hope Coalition.

b. Support and prioritize evidence-based prevention strategies and programs, and ensure that coalition follow an evidence-based organizational model and programs.
c. Champion the coalition and prevention work within the communities and county, including, but not limited to, participation as members of the Key Leader Boards and promoting prevention services and collaboration within the communities.

PURPOSE OF THIS MEMORANDUM OF UNDERSTANDING

(1) To maintain funding for licensed prevention staff to build, coordinate and manage coalitions that will focus on evidence-based strategies and interventions to address behavioral health issues in Washington County, Utah.
(2) To establish formal partnership with Ivins City and Southwest Behavioral Health Center in addressing prevention of behavioral health issues in Washington County, Utah

AMENDMENT

An original agreement does not require notarization. The original agreement may be amended by mutual consent of both parties. However, such amended agreements must be in writing and signed by both parties.

LOGAN REID

Southwest Behavioral Health Center
Representative Name (Print)

Ivins City
Representative Name (Print)

Southwest Behavioral Health Center
Representative Signature

Ivins City
Representative Signature

SOUTHWEST BEHAVIORAL HEALTH CENTER

Michael H. Deal
Executive Director

April 23, 2019

Dear Mayor,

Last year we spoke with you about the need for a Licensed Prevention Specialist to coordinator suicide prevention efforts in our communities in Washington County. As I am sure you know, our youth and adult suicide rate is increasing rapidly, and we are seeing an increase in the number of kids who report high depressive symptoms and suicide ideation, and an increasing number of youth who are self-harming as a coping strategy for their depression, loneliness and other behavioral struggles.

Last year we proposed a plan to hire and train a full-time prevention specialist to focus entirely on suicide prevention in Washington County, and to implement an evidence-based model to help the Reach4Hope Suicide Prevention Coalition to organize, conduct a community needs assessment, and begin to identify priority focus issues and implement a strategic action plan to address those issues. We requested funds to help us with this, since all of our prevention funding is currently federal funds dedicated specifically to substance abuse prevention, not suicide prevention. At that time, all of you expressed a desire to help with this project, but we recognized that we had approached you in the middle of a fiscal year, and that it would be easier if we waited until you were organizing next year's budget.

However, rather than wait, we were able to find enough temporary grant money to get started. We shifted Teresa Willie, (a licensed prevention specialist who has worked for our agency for 20 years, and who many of you know), to this position to ensure that we had experience and expertise. We also got funding from the State Division of Substance Abuse and Mental Health to have Teresa begin coaching with the Social Development & Research Group at the University of Washington to implement the Communities That Care model with the Reach4Hope Coalition. She has reorganized that group, they have conducted a community needs assessment, and they are now putting together a strategic action plan with identified priority focus areas specific to suicide prevention. She has also helped organize and train H.O.P.E. Squads in each of our High Schools, and in conjunction with the National Alliance on Mental Illness she has implemented a suicide prevention media and promotion campaign in the county. (Many of you have probably heard the radio ads, or seen the video ads in the local theaters). Teresa has also applied

for and received a $30,000 grant to be used over the next three years to increase training for community leaders on suicide prevention, and to continue the media campaign.

In order to sustain this position, and all of the work that has already been put into it, we need the help of our local communities. As we proposed last year, we are asking each city to provide funding to maintain this position, and to give the Reach4Hope Suicide Prevention Coalition an operating budget. The Southwest Behavioral Health Center has committed $10,000 to cover all non Personnel costs, including financial oversight and training; the Washington County School District has committed $10,000 to cover all H.O.P.E. Squad Funding; the Southwest Public Health Department has committed $3,000 to cover trainings for the H.O.P.E. Squads; and the State Division of Mental Health has committed $10,000 to cover coaching with the Social Development and Research Group at the University of Washington.

We are asking that each community now contribute funds to sustain this position for five years. If results are positive, we can reassess and determine how to proceed at that point. Currently, the United States Census Bureau estimates our county population at 171,700 (July 2018). To sustain a full-time, benefited position ($65,000), this would equate to $0.38 a person. **We request that each community and our county commission contribute $0.38 per person (in their respective community boundaries) to fund this position.**

We have provided estimates below for each of the communities that committed to help with this project last year, along with a copy of the proposed plan that we presented to you last year, (dates have been updated, and checkmark has been added to each section of the plan already complete). I would be happy to sit down and talk with you, or meet with your City Council to answer questions, provide more information about what we intend to have this position do, and to respond to any concerns you might have about this plan.

We feel a sense of urgency to address this issue now, and we believe that this evidence-based model is the best, most effective way to do so. It will take time to see results, which is why we would like to make it a five-year project, with specific goals to accomplish within that timeframe.

Thank you for your support as we seek to make our communities better, safer and healthier.

Sincerely,

Logan Reid, M S , L P.S.
Director of Prevention & Education Services
Southwest Behavioral Health Center
Office: 435-634-5604 Cell: 435-632-1328
lreid@sbhcutah.org

Sustainability Plan
Southwest Prevention – Suicide Coordinator

Purpose:

Provide specific oversight, training and coordination of suicide prevention strategies in Washington County, including coordination of a county-wide coalition to unite community efforts to address and prevent suicide.

Needs Statement:

Evidenced from data collected in the Washington County School District in 2017, from 6th, 8th, 10th and 12th grade students, suicide-related indicators are increasing across the board, among all grade levels. The percentage of students who qualify for "High Mental Health Treatment Needs" has increased (from 2015-2017). The percentage of students with "High Depressive Symptoms" has increased. The percentage of students who have "Inflicted Self-Harm", "Seriously Considered Suicide", "Made a Suicide Plan", and "Attempted Suicide" have all increased (from 2015-2017), (see chart on reverse side of page).

