

DATE: May 13, 2014

LEADER: Sam Deweese

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	√		Gary Norman	√		
Christine Dondlinger	√					
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	Sam called the meeting to order.	Approved by consensus.
Approval of April Minutes	Christine and Twyla made motions to approve the minutes.	Approved by consensus.

<p>Letter to the Board of Commissioners</p>	<p>We discussed the efficacy of attending a meeting of the Board of Commissioners in order to present the information we wrote in our letter, or if we should wait another six months when we have additional updates. It might be helpful to find out if the Board has specific issues they would like us to address. The benefits of attending are that we are able to become visual and therefore have more of an impact, and that it provides the commissioners with an opportunity to ask us questions.</p>	<p>We decided that if an issue is very noteworthy and in need of the Board’s immediate attention, we will attend their meeting and discuss it with them. At this time, however, we will wait.</p>
<p>A Look at Our Goals and Future Direction</p>	<p>Sam advised that we look for ways in which we can be effective in reaching our goals. To this end, should LAC members become involved in various mental health groups in the community? The question was raised whether going into action outside the council goes beyond our defined parameters as an advisory council. It was suggested that our direction is to gather information, understand it, and issue what could be used by someone else as an initiative. Eddie commented that perhaps we should focus on a specific number of areas and develop a document on each one annually.</p>	<p>The discussion was open and exploratory; we did not reach a definitive conclusion regarding this topic. Therefore, we will continue to talk about our goals and future direction in the next few meetings.</p>
<p>Consumer Involvement</p>	<p>Christine mentioned that success cannot be based on numbers because oftentimes when needs are met (or needs change), people move on; because of this, it is sometimes difficult to assess how beneficial our work as a council has been. Similarly, while stigma sometimes prevents consumer involvement in mental health groups, more involvement would help alleviate the stigma. Eddie suggested that we get more input on how to use techniques that have been successful for other groups, such as Alcoholics Anonymous.</p> <p>We discussed whether we should try to have more consumer forums like the one we had in March. If we do, we must decide what issues we want to address, if we would do this quarterly, how we would advertise the forums, and how we would motivate the consumers to attend. We need to consider what the priorities are of the audience</p>	

<p>Consumer Involvement (cont.)</p>	<p>we are trying to reach. Also, it would be helpful to put the consumers at the forums at ease by talking about our own roles and experiences with mental health.</p> <p>Besides hosting forums, other ways to receive consumer input might include meeting with them one-on-one or asking them to complete surveys. Unfortunately, our council has limited resources (particularly financial), and this restricts what we can do. Using multi-approaches to reach consumers makes the most sense.</p>	
<p>Future Guest Speakers</p>	<p>We agreed that it is still advantageous to continue to host guest speakers at our meetings. The question raised by Sam was whether it is best to hear from the guest speaker on a specific topic before meetings with consumers on the same issue. For example, if we were to have a forum in October with parents of young children with a mental illness, would it be best to meet with a speaker first who could give us more information regarding young consumers and their families?</p>	<p>Becky volunteered to come up with (survey) questions to ask parents of young consumers. She also suggested we have a forum for these parents in October.</p> <p>It was suggested that we designate one of our summer meetings as a “Homework Month” during which time we put together dates for the fall and whom we would like to invite to be guest speakers. We could also set dates for future consumer forums.</p>
<p>Member Comments</p>	<p>Eddie discussed what he learned about integrative care at a recent Minnesota Psychological Association Conference which he attended. Integrative care involves combining behavioral health with physical health care, and four or five states have initiated pilot studies already. Thus, when patients go to the emergency room (ER) for a physical health condition, they will be assessed during intake for mental health symptoms. There will be a psychologist on-call at the ER for this reason. It is estimated that 80% of people going to the ER have a mental health issue and do not get it addressed. Another aspect of integrative care is the creation of Behavioral Health Homes. This is a program that will combine physical and mental health care for eligible patients.</p>	

<p>Member Comments (cont.)</p>	<p>Lisa G. will be attending the Minnesota Consumer/Survivor Network Annual Conference on Recovery and Wellness on May 15 and 16. Gary said that Cedar House, an ARMHS provider, will be opening a center in Waconia in the near future.</p> <p>Eddie provided us with another update on the transportation issue he has been researching. He was asked to be on the steering committee for We-Cab, and asked us for our opinion regarding that decision.</p> <p>Sam briefly wondered if council members might be interested in writing articles on mental health issues for the local newspapers. These articles would have to be approved by the Carver County Mental Health Consortium before being submitted to the newspapers.</p>	<p>Lisa G. will share what she learns at the conference with the council at the June meeting.</p> <p>The council agreed that Eddie's participation on the steering committee would not present a conflict of interest, and thus Eddie has decided to accept the offer.</p> <p>We did not have enough time to discuss this issue, and therefore we will do so at the June meeting.</p>
<p>Adjourn</p>	<p>The motion was made to adjourn the meeting.</p>	<p>Approved by consensus.</p>