

## CARVER COUNTY Mental Health LAC Meeting

**DATE: 10.11.2022**

**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		Sophia
Mary Myss		X	Melissa Hanson	X		Shay
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				
Kelli Brenny	X					
Sarah Bot	X					

Agenda	Activity/Discussion	Decision/Action
	Call to Order: Courtney 4:05 p.m.	
<b>Agenda Item 1:</b>	Approve October Agenda: Approved by consensus	Approved
<b>Agenda Item 2:</b>	Approve September Minutes: Approved by consensus	Approved

<b>Agenda Item 3:</b>	<b>Staff Reports</b>  <b>Melissa Hanson:</b> It has been a busy time with steady referrals. Sept was Suicide prevention month, and the Question Persuade Refer community event (QPR) had 23 attendees <ul style="list-style-type: none"><li>• All joined via Zoom except Melissa and Chezni, who were in person at the Cologne Community Center</li><li>• Good turnout, considering there was not much time for advertisement</li><li>• Speaker was wonderful</li></ul> Adult Mental Health Initiative HCBS FMAP grant -turned in application-is pending and being reviewed Carver Co Adult Mental Health Initiative meeting will be next Wednesday, October 19 <sup>th</sup> at 2:30 p.m.  <b>Beth Fagin:</b> <ul style="list-style-type: none"><li>• Conferences usually mean an increase in referrals.</li><li>• Concerns that staff schedules will be full by end of November</li><li>• Anxiety and depression are the primary issues</li><li>• Crisis has an uptick of suicide attempts and suicidal ideation which matches the increase in anxiety and depression.</li><li>• ACES training completed for Dist. 112 staff and date set for 288 staff.</li><li>• Aces Training includes the topics of resiliency and trauma informed practices</li></ul> <b>Melanie Warm:</b> Not present  <b>Diane Pagel:</b> Not present  <b>Stephanie Combey:</b> Outpatient-Busy 2 openings, one for a psychologist and one for a therapist Waitlist on a regular basis	Information
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<p><b>Agenda Item 4:</b></p>	<p><b>Crisis</b></p> <ul style="list-style-type: none"> <li>• Grant options are 1 time use options</li> <li>• Provide ASSIT training</li> <li>• Lots of grant writing going on</li> <li>• Crisis team continues to be busy-steady</li> <li>• Fair amount of interaction with law enforcement</li> <li>• Most funding goes to staffing</li> <li>• They want to improve their technology</li> <li>• iPad work great for TEAMS meetings but not clinical documentation</li> <li>• Have a plan, just need to secure the funding</li> </ul>	<p>Information</p>
<p><b>Agenda Item 5:</b></p>	<p>Discussion related to mental health workforce challenges.</p>	<p>Discussion</p>
<p><b>Agenda Item 6:</b></p>	<p><b>Guest Speaker:</b></p> <p><b>Celi Haga</b> - Chaska Human Rights Committee Member</p> <ul style="list-style-type: none"> <li>• In charge of communications and community relations for Carver Co Schools</li> <li>• Support groups for LGBTQ Youth and adult support groups brainstorming</li> <li>• Mission to partner with gov to promote a community of respect for all</li> <li>• Started the Chaska Pride picnic-had no idea what to expect. 300 people showed up this year!</li> <li>• Noticed there were a lot of adults who were looking for this kind of connection.</li> <li>• No secret LGBTQ are at higher risk for suicide</li> <li>• There aren't a lot of resources for families and students that are LGBTIQQ-PFLAG doesn't really exist in MN anymore</li> <li>• How members are part of the human rights commission</li> <li>• Seven members of the commission meet at Chaska city hall, have access to all the cities resources.</li> <li>• Natural synergies with community ed, have access to school spaces.</li> <li>• We are late to the game to have something like this in the community</li> <li>• Support group 12-17 open to all who identify as LGBTIQQ meeting 2x a month on a regular basis, moderated by a professional who is licensed and has worked with LGBTIQQ in the past.</li> </ul>	<p>Information</p>

