

CARVER COUNTY LAC Meeting

DATE: 01.11.2022

LEADER: Derek Gunderson

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

RECORDER: Stephanie Combey and Courtney Iverson

| COUNCIL MEMBERS | | | LIAISON MEMBERS | | | GUESTS |
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| Name | P | A | Name | P | A | Name |
| Derek Gunderson | X | | Beth Fagin | X | | |
| | | | Melissa Hanson | X | | |
| Katelyn Theimer | X | | Sam Deweese | | | |
| Mary Myss | X | | Melanie Warm | | | |
| Michelle Iversen | X | | Diane Pagel | | | |
| Courtney Iverson | X | | Stephanie Combey | X | | |
| Sandy Menzel | X | | Tim Lynch | | | |
| Judy Kieffer | X | | Michelle Faith, Nystrom & Associates | X | | |
| Mike Duzan | X | | Richard Scott | | | |
| Daniel Nelson | | X | | | | |
| Lindsey Konchar | X | | | | | |
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| Jenny Swan | X | | | | | |
| Stacy Zellmann | X | | | | | |

| Agenda | Activity/Discussion | Decision/Action |
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| Agenda Item 1: | Call to Order: Derek Gunderson 4:05 PM Approve January Agenda: Sandy-Mary 2nd | Approved by consensus |
| Agenda Item 2: | Approve Nov Minutes: | Approved by consensus |

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| Agenda Item 3: | STAFF REPORTS: Melissa Hanson: The larger Carver County AMHI meeting will not be held this month; instead the Anti-Stigma and Community Education workgroup meeting will be held on 01/19/2022 at 2:30 p.m. At the work group meeting, will plan for mental health month in May Planning to do meeting on Microsoft Teams -let Melissa know if you want to join Statewide Reform meetings have ended -DHS is going to send a report to the legislature There was a lot of agreement in the meeting More challenges though with COVID impacting everyone Beth Fagin: Supervisor for School Link Mental Health Services Everyone is busy and has waitlists Hard time for schools with a lot of behavioral issues because everyone is stressed out Kids pick up on the environment around them People are pretty resilient through this At any given time there are at least 3 staff people out for various reasons Staff had an inclusive language training on the way we reference people May be a training this group is interested in-20 minute How we reference people at how we talk about people with mental health issues and Suicide Stephanie Combey: Echo what Melissa and Beth said with staff outages Pulling back on in person services in outpatient treatment 1 month of telehealth to reduce contact Fatigue from all of it Melanie is not here today Stats for 2021 are done-significant increase in crisis and suicide attempts and beyond suicidal ideation. We know people are suffering. Melissa, Beth, and Stephanie are liaisons from the county. | Information |
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| <p>Agenda Item 3: continued</p> | <p>Derek Gunderson made the following comments: Mental health is an all hands on deck issue.</p> <p>Melanie warm is great to go to for crisis questions.</p> <p>Diane Pagel is not in the meeting today: Outpatient services</p> | <p>Information</p> |
| <p>Agenda Item 4:</p> | <p>GUESTS:</p> <p>No Guests today</p> | |
| <p>Agenda Item 5:</p> | <p>NEW BUSINESS:</p> <p>Derek wants all to know this not his meeting, he just tries to line up speakers. He said he talks too much so feel free to interrupt him anytime :D</p> <p>No Vice Chair currently-was on for 3 terms</p> <p>Members introduced themselves and share information about their motivations to participate in the LAC.</p> <p>New Business LAC-Local Advisory Council 1 of 87 across the State We are a combined LAC, with both adult and child's mental health</p> <p>2022 Plan:</p> <p>We have been effective in our surveys, educating from our staff and members. If there is an event we want to go to that has a nominal fee, the LAC will reimburse around \$150</p> | <p>Discussion</p> |

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| <p>Agenda Item 5: continued</p> | <p>Want members to try and attend conferences that can supplement or address a new program we might want to take a look at</p> <p>We are not here to promote one company over another we are here to evaluate and question</p> <p>Are there subjects we want to line up? Usually takes 2 months to get a speaker out.</p> <p>Derek encourages going through the county mental health website</p> <p>Research this for the February meeting.</p> <p>Where do we think 2022 should go?</p> <p>Sandy been with LAC for some time. She noted: Mental health is such a big issue Stigmatism stops people from seeking care Medical lacks things like an annual mental health check up Mental health and mental illness issues touch everyone The stigmatism is the hang up for many people Her objective is to try to take away that stigmatism</p> <p>Annual Mental Health Check Up Mike Duzane-Implemented a clinician in the Chaska police dept Check up from the neck up This does exist here</p> <p>Sandy would like to see this promoted by insurance; they promote colon checks but not a mental health check</p> <p>Group support & advocacy for “Mental Physicals”</p> <p>I mental health check up is not a bad thing it’s actually a good thing</p> | <p>Discussion</p> |
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| Agenda Item 6: | STAFFING: Staffing situation and psychiatrist retirement. Mary is wondering how that is going? Stephanie: Psychiatry positions are contracted in Carver County Tremendous lack of workforce Telehealth and in person Dr. Blumenreich retired in Dec. No replacement so far. We are competing with large healthcare systems, and we can't provide this in Carver County. Can our telehealth provider provide better expertise for children? Issue with telehealth not being the best for children and that is acknowledged. There is a lot of competition for psychiatry Question: Can you hire a PA or an NP-SC response: supervision for the nurse practitioner is the issue Question: What about loan forgiveness? SC response: Carver County is not one of the counties in the federal student loan forgiveness program because of the wealth of the county Sent recruitment letters to all board psychiatrists in the state of MN DG: Carver County is Happiest, Healthiest, and Wealthiest in metro but it doesn't mean we don't have any other problems like the other counties. . Member comment: We want to prioritize staffing. What about employment incentives research? 5 years of service and 5 years of loan forgiveness. Stephanie feels there may be a lot of barriers but she will investigate. Steiner Kelting is doing fine | Information and Discussion |
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| Agenda Item 6: continued | <p>Getting consistent referrals</p> <p>Waiting for insurance companies to approve as provider</p> <p>Some barriers for private health insurance Sandy-does it have to do with categorization</p> <p>SC: Commercial plans determine a benefit set-typically they are not covering residential in person treatment services</p> <p>Insurance is a stumbling block for getting care Stephanie recommends employees who are facing this type of limit work with their HR dept to commercial insurance</p> | Information and Discussion |
| Agenda Item7: | <p>2022 MEETING DISCUSSION</p> <p>Thoughts for Q1 (Jan-April) Q2 (May June July) Q3 (Aug Sept Oct) Q4 (Nov Dec)</p> <p>Stephanie: Has Sam done a review on NAMI services lately? We should have NAMI come in. Sue Abderholden has presented in the past</p> <p>GET NAMI ON OUR PRESENTER LIST FOR Q1 They are our voices at the capitol for family and consumer services</p> <p>Would like to have the training Beth’s staff did about how we talk about mental health.</p> <p>RURAL Needs-We don’t want to forget about them We are 50% rural so it needs to continue to be talked about</p> | Discussion |

