

DATE: February 10, 2015

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
						Commissioner Randy Maluchnik
Caroline Beise	√		Alene Chelman	√		Diane Pagel, First St Clinical Dir.
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	Lisa G. called the meeting to order.	Approved by consensus.
Approval of Jan. Minutes	Ben made a motion to approve the January minutes. Eddie seconded.	Approved by consensus.

**Approval of
Feb. Agenda**

Ben made a motion to approve the agenda.

Approved by consensus.

**Guest Speaker,
Diane Pagel**

Diane Pagel, the new Clinical Director at First Street Center, gave us an overview of her background and experience, including over 14 years working as a psychologist in outpatient treatment settings and the director of the Four-County Crisis Team in Central Minnesota. She's been at First Street for five months, and has been working on creating a new vision of outpatient services. One of the priorities is to increase client access, as well as crisis-related therapy services. She hopes to continue and solidify relationships with the community and outside organizations, partnering internally and externally. Another goal is to increase services for children and families and provide more support and education for parents. In addition, Pagel would like to increase DBT (Dialectic Behavior Therapy) services, including a program for adolescents, to help them learn to work through their emotions and problem-solve. She would like First Street to specialize more in geriatrics, and, perhaps most importantly, First Street will need additional staff in order to make these goals actionable.

Part of her vision's Best Practices would streamline services so people do not have to wait so long to see a psychiatrist, and to provide more evening hours and perhaps even Saturday hours.

When asked if First Street is mandated to serve only Carver County, the answer was yes. Some counties will contract with providers within their county. One concern Pagel has is with the number of families (5-6, on average) and individuals (10, on average) First Street has to turn away each week (although it does refer them to other providers). With a larger staff and more clinic hours, these numbers could potentially decrease significantly.

<p>Guest Speaker cont.</p>	<p>Other areas wherein both First Street and mental health services in the county could grow and develop include improving the continuum of care, increasing children’s services (adult services are currently 30% ahead of children’s services in Minnesota), having more psychiatrists in order to reduce the five-to-six-month waitlist, and creating an ACT (Assertive Community Treatment) Team, and having an IRTS (Intensive Residential Treatment Services) in the area.</p> <p>Commissioner Maluchnik asked if Pagel has a Strategic Plan, along with benchmarks for measuring progress. First Street can talk about a center-wide strategic plan; each unit is currently talking about plans, and the center will need to discuss how it all comes together. They would like input from the LAC regarding current needs in the mental health community. The Center now meets quarterly, and might be able to develop a plan by the summer.</p> <p>The Commissioner also asked if there are people we’re not reaching. Ben mentioned that we would like to have more meetings with consumers and families of consumers such as we had the previous March. Maluchnik said we could ask Nick K., from the Commissioners’ Public Relations office, to help us advertise for such future meetings. There are no standardized, organized needs’ assessments done in the county, but the AMHI (Adult Mental Health Initiative) has been talking about it. We need to find multiple ways to get the word out about the need for feedback on gaps in mental health services in the county. In this respect, Ben gave the analogy of an “overflowing bucket” – that we need to start draining the bucket in order to see how much (or where) it is overflowing.</p> <p>Eddie commented that people in the county often don’t want to talk about mental health needs because of the stigma/shame, and therefore it can be hard to get a handle on statistics. Commissioner</p>	
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<p>Guest Speaker cont.</p>	<p>Maluchnik said that in his 25 years in Carver County, he’s noticed a change of heart in the next generation, that people are more open-minded and willing to talk about mental health issues. He said that dealing with the needs early will save a lot of time and effort on behalf of the county, as well as the toll on human life can be phenomenal. He said he is taking the issue of mental health seriously and he’s here to help.</p>	
<p>Letter to the Board</p>	<p>Ben asked how we increase the impact of our letter to the Board of Commissioners. It was decided to quote Pagel’s comment about how First Street is unable to serve all the people who come to its doors.</p>	<p>Ben will add an additional paragraph after the second paragraph to include this information. He will also include a footnote on Appendix A in order to explain the somewhat confusing brackets. Ben will send out a copy of the edited letter via email; LAC members should email Ben with any comments and their approval within two weeks.</p>
<p>Roundtable Discussion</p>	<p>Lisa G. mentioned the tax preparation service, Prepare and Prosper (formerly Accountability Minnesota), provided for free to people in lower income brackets.</p> <p>Eddie talked about the two volunteer organizations he’s involved in and how they go about spreading word about their agenda, with the thought that the LAC may want to follow suit; one way is to have a booth at the county fairs, including the Taste of Minnesota being hosted in Waconia.</p>	
<p>Adjourn</p>	<p>Ben made the motion to adjourn. Becky seconded.</p>	<p>Approved by consensus.</p>