

CARVER COUNTY Mental Health LAC Meeting

DATE: 03.08.2022

LEADER: Derek Gunderson

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

RECORDER: Courtney Iverson

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

Agenda	Activity/Discussion	Decision/Action
	Call to Order: Derek Gunderson 4:05 PM	Approved by consensus
Agenda Item 1:	Approve March Agenda: Sandy-2nd	Approved by consensus
Agenda Item 2:	Approve February Minutes: Mike 2 nd by Sandi	Approved by consensus

Agenda Item 3:	<p>Richard Scott, HHS Deputy Director and Pat Stieg with Public Health Pat has been Instrumental in his work with public health Launched communities of belonging initiative Was working for American Heart Association & tobacco campaigns in the past</p> <p>Working for Carver County for 4.5 years</p> <p>Community Health Assessment Looks forward to reviewing key findings Does a public health assessment every 5 years Halfway through the implementation of the CHIP plan</p> <p>COVID-19 made the implementation of the plan not as robust</p> <p>Assessment is done to better understand our community & build partnerships</p> <p>CHA-Community Health Assessment</p> <p>Assessment structure People Opportunity Nature Belonging</p> <p>Carver Co healthiest and wealthiest but not for all</p> <p>Try to locate the source of health issues good or bad</p> <p>Health Determinants Affordability Housing Transportation-rideshare, access impacts health Communication-awareness, enlightenment and understanding, miscommunication may be a barrier to health</p>	Information
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<p>Agenda Item 3: cont.</p>	<p>Physical and Mental Well-being</p> <p>By 2035, ¼ will be non-white in the county</p> <p>Uninsured rates are much higher for people living in poverty</p> <p>Carver Co: 1:880 Mental Health Providers to community members. The *need is not being met. Shortages in mental health across the country</p> <p>Anxiety and depression were in the top 4 health issues identified in Carver Co</p> <p>45-54 was the highest group of suicide attempts from the Sheriff's office The figures presented from the Sheriff's office ALSO includes Chaska Police Dept</p> <p>This is 2017 data:</p> <p>The presentation is more about the type of information that has typically been assessed, rather than based on current data. The intent is to develop a partnership with the LAC and request feedback from the LAC to make sure that assessments are asking questions that pertain.</p> <p>Mike: Mental health calls are often not coded correctly, so Mike feels the numbers are artificially low. Some things they are doing one once and officer responds, when they figure out it is a mental health issue, they note it and add the new code Occurring just with Chaska police now; started with this in 2021 This is important to note as they move forward with more assessments</p> <p>Belonging Binge drinking Higher income and education are more likely to drink more in carver county Higher than all counties as a whole</p>	<p>Information</p>
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<p>Agenda Item 3: cont.</p>	<p>Information was collected from both ideation and attempt</p> <p>Beth would be interested in hearing about connections. Who can you count to call on? What does isolation have to do with age, poverty, etc? Why is only one district participating-staff fatigue?</p> <p>Addressed 180 different variable in this last survey Only 1 of 4 schools will participate in the MN student survey this year</p> <p>Dr. Scott wants to do an abbreviated survey for the other schools</p> <p>Qualitative Data:</p> <ul style="list-style-type: none">• 3 listing groups with Marnita’s Table• Series of Focus groups with professional and people with learned experience• 700 door knocks for community listening• Convenience Survey at the state fair• While gathering data, they were intentional in building relationship• Invited these folks to be part of the solution <p>Have launched 8 communities of belonging Frame this work from the concept of belonging If you feel like you belong you will have better mental health</p> <p>Want to launch and office of community engagement and community Want to do this for community members that have historically been marginalized</p> <p>How effective was the last survey in securing funding?</p> <ul style="list-style-type: none">• Hugely successful• DHS reached out• UCare	<p>Information</p> <p>Discussion</p>
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<p>Agenda Item 3: cont.</p>	<p>Dream on how we institutionalize this process Dr. Scott wants this to be his day-to-day operation</p> <p>What are the questions we need answered? What is the type of programming we feel would need value?</p> <p>We have made ourselves known to the commissioners They want to get the programs and services in place that may be of value Dr. Scott is excited about this</p> <p>The goal is to make meaningful changes</p> <p>10 counties had mental health as their top concern. We need to do a better job in multiple areas of mental health.</p> <p>Sometimes things must build up before things break through, like an iceberg. Don't lose hope we are getting further with this. The impact is on the execution of this.</p> <p>What is a good timeline to keep this dialogue going?</p> <p>Dr. Scott will share all the tools they used in this process.</p>	<p>Discussion</p>
<p>Agenda Item 4:</p>	<p>Staff Reports</p> <p>Melissa Hanson:</p> <p>Statewide adult mental health initiative meeting is Wed, March 16th Topics will be online reform of adult mental health initiative grant funds Funding for Infrastructure No local Carver County AMHI meeting on 3/16/22 due to statewide meeting at same time Community Ed and Anti Stigma planning-want to collaborate with the LAC Things have been going well, positions are fully staffed</p>	<p>Information</p>

