

## CARVER COUNTY LAC Meeting

**DATE:** October 9, 2019

**LEADER:** Derek Gunderson

**TIME:** 4:00-6:00 p.m.

**RECORDER:** Melissa Hanson

| COUNCIL MEMBERS |   |   | LIAISON MEMBERS |   |   | GUESTS                                       |
|-----------------|---|---|-----------------|---|---|--|
| Name            | P | A | Name            | P | A | Name   |
| Derek Gunderson | X |   |                 |   |   |  |
| Eddie Tipton    | X |   | Michelle Faith  |   | X | 10 additional individuals attended the event |
| Ana Macias      | X |   | Melissa Hanson  | X |   |  |
| Mary Myss       | X |   | Sam Deweese     | X |   |  |
| Sue Kunitz      | X |   | Melanie Warm    | X |   |  |
| Jenna Rodenz    | X |   | Beth Fagin      | X |   |  |
| Sandy Menzel    | X |   |                 |   |   |  |
| Garret Zayic    | X |   |                 |   |   |  |
| Virginia Wright |   | X |                 |   |   |  |
| Lindsey Gilbert |   | X |                 |   |   |  |
| Robyn Schultz   |   | X |                 |   |   |  |

| Agenda         | Activity/Discussion  | Decision/Action                                   |
|----------------|--|---|
| Agenda Item 1: | <b>Call to Order:</b> The meeting was called to order at 5:32 p.m. by chairperson Derek Gunderson.   |   |
| Agenda Item 2: | <b>Approve October Agenda:</b><br>The motion was made by Sandy to approve the October agenda; Dr. Tipton seconded.   | Approved by consensus                             |
| Agenda Item 3: | <b>Approve September Minutes:</b> The September minutes provided at meeting were the incomplete draft; the final copy will be provided in advance of the November 2019 LAC meeting for approval. | Motion tabled until November meeting by consensus |

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| <p><b>Agenda Item 4:</b></p> | <p><b>New Business:</b> LAC event with author Susan Bartlett Foote and Dr. Desai has been publicized well. The letter with recommendations to the Carver County Commissioners will be worked on at the next meeting in November.</p> <p>Sandy shared that she reached out to the clinical director, Diane Pagel, to inquire into the possibility of posting information about the LAC at 1<sup>st</sup> Street Center to recruit new members.</p>   | <p>Information</p>                 |
| <p><b>Agenda Item 5:</b></p> | <p><b>Chairs Report:</b> A sleep-out for His House is being planned for November, to raise money for those experiencing homelessness.</p> <p>Derek Gunderson, LAC chair, welcomed the audience, provided background information about the LAC, and introduced council members. Garret Zayic, council member, introduced speaker Susan Bartlett Foote.</p>   | <p>Information</p>                 |
| <p><b>Agenda Item 6:</b></p> | <p><b>Guest Speakers:</b> Susan Bartlett Foote, author of The Crusade for Forgotten Souls, began presentation at 5:55 p.m. The history of the 15,000 Minnesotans who were involuntarily admitted to state institutions was shared. A large number of those institutionalized were “senile elderly.” Those with intellectual impairment were institutionalized as well. The state ran these public institutions. The story of conscientious objector Engla Schey was shared. Arthur Foote, who was appointed to run the Unitarian Conference, studied and focused on this issue as a social justice mission. The needs of patients and the needs of staff were determined to be the focus of research and improvement efforts. At the end of the year 1947, the group set out to take the issue to the public. Geri Hoffner, reporter, wrote an expose - 12 part series in the Star Tribune. In 1949, Commissioner of Mental Health, Dr. Ralph Rossen, was appointed with plan to reform the institutions. In 1951, the political leadership was lost and the reform fell through. The accomplishment included an ecumenical movement towards ensuring people received individualized, appropriate care. Ordinary people matter, can do extraordinary things, and make change happen. Luther Youngdahl quote: “Protection of the patient depends upon our eternal vigilance.” It is true today as it was then.</p> | <p>Presentation and Discussion</p> |

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| <p><b>Agenda Item 7:</b></p> | <p>Questions from audience:</p> <ul style="list-style-type: none"> <li>• Will this be made into a movie in Hollywood? Response is that it has not yet been, author was commended for the fine work she has done.</li> <li>• What was accomplished during the two years the Dr. Rossen was appointed? “attendants” were more respected / changed to become part of a team, title was “psychiatric aide.”</li> <li>• When the funding was turned off, it was no longer valued...why was this no longer valued? The conservative movement did not want to spend the money, there was opposition to taxing. By 1951, cuts were made, Dr. Youngdahl was described as a liberal...there was a combination of forces.</li> <li>• Were all of the state hospitals closed in 1951, souls moved elsewhere? The advent of medication led to deinstitutionalization in later years. A patient movement, driven by those who had been harmed, did not want to be labeled “sick” and wanted to be out of the institutions. Community Support services did not materialize as had been anticipated. When Medicaid began funding services, this contributed to the changes.</li> </ul> <p>Speaker Dr. Desai, Licensed Psychologist: Professor and in practice in St. Paul. Discussion related to stigma in mental health and addiction: stereotyping, being devalued as a person and human, and emotional reactions from people. Addiction and mental illness are highly correlated. The power of language can be highly stigmatizing – use person centered language. The public cannot distinguish between a behavior and a person. In order to reduce stigma, we need to target multiple factors – history of abuse is common, shame. Question related to “hierarchy” and stigma: heroin users are considered “junkies” and at bottom of chain, followed by meth users, pain med users, with those who use alcohol at the top. Relapse stigmatizes individuals – perceived as violation of personal ethics. Social support is shown by research to be the biggest factor in maintaining sobriety. Combat stigma by asking ourselves if we are doing this for the greater good, to manage our own personal stuff, or do we really want people with addiction and people with mental illness to get better. NAMI and SAMHSA host events and meetings. Coordination of care is important to enhance a person’s esteem, so they know that people care and they are valued. Encourage events such as this so that people can receive education – psychoeducation goes a long way. Professionals need to talk about experiences, identify the need to do something regarding stigma. Comment from audience regarding mental health parity: discrimination is occurring. Discussion of need to train medical providers regarding SPMI, many prescribers will not treat individuals with substance use disorders. Recommend a group such as the LAC host a forum for medical</p> | <p>Presentation and discussion</p> <p>Discussion</p> |
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Carver County LAC Meeting

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| <p><b>Agenda Item 8:</b></p> <p><b>Next Meeting</b></p> <p><b>Adjournment:</b></p> | <p>professionals, as well as the Department of Corrections. Families need to be included in meetings, and educated.</p> <p>Derek encouraged attendees to complete the LAC Open Feedback Form.</p> <p>Our next meeting will be held Tuesday, November 12, 2019.</p> <p><b>Adjourn</b></p> |  | <p>Reminder</p> <p>Next Meeting</p> <p>Adjourned</p> |
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