

**DATE:** April 12, 2016

**LEADER:** Sam Deweese

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

**RECORDER:** Noah McCourt/Lisa Gjerde

COUNCIL MEMBERS			LIAISON MEMBERS			GUESTS
Name	P	A	Name	P	A	Name
Caroline Beise	√		Alene Chelman		√	Dr. Timothy Culbert
Sam Deweese	√		Michelle Faith	√		Dr. Theresa Gunderson
Lisa Gjerde	√		Melissa Hanson	√		Prairie Care Medical Group
Lisa Inman		√	Gary Norman	√		
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 April agenda	The motion was made to approve the April agenda; motion carried.	Approved by consensus.
Guests , Dr. Timothy Culbert and Dr. Theresa Gunderson, Prairie Care	Dr. Timothy Culbert and Dr. Theresa Gunderson from Prairie Care’s Pediatric Integrative Medicine Clinic spoke with us about their practice in pediatric mental health. They use an integrative approach to health care, using both traditional aspects of psychiatric medication and psychotherapy, and more non-traditional methods such as biofeedback, nutrition counseling, aromatherapy, acupuncture, and yoga, to	

<p><b>Guest speakers cont.</b></p>	<p>name a few. Their staff includes a variety of practitioners (psychotherapists, nutritionists, massage therapists, etc.) and together they conduct interdisciplinary team assessments on each client.</p> <p>Some of the most common diagnoses they see include ADHD, autism spectrum disorder, depression, anxiety, sleep disorders, and adjustment issues. One of the key skills they hope to teach each client is resilience: “the capacity to prepare for, recover from, and adapt in the face of stress, challenge or adversity.” An integrative medical and psychiatric model provides young people and their families with tools for physical, mental, emotional, and spiritual flexibility (resilience).</p>	
<p><b>Q &amp; A with Guests</b></p>	<p>Lisa G. asked whether insurance coverage for integrative medicine can be a barrier to receiving this kind of care. While it is true that some integrative practices are not covered, the majority of care by certified medical practitioners is covered as long as billed appropriately.</p> <p>Sam asked what majority of the clinic’s patients come from Carver County. The guests did not have a specific number, but thought it was less than 30 percent.</p>	
<p><b>Approve February and March minutes</b></p>	<p>The council reviewed the minutes and made a few corrections regarding March attendance. The motion was made to approve the February and March minutes, with noted edits, and was seconded.</p>	<p>Approved by consensus.</p>
<p><b>Discuss secretary position/duties</b></p>	<p>Although Noah has been filling in as interim secretary, no one member has been officially elected to the secretary position. Gary said that First Street Center support staff would be willing to type the monthly minutes, provided a member took legible notes and the minutes’ format was emailed to Gary. Noah explained that he would be busy beginning in May; Becky S. said she could take notes during the summer months, June-August. No permanent resolution was made at this time, but members agreed to volunteer throughout the year.</p>	
<p><b>Roundtable discussion</b></p>	<p>Lisa G. informed members of Mental Health Minnesota’s Recovery Conference on May 20<sup>th</sup>, and said she’d forward an email with conference information to council members.</p>	

<p><b>Finalize Board letter</b></p>	<p>Lisa G. reviewed the final draft of the Board letter, noting the edits that had been made since the March meeting. She asked that members email her any changes or additions, particularly to the “Continuing Education” section. Sam made the motion to vote online for approval of the Board letter so Lisa G. could mail it to the Commissioners within the next few weeks. Motion carried.</p>		<p>Approved by consensus.</p>
<p><b>Adjourn</b></p>	<p>Sam motioned to adjourn; it was seconded.</p>		<p>Approved by consensus.</p>