<p><b>Agenda Item 6: Continued</b></p>	<ul style="list-style-type: none"> <li>• Group for parents of LGBTIQQ youth, moderated by a professional as well. Parents are often at a loss and start to feel isolated. It might feel good to know someone who is going through the same thing.</li> <li>• Ellie is proposing a 6-month pilot to see how this goes</li> <li>• Discussion regarding how it works best when the parents are involved</li> <li>• If it is set up as a support system model, there are challenges regarding how it gets reimbursed – medical model for reimbursement. There is the tricky line with a mental health entity doing this. But it is obvious how important this is.</li> <li>• Find someone to facilitate who wants to do this and perhaps receives support and consultation from a mental health professional.</li> <li>• Discussion about medical model and parental consent issue-related to treating a child without consent.</li> <li>• Bridge for Youth had an LCSW facilitating their program, not offering treatment solutions. There are a lot of kids who are in families that are afraid to come out to their parents. They don't have a safe place to discuss their feelings.</li> </ul> <p>Beth feels there are ways to support a program/service in the community for LGBTQ+ youth. Staff are seeing these students at school. Sometimes the issue of LGBTQ+ is not something to be “treated” and not always a function of a mental health setting but a community support model. We know this is missing in the community and just need to be thoughtful at how we structure this.</p> <p>Lots of options that could be not county spaces. Courtney offered some meetings at RecuperAcres if approved.</p> <p>Steering committee around this. Derek, Beth, would help with that.</p> <p>Have done things on immigration, affordable housing, racism. Found it is hard to create sense of community in virtual setting, LGBTQ is a great place to start.</p>	<p>Information</p> <p>Discussion</p>
<p><b>Agenda Item 7:</b></p>	<p>Homelessness has increased in Carver County. Could the human rights commission partner with some initiatives around this? Most cases are in Chan and Chaska, but it is spread throughout the county. Maybe we can connect Jen Romero to Celine?                  Mid Oct meeting on this Ellie?</p>	<p>Information &amp; Discussion</p>

<p><b>Agenda Item 7: Continued.</b></p>	<ul style="list-style-type: none"> <li>• Celi will need to meet with the Human Rights Commission on the 27<sup>th</sup> so committee to meet after that?</li> <li>• Following week meeting with the county.</li> <li>• Funds for this-Adult Mental Health Initiative? Possibly not if program is for youth under age 18.</li> <li>• Discussion that there may be other resources.</li> <li>• Ellie doesn't feel this is dollar intensive. Anytime we ask for funds it takes a while.</li> <li>• Stephanie wants to see if Public Health has some funds before we do anything else.</li> <li>• Setting it up as a support group model has protection.</li> <li>• MyHealth might be a good resource for the support group model.</li> <li>• The goal is to just form connections.</li> <li>• Jenny suggested that Master's Program students might be interested in doing this.</li> <li>• Discussion about taking the initiative to lead, as it is a huge gap in our community. Maybe the Human Rights Commission takes the major oar on this.</li> <li>• Can they send the date for more to meet on this topic, the week after the 27<sup>th</sup>?</li> <li>• The LAC is a place where we are to honor where people are at.</li> <li>• <b>CREATING RECOMMENDATIONS-Page 35 of LAC Guidebook</b></li> <li>• What the problem is</li> <li>• Funding analysis</li> <li>• We can do grant seeking from foundations as we have so many parameters</li> <li>• Could the Human Rights Organization submit a grant? They may have less limitations.</li> <li>• We need to identify where we have holes in the county. And identify where we are succeeding.</li> <li>• Bylaws are missing from LAC guidebook-need to add them to one book</li> </ul>	<p>Information &amp; Discussion</p>
<p><b>Agenda Item 8:</b></p>	<p><b>Guests:</b>                  Sophia is here as a guest.                  Shay is an Augsburg student</p>	<p>Information</p>