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| Agenda Item7: continued | <p>DG: Telehealth should not go away but it's not for everyone. Are we evaluating telehealth services? Are the services quality? Do you get to talk to the same provider each time or is it always a new rep?</p> <p>Come up with a list of evaluated telehealth services</p> <p>Sandy-Do the advertisement indicate they accept insurance</p> <p>SC: The County is not in the position to evaluate quality of another provider</p> <p>Quality is generally driven through the credentialing through insurance and provider approval process Stephanie is not 100% sure on this but part of the waiver when the pandemic hit allows out of state telehealth services but she is unaware of the hoops they need to jump through. NAMI has some nice tools for consumers and Stephanie encourages using some of those</p> <p>DG: Don't want people getting taken advantage of with not quality services</p> <p>NEEDS ASSESSMENT Melissa Sent copy of Needs Assessemnt completed in 2017 with Derek's email This survey was completed in 2017. Was a joint effort between MH advisory council and adult mental health initiative. Was put into a survey monkey, paper copies, with English and Spanish versions. Purpose was to identify needs and gaps in mental health treatment / services within Carver County area. Children & Adolescent was not really considered in the last survey so we could consider adding that perspective. As we read the questions, think about what is NOT there. Derek wants everyone to look this over and come up for questions for our February meeting.</p> | Discussion |
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| <p>Agenda Item7: continued</p> | <p>We are a fairly homogenous group, and we want to include underrepresented culture related questions. How do we reach these populations? Farmers are included in the underserved population</p> <p>Run this survey in the month of May as May is mental health month</p> <p>What could we add or reword?</p> <p>Timeline seems reasonable to approve it in April</p> <p>Eastern Carver schools may be open to the student survey with the new superintendent. This discussion got tabled.</p> <p>Beth would prefer they take the MN survey bc it is very comprehensive. We would have access to the result on the county level. MN Survey-comprehensive survey that collects physical and mental health data</p> <p>MN dept of health and Human services-google search MN student survey *can sort and filter community results</p> <p>Beth could use some backing in asking that 112 take part in the MN survey. Beth thinks we need to ask if they are considering it.</p> <p>Stephanie found some info from 2019 for Carver County</p> <p>Any other ways we can gather this information</p> <p>Melissa will have a discussion with Richard Scott regarding the other sources of gathering information, such as the Community Health Improvement Plan comprehensive assessment.</p> <p>Where to bring awareness to a mental health training:</p> | <p>Discussion</p> |
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| <p>Agenda Item7: continued</p> | <p>Go to the library to help bring awareness to the class Does a monthly calendar of classes Paul Erickson who heads up the library system may be a good contact-pamphlet or display Facebook-Creating it as an event Utilizing the different types of groups CCC Professional associations For marriage and family therapists Trainings CEUs Ethics CEUs-ethics for outdoor therapy, how to maintain patient confidentiality Would share information about a class throughout the county Community education events-what are the best ways, times and dates to communicate</p> <p>MAY IS MENTAL HEALTH MONTH Is there an appetite to do something in May being mental health month. Green ribbons are mental health ribbons-</p> <p>Should we meet outdoors at a park in Waconia? Currently there is a is a process for County employees and meetings in person, due to COVID-19..</p> <p>Could we do a combination live and in person outside</p> <p>Promoting the Carver County LAC</p> | <p>Discussion</p> |
| <p>Agenda Item 8:</p> | <p>February, we hold our group election Chair spot is open. Need nominations for Vice Chair Want a gender balance Three positions: Chair Co-Chair Secretary</p> | <p>Information</p> |

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| <p>Agenda Item 8: continued</p> | <p>Liaison and staff are not eligible for these positions</p> <p>Participation and attendance are mandatory-if you miss 3 in a row without communication with the chairperson, that is grounds to be dismissed from the group</p> <p>Materials at the mushroom hunt about the LAC/Mental health MN</p> <p>Have a brochure and have a statewide flyer NAMI would have a lot of great information too-button and pin</p> <p>Put an order together of the priorities we have today (BOLDED ABOVE)</p> | <p>Information</p> |
| <p>Next Meeting</p> | <p>February 8th, 2022 at 4 p.m.</p> | <p>Next Meeting</p> |
| <p>Adjournment:</p> | <p>Meeting was adjourned at 6 p.m.</p> | <p>Adjourned</p> |