

## Carver County Mental Health Local Advisory Committee Meeting

December 8, 2020

4 p.m. via Webex

In Attendance:

Cliona Archer, Member

Mary Myss, Member

Sandy Menzel, Member

Derek Gunderson, Chair

Heather Boll, Member

Ana Macias-Sinnen, Member

Sue Kunitz, Member

Dr. Edward Tipton, co-chair

Courtney Iverson

Melissa Hanson, Liaison

Beth Fagin, Liaison

Sam DeWees, NAMI Liaison

Michelle Faith, Nystrom and Associates

Diane Pagel, Outpatient Clinical Director

Dr. Richard Scott, Deputy Director HHS

Matt Udermann, Carver County  
Commissioner-elect

Matt Udermann- was elected for Carver County District 3 Commissioner

Sofia is no longer a member of the LAC

Will have an open officer position going into the new year

### Meeting Minutes

High Note or number or specific items

7 voting members are on the call today

1. Agenda Approved
2. November Minute Approved

#### 3. Staff Reports

Melissa

- a. COVID increases have caused system issues, civil commitment requests, hospital level, state hospitals, 3 CBHH's had to stop taking admissions because of COVID
  - i. Case managers are getting creative with providing supporting
- b. AMHI and CSP Grant was fully executed
  - i. Good for 2 years and will give the same amount of funding
    1. Melissa's unit funding amounts are staying the same

Diane

1. Outpatient is bursting at the seams with people who want to schedule
2. Going to hire a new therapist as of January
3. Doing well in terms of Revenue
4. Waiting list of 13 people in psychiatry
  - a. List has been up to 50 at times but is down to 13
  - b. In terms of therapy, they are at capacity, people are able to get in when it is therapeutically indicated
  - c. (Derek)-waitlist under 10 would be optimal
    - i. National shortage of providers
    - ii. Have the option of increasing hours for telehealth
  - d. Do we have partnerships with organizations that carry psychiatrists that we could lean on in the short term?
    - i. Always interested in partnerships
    - ii. Minimal attempts with Ridgeview
  - e. Innovatel is the only partner
    - i. Possible Options
      1. Northland Counseling
      2. Derek's Church
  - f. Derek has some ideas
  - g. Add this topic to January agenda
  - h. Suicide and Violence stats
    - i. Carver Co is a bit lower
    - ii. Might have to go far out to find where there are not a lot of patients

#### **Ana**

1. ARMHS Services
2. Thought Nystrom cancelled their program but that was not the case
3. Many people are suspending their services until in person

#### **School Link**

1. Families are very resource poor for the holidays
  - a. Rallying to find resources
  - b. Pooling own resources
2. Families with parents in the hospital
3. Some families are on the edge of barely making it
4. Carver as a community is enormously generous
5. Worried about the mental health status and families as we go into winter

#### **Derek's Report**

Email Reminders

Conflict of Interest-we are trying to not drive business towards anyone in particular

Draft a letter of gratitude to Commissioner Maluchnik

1. Has been a champion for mental health

2. Have helped us achieve things for programming

Approved motion to create letter of gratitude

#### Carver County CDA Home Issue

- There is a family in Victoria that is being targeted by their neighbors
- Mental Health Services for this family will be important for the next few months
- This situation needs attention
- These are not as controlled as CDA apartments
- This will be an all hands-on deck kind of issue

Attend the statewide Omni meeting tomorrow

We are going to bump Eddie's presentation down for him to prepare

#### **Matt Udermann**

- Takes office in January
- Lives in Chaska
- Married to Krista, 2 kids
- Looking to be an ally and advocate

#### **2021 Focus Area Planning Session**

What are some things you want to utilized or have gone well:

- See what we can do to get more members
- Would love to hear from the police liaison on a regular basis to see what she is dealing with and how it is going
- Attending other functions and bring that information back, and incorporate into what we do as an LAC
- Carver county is doing things that Ramsey county and other counties are not doing
  - Feels we are doing better than other counties
- Recruiting for mental health practitioners-will only increase with funding for education (Scholarships)
  - How to put scholarships programs together
- 2020 will give us a lesson in mental health
  - Insurance companies are coming a long way
    - Removing copays for mental illness
    - Sandi feels a lot of good will come out of COVID
- Broadband availability for telehealth connections
- Doing the best we can with what we have
- Be as productive via Video as we are in person
- Are we accomplishing the goal of providing recommendations?

- Come up with a product that meets the objective of the group
    - Not sure if they did
- More staffing for Certified Peer Support and Recovery Specialist (DHS)
  - Goes through Link to Hope
  - Average class maybe 2-3 get employed after a class
  - Crisis team, hospitals, etc to have a Certified Peer Support specialist on their team
    - Major shortage of providers per client
- Police Liaison reports, knowing that there is someone in that position is helpful
- Find ways of communicating with locked down people
  - Ana: Program of volunteers who call around vulnerable adults and check on them (just a friendly conversation-may be “the friendship line”-may be for seniors only.
- NAMI site (NAMIMN.org) has a fully array of online meetings and classes for education
- Mirror State of MN agenda for discussion topics so they can be more proactive on recently discussed grants and funding opportunities
- Need to not forget about the needs and programming for our Eastern most cities in Carver County
- ACES community presentation

What did not go so well?

- Could not have potluck
- Could not see anyone in person
- Membership-had a lot of turnover
- COVID
- Isolation

## **Edward Tipton**

### HOARDING DISORDER PRESENTATION

Dr Tipton Specializes in hoarding and OCD

Hoarding can be very debilitating

#### **Mental Disorder:**

- Difficulty parting with possessions
- A need to save
- Items invading living space
- Impairs functional
- Sometimes delusional

#### **Hoarding-what is is:**

- Hereditary (50%)
- History of trauma is common-shortly after trauma

- Comorbid with OCD (18-42%)
- Personality/behaviorally associated
- Starts in teens and increases over decades
- 2% of population (dementia and schizophrenia)

### **Subtypes**

- Acquisition Only
- Discarding Only
- Combination
- Insight into problem
- Delusional

### **Value**

- Sentimental
- I Might Need it
- Energy, Life, Protector
- Information (data hoarding)
- Animal
- Utilitarian (boxes, plastic bags, tools, etc)

### **Warning Signs & Risks**

- Extreme collection of items
- Combustible material surplus
- Blocked exit
- No visitors (100% lived alone)
- Windows covered (maybe due to feelings of shame)
- Narrow pathway
- Infestation
- Rotting food
- Human or animal waste
- Neglect of home maintenance
- Non-working utilities (Kitchens tend to be totally unuseable)

Will only get better with help

Dr. Tipton leaves once the clients before they figure out the cost to clean up.

Almost all have full time jobs, often decent jobs

### **Helping the Client**

- Cleanout Services

- Rescue
- Professional involvement
- Client owns process-no enabling
- Strategies (process oriented)
- Clearing Working Space
- No orders, criticisms, imposing goals, fatigue
- Segregation
- Before and after photos

60% of people tend to be helped with CBT for their Hoarding issues

Election of officers will move to March

Zoom as a medium possibly?

Petitioned to Diane Wabbe for our 2021 year meeting