

Region V+ Adult Mental Health Initiative

9:00 AM, Tuesday, October 4th, 2022

This meeting was **hybrid**. Individuals joined in-person at Sourcewell in Conference Rooms 3 & 4 and virtually via Microsoft Teams

Executive Committee Meeting

Executive Committee Members Present: Tami L, Britne H, Nathan B, Kim L, (in person); Michael S, Jeff B, Tammey S, Nichole S, Melissa GH, Kathy H (virtual)

Others Present: Mike W. (filling in)

Convene: Jeff called the meeting to order at 9:01am.

Minutes of 8/30/22: Tammey moved to approve; Britne seconded. Motion carried.

9:00 am- Public Comments: none

Reports

- **Fiscal Host Report** Tami shared the fiscal host report.

10:00am-10:45am Regional Transition Specialist Update- Mike Willie – Mike presented his report and offered conversation on AMH Case Manager meetings.

11:00am-11:45am Nystrom Counseling Report- Sera Aker & Laura Novitsky

- Goals you are working on for the initiative: ICTS – serving as many clients as we can; getting them in and transitioning them to ARMHS. Serve clients in a timely fashion. Get on MA, transition to ARMHS as soon as possible.
- Your visions for the future year/ 5 years: would like to see more admin time added for paperwork. Rates have not been increased in 6-10 years. Difficulty recruiting and retaining staff. Requesting consideration of a higher rate to address acuity of the clients and extra effort taken to engage clients. Laura will report back to us with the requested rate increase.
- Things that have gone well: have been able to increase the size of the ICTS team. Currently have 8 staff able to serve clients in ICTS. Additional collaboration with CRE staff, COs, and discussion about appropriateness of referrals to ICTS vs other services. Strong leadership and good team in the Baxter site. Maintaining same practitioner from ICTS to ARMHS.
- Challenges/struggles: staff retention, reimbursement rate. Client's seeming to be more acute. More struggles with fewer resources. Fewer places to refer with longer wait times. Higher rate of burnout due to challenging clients.
- What we could do to further support you: approved an additional \$30,000 of ICTS for Nystroms. Laura will report back to Tami regarding projections for next year's budget. Collaboration in the region is great! Additional funding as requested.
- Ideas you have or other topics you would like to discuss with the committee. We expressed appreciation for partnership with Nystroms. Discussed potential places where ICTS could receive early intervention referrals.

1:00am-1:45am Lake Country Associates- Shawn Anderson & Tami Leigland

- Goals you are working on for the initiative: Currently working to expand their OP office in Menahga. ARMHS program working out of that community. Traveling with ARMHS in the northern parts of Cass County as well.
- Your visions for the future year/ 5 years: continue to grow in the areas they are currently serving.
- Things that have gone well: High quality staff. They have had success in helping practitioners develop and go to school to become therapists.
- Challenges/struggles: struggles with lack of increase in rate for the last number of years. Mileage/transportation is an ongoing barrier
- What we could do to further support you: spreading the word that the rate for ARMHS is not sustainable. Mini grants through the AMHI have been beneficial. Peer support specialist trainings have been difficult at times. AMHI offered that if they identify a peer that they would like to send and need funding they could submit a letter requesting funding.
- Ideas you have or other topics you would like to discuss with the committee. Discussed that any efforts to limit the administrative requirements when possible is appreciated.

2:30pm-3:15pm New Leaf- Cre Larson & Becky Zidarich – did not show

Other Business:

- **Refractions IRTS facility update** – Jeff offered that they attended the last scheduled meeting following an email from Danielle. They are planning for mid-October for an opening date. They are working to update their referral forms. They are currently not desiring the additional funding that the AMHI has offered; they are utilizing business loans at this time. They have another meeting with them scheduled for Monday 10/10/22 @ 10am.
- **Mini Grant status update** – The team has met about a month ago reviewed the applications. There are a couple applications that needed to be clarified. The majority of the requests were approved. One was denied and a couple needed additional information. Danielle offered that the approved mini grants have been sent out for signatures.
- **Regional LAC discussion** – Kathy offered that the turn outs have been difficult with virtual and perhaps had better turnouts with in-person. The current set up has been difficult with the links. Kathy thinks that education about what the LAC is will help along with consistent virtual meeting links that anyone can access. Kathy is also hoping for additional coordination with other LACs in the region. Tami suggested perhaps having the Regional LAC meeting at Sourcewell on the same day as the AMHI meeting. Tami suggested having an established Zoom account that could be paid for by one of the entities. Tami and Kathy would like a group to come to the November AMHI meeting. Kim offered that at a State AMHI/CSP meeting a presenter offered the idea of having a FTE in charge of the LAC. Suggestions about developing purpose for the regional LACs. Reviewed minutes from the previous LAC meeting.
- **Regional Mental Health Coordinator Position Update** – Mike W. offered update on the position that we had offered the position to the 2 finalists, but they declined. We are restarting the interview process. The AMHI offered to review anything that may make the position more appealing. We discussed that the position seems solid, just need to find the right person.
- **Discussion of the AMHI grant** – ideas were discussed regarding potential thoughts for the

grant dollars. \$88,052 for 22-23 and \$89,000 for 23-24. Total \$177,052 for both years. Discussed virtual meeting technology, additional time/funding for the AMHI coordinator, possible vehicle for transporting clients, renovations for the potential crisis center.

