

**DATE:** December 9, 2014

**LEADER:** Ben Maas

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

**RECORDER:** Lisa Gjerde

COUNCIL MEMBERS			LIAISON MEMBERS			GUESTS
Name	P	A	Name	P	A	Name
Caroline Beise	√		Alene Chelman	√		
Sam Deweese	√		Melissa Hanson	√		
Christine Dondlinger	√		Gary Norman	√		
Lisa Gjerde	√					
Lisa Inman	√					
Sue Kunitz	√					
Ben Maas	√					
Rod Sawtell	√					
Twyla Sawtell	√					
Becky Sorenson		√				
Eddie Tipton	√					
Virginia Wright	√					

Agenda	Activity/Discussion	Decision/Action/Conclusion
Call to Order	Ben called the meeting to order.	Approved by consensus.
Approval of Nov. Minutes	Ben made a motion to approve the minutes, pending Becky's edits (regarding her presentation) before posting online. Lisa G. seconded.	Approved by consensus.

**Approval of  
Dec. Agenda**

Ben made a motion to approve the agenda. Sue K. seconded.

Approved by consensus.

**Roundtable  
Discussion**

Eddie hasn't sent out his letter to therapists yet due to personal illness. He will keep us informed of his progress.

Caroline discussed the research she's been doing on heavy metal toxicity. In the process, she discovered the Health Recovery Center in Minneapolis, as well as two books, both run and written by Joan Matthews Larson. Larson lost her seventeen-year-old son to suicide, and started doing her own research and developed the HRC to treat alcoholism; her organization's long-term success rate is 75%. Caroline said she will continue to read the books and give us an update at a future meeting.

Sam asked Gary if there is an online link available to non-traditional/alternative therapies. Gary said none that he knows of; usually persons being treated for mental health concerns have to come to their appointment with some knowledge of alternatives and they will ask about it. Eddie added that some alternative (providers) are quacks and those with a basis in legitimacy are reluctant to attach their reputation to such alternatives. Sam noted that NAMI has resource lists, and Eddie mentioned that several hospitals now have "wellness centers" where holistic healing is offered.

Virginia mentioned that Channel 9 recently had a half-hour segment featuring NAMI. It discussed how to help people with mental illnesses (taking meds, eating better, exercise, etc.). Also, the Sunday Star Tribune featured a "stand-alone" children's mental health facility in Minneapolis.

<b>Discussion cont.</b>	<p>Gary provided an update on the mental health program at the Carver County jail. Through a Department of Justice grant, there are a few psychologists in the jail and a re-entry coordinator to help those who are being released to continue with mental health services in the community. There is also a Veterans' Court, operating these past three months already, wherein veterans who are facing jail time can have reduced time if they agree to a diversion program (headed by Judge Cain) in which they work with other services (CD/MI).</p> <p>Sam asked how we can make the community more aware of alternative health care options, and how do we advocate (independently of the LAC) for what we are especially interested in. Lisa I. suggested that it would be helpful if providers were more aware of alternatives so they can discuss these with their patients. Caroline noted that there is so much money invested in pharmaceuticals that doctors may be unwilling to discuss drug-free alternatives.</p> <p>Ben said that it can be difficult to get all one's doctors to confer with one another. Lisa G. said in her experience, she's had better success with her mental health team conferring with one another than with other doctors and providers.</p> <p>Returning to the topic of alternatives, Lisa I. said when it comes to subjects such as nutrition, exercise, and sleeping, there are no questions, but other areas can be more questionable. She also noted that some of the foods we eat can help the body synthesize neurotransmitters. Sam emphasized the importance of providers, including alternative medicine, practicing what they preach.</p> <p>Christine made the announcement that she will be moving to Wisconsin in the early part of 2015, so she will be leaving the LAC. January will be her last meeting.</p>	
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<p><b>Discussion (cont.)</b></p>	<p>Ben mentioned that another friend of his recently committed suicide. He was concerned that the family wants to keep this information private. Christine said we need to respect the fact that people mourn differently, and it's important for people to be available to listen to them. The family will do what they feel necessary in their own time. Caroline noted that there is still a lot of stigma around suicide, but that when you're open, others tend to be open as well. Christine said the media has the power to erase or create stigmas, and perhaps there are ways in which the media can help with mental health/suicide stigma.</p> <p>Ben suggested writing a letter to graduating high school seniors, encouraging them to go into the mental health field as more providers are needed. Eddie noted that it might be more beneficial to reach students at college fairs. Christine said we need to talk with our legislatures about mental health needs, particularly the need for more psychiatrists.</p>	<p>If we are interested in having a table at the college fairs, Christine suggested we ask the commissioners if there is any funding available to help us with this.</p>
<p><b>Letter to the Board/January meeting</b></p>	<p>We need to write another letter to the Board of Commissioners with an update on our findings. We will review the previous letter and follow-up on that, as well as note concerns that have come from our guest speakers about services. Ben plans to make January a working meeting in the hopes of getting the letter to the commissioners by the second quarter and then going to the Board meeting to present it.</p>	<p>It was decided that Ben and Lisa G. would meet prior to the January meeting to review and summarize what needs to be included in the letter. Lisa G. will email last year's letter to everyone so they have something to review prior to January's meeting.</p>
<p><b>Other discussion</b></p>	<p>Sam asked if, in light of Sue M.'s resignation and Christine's impending departure, we should recruit more members.</p>	<p>Gary will check to see if we have met our requirements. Sam will review the statute. We will vote in January regarding the number of members we feel is appropriate, 11 or 13.</p>
<p><b>Adjourn</b></p>	<p>Ben made the motion to adjourn. Twyla seconded.</p>	<p>Approved by consensus.</p>