

**DATE:** January 12, 2016

**LEADER:** Sam Deweese

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

**RECORDER:** Caroline Beise

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	√					
Noah McCourt		√				
Becky Sorenson		√				
Eddie Tipton	√					
Virginia Wright	√					

Agenda	Activity/Discussion	Decision/Action
Call to Order	Sam called the meeting to order.	Approved by consensus.
Approve January agenda	The motion was made to approve the January agenda.	Approved by consensus.
Approve December minutes	The motion was made to approve the December minutes.	Approved by consensus.

**Membership  
Recruitment Update**

Several openings exist. We need consumers and a minority representative, among others. Discussed publicizing in the newspaper and on the county website. Members should encourage anyone interested to sit in on one of our meetings.

**Secretary Position**

Since no one stepped forward to fill this position, we decided to have a member volunteer each month to take notes.

**Topics and Guest  
Speakers for 2016**

- The following suggestions for topics and guest speakers were made:
1. Pastor Dan Carlson, a former policeman
  2. Someone from Prairie Care regarding the Pediatric Integrative Medicine Clinic
  3. New youth homeless shelter
  4. CAP agency
  5. NAMI
  6. Dr. Gary Freitas, licensed psychologist in Waconia
  7. Drug use in Carver County
  8. Transportation / WeCab

It was stressed that speakers address unmet needs of the county, in addition to what they do. Psychiatric nurse practitioner, Elizabeth Hopfenspirger, will be our guest speaker March 8<sup>th</sup>.

**Letter to the Board**

We decided to table discussion of letter to the Board till the February meeting.

**Roundtable Discussion**

Due to the news item about CSS, we were informed that other agencies are stepping in to help. Eddie handed out a list: "Peer Support Groups Related to Mental Health – Carver County" and asked for any suggested additions. Becky M. gave us a message from the Sawtells that they were sorry to have missed the December meeting, but a son was visiting from out-of-state.

**"Readiness to Change"  
by Dr. Eddie Tipton**

Eddie gave an interesting short talk on behavior change, along with three handouts: Stages of Behavior Change; Motivational Interviewing; and Transtheoretical Model.

**Adjourn**

Eddie made the motion to adjourn; Virginia seconded.

Approved by  
consensus.