

**Region V+ Adult Mental Health Initiative**  
**9:00 AM, Tuesday, November 1<sup>st</sup>, 2022**

This meeting was **hybrid**. In-person attended at Sourcewell in Conference Rooms 3 and virtual attendees via Microsoft Teams (link below).

**Executive Committee Meeting**

**Executive Committee Members Present:**

Jeff Bowman	Morrison County
Rebecca Pearson	Aitkin County
Kim Larson	Aitkin County
Britne Haasch	Wadena County
Nathan Bertram	Crow Wing County
Tami Lueck	Crow Wing County

*Virtual*

Michael Steinbeisser	Todd County
Nichole Schultz	Consumer Representative-Todd County
Kathy Hallbeck	Consumer Representative-Aitkin County
Cody Coyle	Cass County

**Others Present:**

Danielle Wadsworth	Sourcewell, AMHI Coordinator
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**Convene:** 9:05am

**Minutes of 10/4/22:** Kim Larson motions to approve the minutes from the October 4<sup>th</sup>, 2022, Region V+ AMHI Executive Committee Meeting. Britne Haasch seconds. No further discussion. All in favor, none opposed. Motion carried.

**9:00 am- Public Comments:**

Kathy Hallbeck shared awareness around resources at public libraries. Regional LAC is doing QPR Training at a public library. Library has a lot of individuals coming in with Mental Health Challenges and/or in crisis. Reach out to local libraries to provide resources so these individuals can have awareness of what is available to them.

**Reports**

▪ **Fiscal Host Report**

- Waiting on Horizon Health, Bridges of Hope, and WITW for their Mini Grant invoices.
- Nystroms: \$30,000 moved from innovative projects previously. A request to move an additional \$25,000 from Innovative Projects to Nystroms ICTS.

Kim Larson makes a motion to approve. Britne Haasch seconds the motion. No further discussion. All in favor, none opposed. Motion carried.

- Wellness in the Woods: The peer support they are doing is coming from the Peer Support itemized line on the budget.
- Innovative Projects: \$40,000 remaining
- Safe Harbor will need additional dollars (potentially \$30,000) and Nystroms will

need some additional dollars. This will bring us really close to expending most of our remaining dollars.

- Todd County: Requesting to move dollars from Brass Code 493 to support initial time for TIDA Social Worker.

Tami Lueck makes a motion to approve \$26,875.00 for Todd County TIDA. Kim Larson seconds the motion. No further discussion. All in favor, none opposed. Motion carried.

- ACT: We will want to make sure Northern Pines ACT is aware of how to request dollars for 2023.

### **AMHI/CSP contract**

AMHI Grant will be the same as previous two years. Tami Lueck will be reaching out to Counties to make sure budgets align.

Tami Lueck read through the CSP requirements to make sure we are meeting their requirements.

- **AMHI FMAP:**

Dollars will be used to support Meeting Owl Video Conferencing in each County, ASSIST Trainings, AMHI Coordinator full-time. This funding will be granted for a two-year cycle.

