

## **Region V + Adult Mental Health Initiative**

**10:00 AM, Tuesday, March 1<sup>st</sup>, 2022**

This meeting was held virtually via Webex.

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### **Stakeholder Meeting**

Jeff Bowman welcomed 31 attendees to the Region V+ AMHI Stakeholder Group Meeting. He asked that each attendee share any gaps in service they are noticing and ideas on how we can provide assistance and support each other.

**Aaron Hautala & Heidi Lake, Strateligent:** Aaron & Heidi joined the meeting as observers to hear feedback on how the Region V+ AMHI website can better serve our Stakeholders.

**Alex Dominguez, Drop-in Center-Northern Pines:** Both drop-in centers are fully up and running. They are offering in-person and virtual meetings. Noticed gaps: Finding employment and housing. Housing is an overall struggle in the Region.

**Brook Kolstad, Peaceful Mind Mental Health:** In-person visits are offered in the New York Mills location. Otherwise, primarily telehealth counseling. Starting two support groups for LGBTQ+ population for individuals and parents.

**Carrie Burrell, Brainerd HRA:** No waiting list for Section 8. There is still a waiting list for the Bridges of Hope program.

**Eleanor Burkett, Central MN Council on Aging:** North Central MN Aging and Wellness Advocates event on April 20<sup>th</sup>.

**Sarah Glass:** This is Sarah's first meeting. She is excited to check out the collaboration of this group.

**Brian Teuber, Nystrom and Associates:** Working out of the Big Lake facility and wanting to keep the connection of this group. The Big Lake Facility is a 54-bed co-ed adult facility

**Jode Freyholtz-London, Wellness in the Woods:** Celebrating 9<sup>th</sup> anniversary this month. New things coming up in 2022: Looking at gaps including substance abuse recovery through Virtual Peer Support Network. Virtual Peer Support Network meets every day from 10am-4pm with an additional meeting Friday evening to focus on Substance Use Recovery. Also working with individuals coming out of incarceration.

**Kate Sullivan, Northern Pines:** Workforce shortage is heavy on their minds.

**Kim Shaefbauer, Northern Pines:** All offices are open for in-person and telehealth clients.

**Laura Stumvoll, St. Cloud VA:** Initiate Suicide Prevention Coalition. These coalitions are not ran by VA, but community driven. Rivers and Lakes Suicide Prevention Coalition has initiated in this region. If you are interested, please email Laura at [laura.kunstleben@va.gov](mailto:laura.kunstleben@va.gov).

**Leon Flack, UCare:** Currently in the process to hire care coordinators and care managers to work with individuals in community serving UCare members. The hope is to fill these slots in the first quarter. Looking to hire a housing specialist. Noticed gaps: housing is a significant issue.

**Liz Young, Hearth Connection:** Hearth Connection has gone through operational changes in the last year with bringing on a new Executive Director and contracted a new finance team.

**Melissa George-Humphrey, Leech Lake Band of Ojibwe Tribal Nation:** Leech Lake Band of Ojibwe Behavioral Health's main office is in Cass Lake, MN. Staff of 28, have 25 at Cass Lake location, 3 staff in Twin Cities location. Just brought on a PHD level professional. Right not focusing on making Leech Lake dementia friendly. For anyone interested please share job opportunities found here:  
<https://www.llojibwe.org/jobs/llojobs.html>

**Michael Steinbeisser, Todd County:** Fully staffed right now.

**Michele Fournier, Lutheran Social Service:** Provide housing stability and case management services. Looking for referrals from Region V+. Referrals can be sent directly to Michele via email [michele.fournier@lssmn.org](mailto:michele.fournier@lssmn.org).

**Nathan Bertram, Crow Wing County:** Safe Talk Suicide Prevention on March 8<sup>th</sup>. Danielle will send flyer to group. PLEASE NOTE THIS EVENT WAS CANCELED.

**Kevin Edwards and Michelle Winter, Northern Pines-ACT Team:** 15<sup>th</sup> year of ACT Services averaging 6,500 visits/year. There is a lot of contact with individuals in our Region. Most meetings are in-person. Navigating through DHS's new ARMHS and ACT requirements. Kevin is offering to provide an informational meeting about ACT to teams.