<b>Agenda Item 9:</b>	<p><b>OLD BUSINESS</b></p> <p><b>To Be Continued Event</b></p> <ul style="list-style-type: none"><li>• Long day and well attended.</li><li>• Mike brought print outs with QR codes.</li><li>• Mike learned 988 does not work on cell phones without a subscription like 911 does with old phones.</li><li>• One of the presenters is a nurse whose sister took her life.</li><li>• Story about how well-intentioned people can send the wrong message at times. ‘ These are the best years of your life...’ to a young person may not always be the best thing to say to someone who is struggling.</li><li>• Had a piece on forest bathing 😊</li></ul> <p><b>MENTAL HEALTH NEEDS ASSESSMENT</b></p> <ul style="list-style-type: none"><li>• Survey from 2017 was shared with council members.</li><li>• Derek requested that members take the survey, provide feedback about any items missing, etc. and send it back to Melissa in some way with answers on it. Send it in by Halloween weekend. Send anonymously if possible. This will give more frame of reference on the questions.</li></ul> <p>Statewide AMHI meeting provided information about how the LAC’s must advise the Adult Mental Health Initiatives on gaps, needs related to adults experiencing serious and persistent mental illness, and how grant money may be spent in these areas.</p> <p>The Carver County AMHI is relying on LAC input. Derek feels we are not budgeting expert for gov agencies so we need to be as detailed and resourceful as we can be. Melissa explained that this is specific to the Adult Mental Health Initiative grant budget, expressed appreciation for the LAC contributions, and clarified that the overall task for this group is to identify the needs, gaps in mental health services/treatment and related areas, and make recommendations.</p> <p>Does the group want to create a new survey to include children or families of children with mental illness?</p>	Information
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<p><b>Agenda Item 9: Continued</b></p>	<p>Online link through SurveyMonkey for current survey is no longer active. This survey is closed and responses will not skew the data – the council members responses will not be included in survey results, but feedback regarding the survey questions, wording, etc. is requested.</p> <p>Could discuss if children’s mental health questions should be added.</p> <p>Steiner Kelting facility is missing from survey per Stephanie.</p> <p>Nov 8<sup>th</sup> is the next meeting so Dec. event is a little too close for what we want to do. Would prefer to do this in May so we could plan for a larger event. Address multiple gaps in this.</p> <p>If you can make the Stigma 180 event Nov 9<sup>th</sup> at Chan High that would be great for us to have a presence there to covey what the LAC is and what we are trying to do. Ask what we can do better. This would be a great opportunity for us to get back out into the public. This goes from 6:30-8 at the Chaska High School Blue Forum.</p> <p style="text-align: center;"><b>SEE NEXT PAGE FOR FLIER WITH MORE INFORMATION</b></p>	<p>Information</p>
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**Agenda Item 9:  
Continued**



## More than sad ...

Learn how to recognize signs of depression and other mental health problems: initiate a conversation about mental health with your child; and get help. This program focuses on parents and guardians of teen youth.

Cassandra Linkenmeyer,  
American Foundation for Suicide Prevention  
Wednesday, Nov. 9, 6:30-8 p.m.  
Chaska High School Blue Forum

**FREE!** Enroll now at:  
<https://district112.ce.eleyo.com>



Information



<p><b>Agenda Item 10:</b></p>	<p><b>NEW BUSINESS</b></p> <p><b>CHILDREN’S LAC</b> Youth perspective in council.</p> <p>Melissa obtained information that the Carver Co Board Operating Rules do not currently include a youth/adolescent member of advisory council. If the LAC votes to amend this, and would like to include in bylaws, then there will need to be a process to bring to County Board meeting to request the change.</p> <p>No one that Melissa knows of is imminently ending their term at the end of the year. Current members with terms ending are eligible to apply for another term.</p> <p>Ellie did homework – there is nothing in MN law that specifies the size of the LAC; there are model bylaws for Hennepin co. that indicate 23 members in Hennepin co. LAC. As far as Ellie can tell, no one needs to leave to get a minor on board.</p> <p>We would need to vote to change the bylaws &amp; would have to be reviewed in the January board meeting? Melissa will follow up regarding the timing of Board Meeting and see if there is anything else we need to do.</p> <p>Would like to have the Community Event/listening session at the beginning of May. Not Saturday May 20<sup>th</sup> bc we have the morels and memories mushroom hunt and Alzheimer’s fundraiser. Will maybe just be on our meeting day.</p>	<p>Information</p>
<p><b>Agenda Item 11:</b></p>	<p><b>Open Forum:</b></p> <p>Jessica to speak after 4:30 in January. She can let us know what time works between 4:30 and 6</p>	
<p><b>Adjournment:</b></p>	<p>Adjourn: 5:52 and seconded 5:52</p>	<p>Meeting Adjourned</p>
<p><b>Next Meeting:</b></p>	<p>Tuesday November 8,2022</p>	<p>Next Meeting</p>