

DATE: December 8, 2015

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	√		Melissa Hanson	√		
Lisa Gjerde	√		Gary Norman	√		
Lisa Inman	√					
Sue Kunitz		√				
Becky Maas	√					
Ben Maas		√				
Rod Sawtell		√				
Twyla Sawtell		√				
Becky Sorenson	√					
Eddie Tipton	√					
Virginia Wright	√					

Agenda	Activity/Discussion	Decision/Action
Call to Order	Sam called the meeting to order.	Approved by consensus.
Approve Dec. agenda	Virginia made the motion to approve the December agenda; Becky S. seconded.	Motion carried.
Approve November minutes	Caroline made the motion to approve the November minutes; Virginia seconded.	Motion carried.

Roundtable Discussion

Lisa G.'s article, "Coping with SAD During the Holidays" was published in various Carver and Scott County newspapers.

Sam asked if the Consortium is planning to have any more guest speakers in the near future, particularly one on the topic of veterans. The Consortium is in the process of re-evaluating and formatting its agenda, but a veterans' speaker may be in the works.

Caroline discussed the progress of her research into therapies that can be used in place of or in addition to more traditional ones for mental illnesses. She is particularly interested in looking into nutrition and the orthomolecular evidence (i.e., vitamins). She will keep us apprised of her efforts.

Lisa G. asked Caroline if she could recommend anyone from her research to be a guest speaker at the LAC next year. Caroline suggested nurse Laura McDaniel, who has worked with Dr. William Walsh, or a psychologist that she knows of in Jordan.

Virginia mentioned how hard it is to watch a loved one deteriorate because he/she is in denial of his/her mental illness (and/or Substance Use Disorder) and does not want help. Caroline said that sometimes a person with mental illness can lack insight into the disorder. Lisa I. asked if it is harder to find treatment for dual diagnoses (mental illness and chemical dependency). Virginia explained that MI/CD is more of a focus in health care now.

Sam asked about what happens to foster children who have dual diagnoses. Virginia said they often have a probation officer, so that can sometimes be of help, and that the foster parents "try to change what you can change." She also said that while you are required to make the call (for 9-1-1), you are not responsible for the outcome.

Lisa G. discussed a situation with someone who has MI/CD issues and has spoken with her about suicidal ideation. The lack of psychiatric beds makes it much more difficult to get help for people; once they are sober, they're often simply sent home.

Becky M. asked about the civil commitment process; she knows of someone who has been through this process twice and it didn't help the person either time. Melissa explained that in a civil (mental health) commitment the person usually stays at a hospital within the community from a few weeks to

**Roundtable Discussion
Cont.**

six months. Then he/she might be transitioned to an Intensive Regional Treatment Center (IRTC) for up to 90 days. Sam asked if a person’s commitment is ever revoked, and Melissa said the level of danger to the person or others must be high for this to occur.

Eddie brought up the fact that a biological foundation is only one of three factors for illness; the others include psychological and sociological, and all three are important to consider when making a treatment plan.

Sam suggested that interested members read the book, Brain on Fire, as it details a young woman’s journey with mental illness.

Elections of Officers

Sam and Lisa G. had put in their names via email (between meetings) to run as co-chairs of the council. In response to Sam’s questions, no one else was interested in running for chair and members were comfortable with the co-chair format. Also, members did not feel that a vice-chair was necessary if there were co-chairs. The motion was made to elect Sam and Lisa G. as co-chairs.

As no one seemed interested in running for secretary, the possibilities of co-secretaries and/or having a First Street employee take notes were discussed. Eddie moved and Caroline seconded to put the secretary position “on hold” and vote on it in January 2016.

2016 Work Plan

Lisa G. noted that the Nov. 8, 2016, meeting needs to be rescheduled as that is Election Day.

Considering progress made on our top three priorities for 2015:

- 1. More clinical staff: both a certified nurse practitioner and a psychologist were added to First Street’s staff.
- 2. Housing & Beds: an IRTC and 2 crisis beds are being built via CliniCare in Victoria; also, the new housing coordinator, Jen Romero, has assessed and ranked a wait list for services based on needs. There is no emergency shelter, but Westwood Church has a program for homeless youth and Families Moving Forward, a group of local churches, assists homeless families.
- 3. Increased support services: nothing was noted in this area.

Needs that are moving in a positive direction:

- 1. There is a new in-patient treatment center for children in Brooklyn Park

Approved by consensus.

Motion carried.

LAC will consider an alternative date.

<p>Work Plan cont.</p>	<ol style="list-style-type: none"> 2. First Street added a new psychiatric nurse and a child psychologist 3. Prairie Care has moved into 212 Medical Center 4. There is a Suicide Survivors' Group through the Consortium 5. There are 10 more spots for the Bridges program/subsidy in Carver & Scott Counties <p>Needs that still need to be met:</p> <ol style="list-style-type: none"> 1. More psychiatric beds and crisis beds are needed in the county 2. Homeless shelters 3. A dual diagnosis provider (MI/CD) 4. Eddie will research how to tap into special interest groups for mental health ideas <p>Future guest speaker possibilities:</p> <ol style="list-style-type: none"> 1. Someone from the faith community, including religious leaders from Muslim community 2. Have more consumer listening sessions 3. The Ombudsman for mental health 4. A representative from the State Advisory Council on Mental Health 5. NAMI, perhaps a speaker from their "In Our Own Voice" program 6. Derek Holt, the new NAMI representative in our area 7. A psychiatrist from Prairie Care 8. Gary mentioned that Dr. Elizabeth Hopfenspirger, the new psychiatric nurse practitioner at First Street, is willing to speak at a LAC meeting next year. The council agreed to invite her. 9. A speaker from the Minnesota Psychological Association 10. One of two nurses consulting for therapy at Lakeview Clinic 11. Members were asked to consider other possibilities for 2016 <p>Membership needs were discussed; at least four new members are needed. The council will vote in January on how to proceed with recruitment.</p> <p>Eddie offered to provide a mini-presentation on "The Readiness to Change" model at the January meeting. The council agreed.</p>	<p>Motion carried.</p>
<p>Adjourn</p>	<p>Sam made the motion to adjourn. Virginia seconded.</p>	