All funding for prevention services in Washington County comes from federal, temporary grant funding. As a result, our number of prevention specialists in the county has been reduced from five (5) FTE's, to two (2) in the last seven years (as a result of grant reductions); and all of the funding for those two positions is soft-money that can only be used for substance abuse prevention.

We have evidence-based methodologies proven to reduce and prevent problem behaviors (like depression, suicidal ideation, and suicide attempts). These methodologies include a research proven model for organizing community coalitions to establish partnerships and address issues community-wide, but require a full-time coordinator with specific training in prevention science and community mobilization. With local funding, contributed by a collaboration of community partners, we can hire and train one of these coordinators.

Key Areas to be Sustained / Estimated Costs:

PERSONNEL:	
1 FTE Salary (Certified Prevention Specialist & Coalition Coordinator)	= $40,740
1 FTE Fringe Benefits	= $25,000
Total Personnel	**= $65,740**
NON PERSONNEL COSTS:	
Office Space	= $4,000
Phone	= $720
Computer & Software	= $1,200
Office Supplies	= $1,000
Certification and Continued Training	= $2,000
Local Travel Costs	= $1,100
Total Personnel	**= $10,020**
OPERATING COSTS:	
Funding H.O.P.E. Squads (All County High Schools)	= $9,500
H.O.P.E. Squad Training	= $1,500
Training & Travel	= $3,000
Communities That Care Coaching	= $10,000
Youth Coalition Strategies	= $2,000
Total Operating	**= $26,500**
TOTAL	**= $102,260**

Starting / Termination Dates of Agreement:

July 1, 2019 – June 30, 2023

Funds Already Committed:

Southwest Behavioral Health Center	= $10,020 (to cover all Non Personal Costs, including financial oversight)
Washington County School District	= $9,500 (to cover all H.O.P.E. Squad funding)
Southwest Public Health Department	= $3,000 (to cover H.O.P.E. Squad training)
State Division of Mental Health	= $20,000 (to cover Communities That Care Coaching from University of Washington

Funds Being Requested:

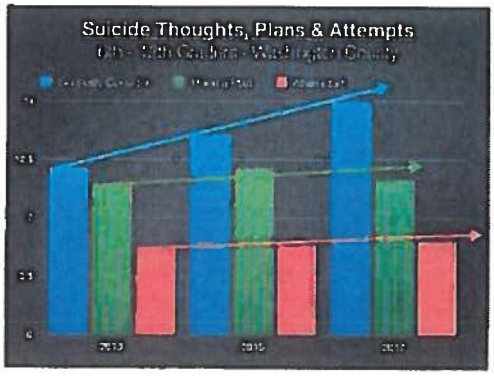
Washington County Commission	= *$20,520 ($0.38 x 54,000)*
St. George City	= *$27,740 ($0.38 x 73,000)*
Washington City	= *$7,220 ($0.38 x 19,000)*
Hurricane City	= *$5,320 ($0.38 x 14,000)*
Santa Clara City	= *$2,280 ($0.38 x 6,000)*
Ivins City	= *$2,660 ($0.38 x 7,000)*
	Total = $65,740

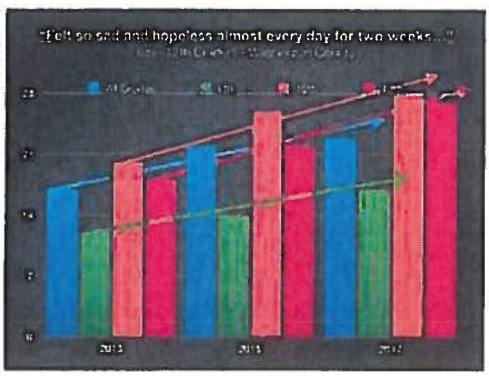
Strategies & Goals:

- Hire a full-time, Certified Prevention Specialist to oversee suicide prevention services in Washington County, and serve as a full-time coordinator to the Reach4Hope coalition.
- Certify Prevention Specialist in Communities That Care (CTC) coalition model.
- Fully implement CTC model with Reach4Hope Coalition, conducting community assessments to identify needs and gaps and then coordinating strategies, activities and programs to address needs and gaps.
- Coordinate Hope Squad efforts with High Schools and Middle Schools county-wide.
- Oversee and provide QPR Trainings county-wide.
- Implement suicide prevention media and promotion campaigns in Washington County, in conjunction with National Alliance on Mental Illness.
- Seek federal and state grant funding to progress community strategies and activities.

Timeline for Action:

- Hire and begin training, January 1, 2018 ✓
- Complete CTC Training by March, 2018 ✓
- Begin Phase 1 of CTC Model by June, 2018 ✓
- Fully implement CTC by January 1, 2019 ✓
- Complete Community Needs Assessment by November, 2018 ✓
- Identify Priority Focus Areas and Key Risk Factors by May 2019
- Begin program and strategy implementation to address Risk Factors by September, 2019
- Begin collecting assessment data April, 2019 ✓





SOUTHWEST
BEHAVIORAL
HEALTH CENTER

Invoice for Service

474 West 200 North
Administration, Suite 300
St. George, Utah 84770
Phone: 435/634-5600
Fax: 435/986-8700

DATE 04/29/19 **REFERENCE** Suicide Prevention MOU

ATTN Mayor Chris Hart
COMPANY Ivins City
STREET ADDRESS 55 North Main
SUITE, APT. PO BOX #
CITY, STATE, ZIP CODE Ivins, UT 84738

Description	Amount
Suicide Prevention Coordinator	$2,660.00
(0.38 x 7,000)	

MAKE CHECKS PAYABLE TO:

SOUTHWEST BEHAVIORAL HEALTH CENTER

PLEASE RETURN COPY OF INVOICE WITH REMITTANCE.