

CARVER COUNTY Mental Health LAC Meeting

DATE: 09.13.2022

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		Alissa P.
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	X		
Mike Duzan		X	Katie Downing, Nystrom & Assoc			
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: Courtney 4:04 p.m. Approve Sept Agenda: Approved	Decision/Action Approved by consensus
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Agenda Item 2:	Approve August Minutes: Approved	
Agenda Item 3:	<p>Staff Reports</p> <p>Melissa Hanson:</p> <ol style="list-style-type: none">1. The Adult Mental Health Initiative HCBS FMAP application is due this Friday2. Primary request is to renovate the Community Support Program room (lower level) to make it more accessible3. ADA compliant features4. Training for employees:<ul style="list-style-type: none">• LGBTQ+• Reflective practice / Supervision• Cultural Humility5. Minivan for transportation for adults experiencing serious and persistent mental illness to access CSP groups and other rehabilitative services6. Sept is suicide prevention month7. QPR workshop is open to anyone & is a hybrid option(in person at Cologne Community Center or via Zoom) <p>Beth Fagin:</p> <p>Staff are getting referrals at a fast pace Concern about being full at an earlier rate than before Things often go uphill from Sept on Did a staff training on equity-had Ellie Krug present to school linked staff The emphasis was being able for young kids in that demographic to understand they are safe</p> <p>Kelli Brenny:</p> <p>Stigma 180 Oct 4th will be on Healthy Screen Relationship American foundation from suicide prevention-More than sad</p> <p>Melanie Warm:</p> <p>Doing well Trying to hire staff</p>	Approved by consensus Information

Agenda Item 3: Cont.	<p>Challenge to get people to come in and do mobile work, it's a detailed niche for people Continuing to provide stabilization services Finished grant apps for 23-24 Confident we can continue services at the current level Put request in for additional staffing as well Crisis services are a high priority right now so there may be additional funding Staff are in 911 dispatch center in Chaska Continuing to Co Respond with law enforcement, police dept has picked up on working with them Kids in crisis really exploded last year but it did calm down during the summer. This is the time of year we start to identify kids at risk.</p> <p>Diane Pagel: on PTO</p> <p>Stephanie Combey: Crisis is working hard Outpatient program is down 1 person Down a psychologist position we have been trying to recruit for, for over a year. Telepsychiatry staff have stepped in and stepped right up Most groups are operating in a hybrid fashion Day treatment It has been challenging to get Mental Health Interns Approved a 3rd staff person Had to have the correct staffing ratio for the group size Have discharges and drop offs Often very hopeful at the beginning of the year but generally get referrals after the first month.</p> <p>Sandy: Adult Mental Health Initiative meeting report by Sandy M. from Aug 10th</p> <ul style="list-style-type: none">• Attendance in person: Sandy and Melissa, others on Microsoft Teams• Project Community Connect is looking for a hairdresser to help• Transportation-obstacles with getting drivers• Ucare had a housing specialist there. Many insurance companies were there.	Information
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<p>Agenda Item 3: Cont.</p>	<ul style="list-style-type: none"> • Call Carver Co 7601 number to get routed to Carver if you have an issue in that county • NAMI Support Group for family and friends of person with mental illness: Jan Radde runs this and they have put together a help book on how to apply for disability • List of financial resources • Sandy was very impressed with the meeting and resources <p>Ellie has reached out today for future guest speaker and will see if they can come to a future meeting.</p> <p>Discussion of potential Teen joining LAC- parents sign off Bylaws could be looked at. Ellie was not able to find out if we could change the bylaws around member count</p> <p>Is this the end of anyone's term? Melissa will see if there is anyone with their term ending in December 2022.</p>	<p>Information</p>
<p>Agenda Item 4:</p>	<p>New Business: Guest speaker for Dec: Need to identify a speaker 2B Continued is a non-profit out of Glencoe and they</p> <ul style="list-style-type: none"> • Do a lot around suicide prevention and mental health awareness • Do a lot of training • It would be nice to have them come in <p>Crisis team did a SIT (Sprint Interval Training) class</p> <ul style="list-style-type: none"> • They were at the county fair next to the Carver County Mental Health booth • Does a dancing with the stars type of event. <p>Annual conference is in Glencoe (Drive in) Public Health Mental Health Children's Mental Health We need to get Listening Sessions back so we can get feedback Sandy was introduced to the group through listening sessions Derek can reach out to Dr. Lessi</p>	<p>Information</p>