Workgroup Reports:

- **Website-** Danielle, Tammey, Jeff, Melissa, Kathy – The team met recently with web designers and reviewed a draft of the website. Initial thoughts were that it looked good but possibly skewed to a younger crowd. Suggested to make the photos more representative of the population served. Potential live date of 11/01/22.
- **Supportive Housing-** Nathan, Michael, Tammey, Danielle - Tami stated that they are attending the monthly meeting at White Oaks. They have had some staffing changes. Reduction in police reports. Currently have openings for 5-6 people. There have been some approvals from LSS but lags from Central Minnesota Housing Project. LSS is being mindful of who they are bringing in and making sure the people are focused on recovery. LSS seems to be doing a good job of providing support.
- **Survey-** Michael, Danielle, Nathan, Kathy – no updates. Follow up with Danielle
- **Performance measures/goals-** Tami, Kim, Danielle – Did meet on performance measures. Questions that are brought back to providers. Always tweaking goals/measures a bit. Overall, no significant issues. NP Case management numbers are low, not seeing projected increases. Case management may not be being used for uncompensated care as the AMHI is wanting. Need to discuss more. Discussed adding a potential topic about crisis grant.
- **Uninsured Case Management/CCBHC-** Tami, Kim, Danielle – discussed potentially stepping away from this in the future. Current caseloads are sitting at about 11-14 and only 1-2 clients being billed. We believe that currently people are covered under the CCBHC. 15,000 currently in budget 1,800 currently billed. Northern Pines is meeting with the AMHI on 11/01/22. Discussed letting Northern Pines know that we are planning to end this budgeted area in 2023 but we can discuss more at the November meeting. Tami will connect with Danielle later to discuss specific budget expenditure over the past couple of years.
- **Transition Specialist-** Michael, Britne, Tami – see above report
- **Comprehensive Re-entry-** Tami, Jeff, Nathan, Kim, Britne – Meeting on Oct 18th 2-3:30 in Crow Wing County room 31A. Danielle has an agenda in the invite. Please try to attend and encourage CRE staff to be there.
- **Community Education-** Danielle, Jeff, Britne, Melissa – no current update. Discussed if this committee is still needed as it has not been active recently. Discussed potential trainings that this committee could organize including assist training. Alternatives to guardianship, burnout training for providers. Kathy asked about potential mental health crisis response training for hospital/ER staff.
- **Acute Care and IRTS Services/Inpatient Capacity Building -** Nathan, Kim, Michael, Kathy, Danielle - Discussed Refractions opening middle of October. Inpatient beds needed. Discussed that we should talk with Northern Pines at the next meeting about their new crisis center and possibly moving to 24/7 sooner than projected, which is

currently 2023.

- **ICTS-** Nathan, Michael, Tammey – See previous discussion with Nystroms for ICTS. Review after the information regarding updating the rate is submitted by Laura. Discussed potentially having a higher rate during the first 90 days.
- **Hospital Collaboration-** Kathy, Nathan, Danielle, Tammey, Britne
Potential name change- advisory group for Regional Mental Health Coordinator. – no updates. Currently, individual counties are attempting to have meetings with their local hospitals. Kathy would be willing to discuss ideas with the hospitals in the region but has struggled with access.
- **Mental Health Media Campaign-** Tami, Kim, Kathy, Michael, and Danielle – Met in the past month and are looking to allocate dollars for messaging. Newspaper and radio ads being looked at for Thanksgiving and Christmas times. Danielle is talking with Strateligent. Possibly will reuse some of the media from the previous campaign. Discussed the Facebook page. Responses for messages to the Facebook page were discussed.
- **988 Rollout:** Britne, Kim, Jeff, Tammey, Kathy, Danielle – Discussed the previous meeting and plan to have recurring monthly meetings to help transition 988 in our region. Discussed strategies to coordinate resources between 988 and Crisis Line. Discussed coordination of services between all three entities. Next meeting is the end of this month.
- **Peer Support:** Tammey, Nichole, Kathy, Britne, Tami, and Julie – Met with Shelly White. Jody trains her staff but they are not fully certified until they go through the state training process. Kathy discussed classes for peers exist that could train peers to facilitate groups. Discussed options to have peers provide services in the ER. Potential support for peers through AMHI funding. Discuss in November if we want to offer scholarships for the trainings.

Upcoming Trainings/Events:

Adjourn: Michael moved to adjourn, and Nathan seconded. Adjourned at 3:10.

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

The next AMHI Region V+ Executive Committee meeting will be held on Tuesday, November 1st, 2022 from 9:00am-3:00pm.

===== **AGENDA and Meeting Location** =====

To add an item to the agenda or to address the committee during the discussion of an agenda item, please make prior arrangements with the Chair or Coordinator. The Public is invited to participate in the "Public Comment section" of the meeting.

Currently, all Executive Committee meetings are hybrid. Workgroup meetings will be virtual unless otherwise noted. Reach out to Danielle Wadsworth (danielle.wadsworth@sourcewell-mn.gov) for the link to connect. ALL meetings are open to the public.