**Rick Jackson, Northern Pines- MCO:** Providing services via telehealth and in-person as needed.

**Nikki Rickie, Safe Harbor:** Safe Harbor has been steady and consistent at 80% capacity since January. Looking for MH Professionals in organization.

**Sean McMoore, Ellie Mental Health:** Ellie Mental Health is going national. 15 locations throughout Twin Cities and Greater Minnesota. Looking to open locations in St. Cloud, Cottage Grove, and Eden Prairie. Looking to hire individuals of variety responsibilities. Looking to be a mental health resource for people, also looking to spread the word on people looking to work in the mental health field. Any questions, you can reach Sean at [sean@elliementalhealth.com](mailto:sean@elliementalhealth.com).

**Sera Aker, Nystrom & Associates:** Hired a few providers. Upcoming program included here:  
<https://www.nystromcounseling.com/wp-content/uploads/perinatal-psychiatry-what-to-expect.pdf>

**Tami Lueck, Crow Wing County:** Gaps notices include over 65 population and lack of access to insurance. Looking for two positions that are opened until filled. You can find them on the County website.

**Tiffany, Crisis Line:** Currently have 40 individuals managing 24/7 line. Slight decrease in calls. More children, teens, and females primarily focusing on suicide, family matters, and depression.

**Jeff Bowman, Morrison County:** Name change to Health and Human Services Department. Multiple retirements causing for several staffing changes taking place.

**Gary Sprynczynatyk, Blue Plus:** Blue Plus continues to support the virtual telehealth services (virtual and telephonic). With DHS - they are encouraging providers who wish to continue to perform telehealth services to **complete the 6806** rather than the 6806A. That way, they will be set for go forward

rather than just temporarily performing the services. There is more information on the provider news page on the MHCP website.

<https://mn.gov/dhs/partners-and-providers/news-initiatives-reports-workgroups/minnesota-health-care-programs/provider-news/> (5<sup>th</sup> bullet down as of today)

Submit eligible procedure codes that would have been used if the services were performed face-to-face with "place of service" 02.

- **Doctor on Demand** = Telemedicine provider for direct-to-client services. Provides access to medical, MH providers via video conferencing for either a small fee or at no cost. Medical care visits are available 24/7 and MH visits are available by appt. from 7am to 11pm 7 days/week. <https://www.doctorondemand.com/bcbmn>
- **Learn to Live** = On demand, self-paced, Cognitive Behavioral Therapy (education program vs. medical treatment) for ages 13 – 64, any device, for Anxiety & Worry, Stress, Depression, Insomnia, Social Anxiety and Substance Use. <https://learntolive.com/blueplus>

Contact Gary as appropriate: 763-355-7699 [gary.sprynczynatyk@bluecrossmn.com](mailto:gary.sprynczynatyk@bluecrossmn.com)

**Kathy Hallbeck, Consumer Representative-Aitkin County:** Challenges recognized throughout the region: Lack of Children Mental Health Services has been a gap, Transportation is a concern with pricing of gas going up.

Meeting cadence:

- The Stakeholder Group would like a hybrid option offered as meeting in-person can be very challenging. Virtual allows flexibility.

Do we want to resume Housing group meetings?

- Back in 2018 the below categories were designated as the four areas of focus regarding continuum of care.
  - **Website mapping**
  - **Increase capacity**
  - **Housing stabilization model**
  - **Emergency housing with case management**
- There is room to change these categories if needed. We will want to consider the results from the Greater State of Mind Project
- The Stakeholder Group suggested meeting as a large group and establishing breakout sessions for each workgroup and come back together at the end of the

meeting. Zoom is a great platform for workgroups. It provides live survey/poll feedback.

**Upcoming Events/Reminders**

- Our regional website is located at [www.region5mentalhealth.com](http://www.region5mentalhealth.com). Please notify Danielle if you have an event you would like added to the event calendar.

===== **Upcoming Meetings:** =====

The next AMHI Region 5+ Stakeholder Meeting will be held on Tuesday, June 7th, 2022. Time and location (in-person or virtual) to be determined.