<p>Agenda Item 4: cont.</p>	<p>Beth Fagin:</p> <p>School co-located mental health staff continue to be very busy with wait lists. Staff are gearing up for the summer Prep Program. The program provides group therapy and support for practicing social and emotional skills with peers in a fun and interactive part-based program.</p> <p>Beth commented that while Carver County should be proud to be the happiest, healthiest and wealthiest county it's difficult for those children and families who don't fit into those categories and even more apparent when you are surrounded by it. Also noted that wealth is not a protection from mental health issues.</p> <p>Beth expressed both disappointed and understanding regarding schools declining to participate in the state-wide student survey --- the level of stress in keeping schools open and running over this last school year has been a monumental task and another thing to manage can easily be too much at this time.</p> <p>NYA central is the only one participating in the survey this year Everyone should be aware that a limited number of schools participating means we must be cautious about the data as it does not represent the county as whole. We are lacking our 2 largest school districts on the survey</p> <p>Wondering if the schools totally understand the value of the data or know how to make it work effectively for their needs. The data is a potential resource for funding and planning and perhaps the schools might benefit from some help in that regards.</p> <p>Derek suggested that the LAC could try and encourage a partnership with the schools to obtain this information and look at ways it might be useful to them in planning or for future funding. When the county receives money to help kids, the schools do better. The survey data not only highlights need but demonstrates strengths. We have the capacity to understand the data, but we don't have the data.</p>	<p>Information</p>
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<p>Agenda Item 4: cont.</p>	<p>Beth commented that it might be helpful if Richard and public health could suggest a shorter more user-friendly version that might more directly support the schools' needs.</p> <p>Stephanie Combey:</p> <ul style="list-style-type: none">• Crisis calls continue and they continue to see a high proportion of people who are acting on their suicide ideation• High usage in day treatment program• Around the state they aren't having issues with providers not having enough referrals.• Many providers doing day treatment have had to limit the number of groups they can provide services to bc of the lack of staffing• Carver County has a robust crisis team. We are very fortunate in that way.• Rates are stagnant. There is only so much you can push with productivity before you burn out a provider. <p>Even our health insurance companies don't really have the concept of day treatment. Day treatment is not a thing in every state.</p> <p>Diane Pagel:</p> <ul style="list-style-type: none">• Busy in outpatient with wait lists.• Continue to have a vacant psychologist position• Realizes that in Carver County we have less openings than many other counties and agencies but still struggle to fill openings.• Many agencies have 35 vacant positions• Current psychologist is working double time• Filled psychotherapist position• Offering hybrid 50/50 telehealth & in person services-Mix between virtual and in person	<p>Information</p>
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<p>Agenda Item 4: cont.</p>	<p>CIC - First Street Center and involved in a project on needs and obstacles that impact mental health such as:</p> <ul style="list-style-type: none"> • Housing • Food • Transportation • Utilities • Safety <p>This program will identify clients who have needs in these areas and create a system of linking to services, in addition to traditional mental health care.</p> <p>The program will start with adults and will move on to measuring children’s social determinants of health and how to provide additional support along with mental health care.</p>	<p>Information</p>
<p>Agenda Item #5:</p>	<p>New Business: N/A</p>	<p>Information</p>
<p>Agenda Item #6:</p>	<p>Old Business:</p> <p>Mike reached out to NAMI for a liaison and is attempting to receive response. Derek will reach out to Sam to discuss this as well.</p> <p>Health Needs Assessment Richard and Pat will send us the prior survey and talking sheets around this. Derek will get them over to us.</p> <p>Send questions to Derek.</p> <p>May is Mental Health Month Wear green (Kelly green) or a color or ribbon that is important to them</p> <p>- Stigma 180 & District 112 Program regarding mental health</p>	<p>Information</p>

<p>Agenda Item #6: Cont.</p>	<p>Letter to ECCS regarding the student survey-how can we partner</p> <p>No other schools have a program like stigma 180 in the district</p> <p>Would anyone be willing to draft this letter? Derek will look for an answer in April.</p> <p>Underserved Population outreach- We are a homogenous group. How do we reach Latino populations? We need to find contacts with some of our communities in Carver Co. rural, Latino, black, and other community representatives.</p> <p>Should we invite some cultural liaisons? Have some questions ready for them</p>	<p>Information</p>
<p>Agenda Item #7:</p>	<p>Upcoming events Any guests?</p> <p>Open Forum N/A</p>	<p>Discussion</p>
<p>Next Meeting</p>	<p>April 12, 2022</p>	<p>Next Meeting</p>
<p>Adjournment:</p>	<p>Adjourned 5:53</p>	<p>Adjourned</p>