<p>Agenda Item 4: Cont.</p>	<p>Dr. Richard Scott & Public Health - preparing for the next Community Health Assessment How the LAC help with this? Every 5 years we have the community health assessment</p> <p>Child member To weigh in on different things we are discussing A members daughter went through an agency mental health program Jenni will talk to Erin to see if she could recommend anyone and if they could earn credit.</p> <p>Underserved Population Outreach Beth feels we need to focus on Rural Farm Community She knows of 2 people in MN that focus their work on rural families. Could share the resources they have and could educate us on how they are being underserved. Beth provided information (Ted Boleman & Monica McConkey is one of them) Mn dept of agriculture are posting a training for suicide prevention training for Rural Faith leaders Coping with farming and rural stress Dept of Agriculture SEO is really good for this. This time of the year is important for farmers. This is a good time you can reach out to farmers Do we ever take our brochures to co-ops? Melanie is not sure. They feel that would be a good place to leave some. Carver Co Extension Office does some outreach for suicide prevention</p> <p>LGBTQ+ outreach Sat with Melissa, Beth, and Michelle A number of suggestions came out of that meeting Basic things like having a rainbow</p> <p>Outreach to other communities</p> <p>Drop in center options for this county? CSP drop in</p>	<p>Information</p>
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<p>Agenda Item 4: Cont.</p>	<p>Are there LGBTQ drop in communities? We could encourage funding for things like that. St. Josephs has a counselor people can schedule with Has grief and support meetings Many of the LGBTQ+ are going to shy away from churches These gathering spaces are important Parents and kids might worry about harm being done in the church spaces. It's not that they don't like church it's that they are truly harmed in some environments</p> <p>Recurring support group Led by someone lgbtq friendly to come and talk and form friendships Bridge for Youth had a support group called "so what if I am" that would meet every 2 weeks. Parents would meet while their kids meet. Carver Co has no visible LGBTQ presence There are a lot more people then we think 20% are identifying at LGBTQ in some programs We can talk to the Human Rights Comm. when they meet with us Collaborate with district 112 Can find some kind of a collaborator Ellie feels MPLS has a lot of good things going on that are doing it right. Should we reach out to Bridge for Youth They opened a shelter in Chanhassen but that closed</p> <p>Courtney would be willing to let the group come out to the farm</p> <p>Guest speaker brainstorming for December Strategies for coping with the holiday stress Lindsay Peterson does a non-traditional therapy and can bill through MA bc she is teaching the parent how to de-escalate Has very good techniques</p>	<p>Discussion</p> <p>Discussion</p>
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	<p>Dr. Jessica Neilson-Courtney to reach out to her, and see if she would come via Zoom. 20 min presentation to 25 minute Q & A to see how it would be received by community.</p> <p>99 Coping Skills and Being a B*tch Ain't 1 This is a book Lindsay wrote</p> <p>Need to be careful about religion and the holidays when addressing coping.</p> <p>We shouldn't underestimate the resources we have on our team. Could maybe do a little bit of a panel.</p> <p>K102 PT is a big speaker on mental health Stacey will reach out to Paul Thomas PT is presenting at 2BContinued</p> <p>What type of modalities of therapy are even available & what clinics are available. Talk about current state of Meth use in Carver Co.</p> <p>We should invite the newspapers to come to get some leverage at the event.</p> <p>Panel sounds like a good idea Michelle likes the idea of a BIPOC panel</p> <p>Are currently working pretty intentionally around the latino community-Dr Richard Scott would know more about this Maria's Table is BIPOC outreach</p> <p>Could make this panel a little longer in our LAC meeting time If we are renting this space we should utilize to the best of our ability Bipoc panel 4:15 Listening panel at 5:15</p> <p>Ellie feels this needs to be in the evening 6:30-8:30 if we want the community to be able to participate</p>	
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	<p>To have a bipoc panel we need to have bipoc people Holiday Coping Skills Ellie would have that on her AM show-Lindsay could come on Could we partner this with other outreach organizations? We want to avoid over loading our members</p> <p>BIPOC speaker possibly? Is there funding for a speaker Melissa feels we could probably use some funds for this -to utilize AMHI / CSP grant funds it needs to be related to adults with serious and persistent mental illness Rural BIPOC LGBTQ+</p> <p>13th of Dec-this panel would be done instead of our 4-6 meeting Michelle had some speakers at Wayside Dr Roy Lewis-Radical Self care and coping with racial injustice</p> <p>Michelle come up with a list of top prospects One BIPOC member on our counsel Kelli would be happy to be on the panel-she can talk about her own experience and what she observes in the schools Medina Absure Jade Jackson</p> <p>Melanie Moberg-she wants to come to a meeting to introduce herself and she could be a potential member She is working with Central/Norwood to teach mental health first aid-Stacey will reach out to her.</p> <p>Beth excited about all the ideas for topics but then we worry that no one shows up when we have these generic invites. Could we connect with existing organizations to get a more captive audience Often in small communities they are in churches We do have adult mental health initiatives page We don't have any public representation</p>	
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	<p>There is a Carver Co facebook page This did get pushed out to the libraries to advertise Patriot and Southwest newspapers</p> <p>We need a social media guru Eric Seiger is Communications Mgr FB Instagram Twitter TikTok</p> <p>Carver Co should have a chat bot bc we need to accommodate how young people are communicating</p> <p>Chatbot is not used for crisis Discussion that young people don't call They don't check VM They don't listen to messages</p> <p>We should have a grant for a chat feature. We need to bookmark this topic</p> <p>Need someone to create a flyer about our panel event Chaska Community Center might be a good location Melissa will do the inquiry to see if we can use that facility 6-8:30</p> <p>We shouldn't wait to start advertising. BIPOC experiences and living in Carver Co Microaggressions are its own form of trauma so we want to make sure we are not saying that BIPOC people have more mental health problems We want this information as to how we can provide better services for the BIPOC community Is the theme coping with the holidays or dealing with stigma?</p>	
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	<p>Derek will be point of contact for confirming guests Oct 11th is the deadline for the theme Nov get speakers nailed down Need to really think about what our theme is</p> <p>What are your barriers to services in the BIPOC community Will this give the audience something? What will be engaging for them. Think about what our message should be and what we are looking for.</p> <p>National Suicide Prevention Month-make sure to check in on your friends and family NAMI walks Melissa sent out the QPR flyer</p> <p>Open Forum:</p> <p>Adjourned 6:00</p>	<p>Meeting Adjourned.</p>
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