

CARVER COUNTY Mental Health LAC Meeting

DATE: 08.09.2022

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			
Courtney Iverson	X		Melanie Warm			
Sandy Menzel	X		Diane Pagel			
Judy Kieffer	X		Stephanie Combey	X		
Michelle Iversen	X		Tim Lynch			
Mike Duzan		X	Katie Downing, Nystrom & Associates			
Lindsey Konchar	X		Richard Scott			
Ellie Krug	X					
Jenny Swan	X					
Stacy Zellmann	X					
Kelli Brenny		X				
Sarah Bot	X					

Agenda Item 1:	Activity/Discussion Call to Order: Derek Gunderson 4:04 p.m. Approve August Agenda: Approved Add SEO with Eric Seiger	Decision/Action Approved by consensus
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<p>Agenda Item 2:</p>	<p>Approve July Minutes: Sandi Approval</p>	<p>Approved by consensus</p>
<p>Agenda Item 3:</p>	<p>Staff Reports Melissa Hanson: Adult mental health initiative Lots of grant applications the last few months AMHI HCBS FMAP funding State Fiscal Year *2023- \$88,052.63 *2024 - \$89,000 Infrastructure activities for adults experiencing serious mental illness, approved use of funding includes:</p> <ul style="list-style-type: none"> • Renovating a facility that provides CSP services • Purchase a vehicle for transporting adults with serious and persistent mental illness to rehabilitative services • Staff Training to better meet the needs of diverse communities • Dedicated Health Adult Mental Health Initiative Coordinator <p>With transportation, is staff available? How is this sustainable? Funding is only for SFY 2023 and 2024 (one- time funds). Would the vehicle be able to support families with children? Could the vehicle be shared with another program? Sandy feels if it could be shared with a senior program maybe that would help? Funding is only to support adults experiencing serious and persistent mental illness Transportation is part of the community health improvement plan, there is a committee around this topic specifically Transportation grants Many schools would like to do summer programs like PREP, but the issue becomes the transportation Anicca and PREP program spend \$40k per summer. It's a big expense for programming outside of school County does fund this, but it only serves 30 kids in the PREP program and 20+ students in the Day Treatment Derek feels we should really push transportation Try and find the common bonds for transportation We should apply for all grants we can around this</p>	<p>Information</p>

<p>Agenda Item 3: Cont.</p>	<p>Adult Mental Health initiative meeting is tomorrow at 2:30 Sandy will take notes at it Melanie will be sharing info on 988 and other mental health crisis program updates</p> <p>Beth Fagin: School is on hiatus, so staff are taking breaks and catching up. Summer program ended last week, and school starts in a few weeks Prep went well this summer. Many great stories with kids and activities Looking forward to a new normal school year. Beth is a bit apprehensive because we haven't had normal for a while Beth is fortunate to have the staff she has who are experienced and knowledgeable about schools</p>	<p>Information</p>
<p>Agenda Item 4:</p>	<p>New Business: SEO Eric Seiger is the Communications Manager who provided some information/ response as Stephanie did the follow up after last LAC meeting. He reclaimed our business profile on google Can add up to 10 tags so 1st St Center will come up as an option Will start looking at the website and improving and adding to the website Can come back to the 10 tags Send the tag words in an email</p> <ul style="list-style-type: none">• Carver County Mental Health• First Street Center• 1st Street Center• Mental Health Emergency• Crisis• Therapy• Children's Therapy• Children's Mental Health• Counseling• Mental Health Help• Mental Health Counseling	<p>Information</p>

<p>Agenda Item 4: Cont.</p>	<ul style="list-style-type: none">• Psychiatry• Suicide Hotline• Psychology <p>Eric to provide feedback on this list</p> <p>FMAP funding: Comment that Melissa did a lot of hard work to keep the funding where it was at</p> <p>Commissioners Update: Tried to get to Ellie's point a little more granular in the discussion Was a good conversation. Our work does not go unnoticed by Commissioner Lynch As for grant money, there has got to be a better way for us to get what is needed. Commissioners were happy to see the growth. 5 years ago, this was a support group, but we don't do that anymore as it sidetracks from our business of evaluating the services. We will continue to keep things moving on.</p> <p>Carver County Public Health Community Health Assessment Melissa sent link to all of us Adult Mental Health Needs/Gaps Survey completed a few years ago Anxiety Stress Depressions Suicide</p> <p>Derek feels this does not address kids much We could have our own survey that drills down at the 5-10k ft level is</p> <p>Sandy-felt this survey might have left out details like definitions of anxiety and depression It is important to qualify anxiety and depression Word choices Different age groups could be different for the wording How accurate is it really if we don't have it well defined?</p>	<p>Information</p> <p>Information</p> <p>Information</p>
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<p>Agenda Item 4: Cont.</p>	<p>What is our goal in asking these questions? How do we use this data to support children’s mental health programming? Will this give us support in getting more beds? Will it help with grant writing? Will this help with transportation? What is our broader priority list? IF you had better transportation, would you use services more often? Will partner with public health on this Ask questions like I worry so much I don’t sleep at night Depression/anxiety scale similar Are we trying to measure issues or access to care? Transportation questions were not broken down, we should pull that out How can we make these more effective? Recommended we have a text area where we can collect the “why’s” around some responses Stephanie-answers may be different from someone who has an actual diagnosis vs someone who has been experiencing symptoms Broadband reduces the barrier for transportation issues</p> <p>We can’t see trends until after Alcohol use spiked during the pandemic, but liquor stores were not closed Suicide Rate has gone up alongside liquor sales</p> <p>Liquor stores were not closed because of the withdrawal aspect, hospitals could not handle all the people hospitalized for that</p> <p>Send question and feedback after this</p> <p>Ask if people’s mental health was impacted by the pandemic Ask also if they were able to recover since then</p> <p>We lost routine Lost relationships News is full of bad news</p>	<p>Information</p>
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<p>Agenda Item 4: Cont.</p>	<p>We have not been given a deadline as to when feedback from us is needed by, so it is applied to the assessment</p> <p>Stigma 180/District 112 Connection Most schools are experiencing significant turnover in staff Beth could talk with them Derek stresses continuity They talk about a teacher shortage, but the reality is we drove them away. This is happening because we are driving a rigid mentality. It is burnout The schools try Student Behaviors have significantly increased. Figure out ways to support schools and teachers. Beth feels there will be a 2–3-year recovery period for education A lot of good people left Many people left special education</p> <p>Will the funding for the gun control bill help with this at all? Some schools have hired more social workers There is a limited time the funds are available for this. We have underfunded schools for so many years</p> <p>Where are these teachers going? Paraprofessionals will leave schools because they get paid double the money to work as a customer service representative and work from home some of the time.</p> <p>All the helping professions have really taken a hit much with the respect we give them and how we reimburse them</p> <p>Many people in education retired, it was not encouraged in education, but it still happened</p>	<p>Information</p>
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<p>Agenda Item 4: Cont.</p>	<p>How do we make an impact? Being vocal with young people and being an ally and becoming a mental health professional.</p> <p>Kids are impacted in such a complex way and there is so much more pressure than there ever was before.</p> <p>If we are trying to figure out what is best for kids, we should get one on the board and listen to them. This is a good idea for us to bring up. Might not be the best idea to have the kid's parent here because they might not be as willing to speak up.</p> <p>If we can encourage stigma 180 to be picked up again</p> <p>Counselors could come in and we do a 20 min conversation</p> <p>Student to just provide input like we do on the committee</p> <p>Have any of the schools had a youth mental health panel?</p> <p>Are there other groups we want to bring in to hear from them? What groups do we need to reach out to next? We are a homogenous group</p> <p>IF we want to increase representation on the LAC, there are ways we can do that There are Somali folks in carver co</p> <p>There are black and brown people, we just need to be intentional the way we are reaching out to them</p> <p>Matt Udermann reached out to Ellen Krug. It is about reaching out to them. 99% of the people in carver county have no idea what this committee is about. Members who interface with a lot of people</p>	<p>Information</p>
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Agenda Item 4: Cont.	<p>Human Rights commission in Chaska has a lot of connections. We have to be very intentional. How do we make sure we aren't overlooking people / groups who are not at the table? When counties grow, good and bad things happen with growth</p> <p>Beth-Can we craft some sort of a letter?</p> <p>There is a Watertown for Black Lives working group. If we can put together something to them or the human rights commission. Beth can never ask someone who is a client and receiving services to be part of this for confidentiality reasons.</p> <p>Ellie will reach out to the Chaska Human Rights Commission Erica may be willing to speak to us. Ellie knows Erica so she will reach out to Erica.</p> <p>September: Human Rights Commission outreach</p> <p>October/November: Student Member</p> <p>December: Speaker</p> <p>Derek spoke about potential of expanding membership, then needing to separate the group to adult and child mental health LAC</p> <p>What does it take to change the rules?</p> <p>We must go to the state if we want to expand our membership, stipend pay is different.</p> <p>Ellie is willing to go to the state to get more seats-we need to be diverse *She would like the name of the contact to go to, to the state.</p> <p>This is the first year we are a full committee of 14 Melissa will check out the Carver County Advisory Committee</p> <p>Wear purple/teal to the next meeting and at the fair if you go.</p>	Information
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Adjournment	Motion to adjourn 6:04		Meeting Adjourned.
Next Meeting	October 11, 2022		Information