### **9:00am-9:45am Northern Pines- Laura Vaughn, Kate Sullivan, Kim Schaeffbauer (in-person)**

- *Goals you are working on for the initiative:* working with 988, then warm handoff to MCO, resulting to a smoother transition. Urgent Care Center in Brainerd, MN: hoping to expand to other locations over time. The Urgent Care Center takes walk-ins. Hoping this will replace some of the ER/Hospital calls. They will accept individuals from the entire Region V+. Northern Pines would like it to be an all-encompassing service including transportation. MCO partnering with Crow Wing County law enforcement.
- *Your visions for the future year/ 5 years:* Expansion of SUDS, increasing staffing in schools, colleges/universities, paid internships, grants (everyone's looking to expand), Crisis Response Expansion (as mentioned above). Island on Bay Lake- Bay Lake Retreat Center. They are needing ACA accreditation and are looking to do respite (not 100%) of the time.
  - Key differences between Crisis center vs MH Center: Mental Health Crisis, a place to come that isn't the Hospital. It will look different than an ER. It will be more calming, deescalating, determine ongoing supports they would need, work with care coordinator, assist with finding beds, hoping to partner with ER for medical reason, will have psychiatrist for individuals needing medication.
- *Things that have gone well:* SUDS in four locations, continue using hybrid model for services to meet the needs of client's preference. Safe harbor is doing well. They passed audits with flying colors. New ARMS program supervisor, Nick Demmel.
- *Challenges/ struggles:* Drop-in Center with a very different cliental. There has been a significant increase in attendees (from 15 to 30/35 individuals). There is a Peer on board. Staffing is a struggle across the board. All programs are accepting referrals.
- *What we could do to further support you:* TCM Contract- Could the money be shifted to another program? A conversation to continue to have and let NP know. Continue to keep this on agendas in the future to continue discussion.
- *Ideas you have or other topics you would like to discuss with the committee:* Really appreciate the relationship.

### **10:00am-10:45am Lutheran Social Service- Jaime Stampley & Kori Busho (in-person)**

- *Goals you are working on for the initiative:* Improved relationship with Todd, Wadena, and Morrison Counties. Looking to gain referrals for Mental Health Initiative for HOPE Housing. Expanding outreach and education opportunities. White Oaks has 5 vacancies, increase attendance at activities and tenet meetings. Building relationship with CMHP. Working on transportation, potential food shelf partnership, dental office partnership (like sister location in North Branch).
- *Things that have gone well:* Success stories from residents show the benefit this program brings to residents. Have decreased police calls and built a stronger relationship with law enforcement at White Oaks. Have increased landlord recruitment to build relationships with landlords. For the first time staffing is full. Residents are gaining trust with staff.
- *Challenges/ struggles:* Referrals from counties- need a working relationship with all counties in the Region, figuring out CMHP eligibility criteria, vacancies is a challenge.
- *What we could do to further support you:* Increasing funding for activities at White Oaks, CMHP provides pooled funds for furniture etc. Tami Lueck did mention the expenses can be used for activities. Danielle Wadsworth will rework the contract to include additional services for 2023. Hired a billing specialist that will be well versed to support this service. More referrals. Kori Busho is going out to meet with Counties while also sharing other resources. Work with Region V+ AMHI and Directors to put together a meeting with LSS.

#### **11:00am-11:45am Wellness in the Woods VPSN- Jode Freyholtz-London (in-person)**

- *Goals you are working on for the initiative:* Looking to become RCO certified. 1. Currently have 50 staff across MN. Greater MN makes up most of the attendee population (only 3 in Metro). 2. WRAP in state prisons. How can we use peers in the jails-working through this? 3. Diversity trainings: offering trainings across MN encouraging diverse community to be a part of Peer Program.
- *Your visions for the future year/ 5 years:* Expanding the diversity piece will be important, enhancing Peer Training and continue working with DHS to build a MN owned curriculum.
- *Things that have gone well:* Celebrating 10 years! leading paint-a-longs with artists, native American sessions, connection with BLADE has been successful, kept up with credentials for WRAP Trainings. Diverse individuals teaching about their culture. 95% retention rate for staff all of which are individuals living with mental health challenges.
- *Challenges/ struggles:* DHS contract negotiation is taking a while, continuing to learn who is a good fit in this organization.
- *What we could do to further support you:* Invite Jode to Peer Support workgroup and continuing overall support.
- *Ideas you have or other topics you would like to discuss with the committee:* Support for Seniors and trainings and break down the stigma for farmers.

#### **1:00-1:30pm Selander Coaching and Consulting- Arlene Selander**

- Anchor Box Workshop update- Mini Grant funding
  - Shared content boxes
  - Reached out to CLC to see if she would want to host a class
  - Boxes have been ordered (total of 25)
  - Hoping to make it educational (similar to Make it Okay)
  - Idea is to use it until the individual no longer needs the box and that individual can pass it along to someone that is in need.
  - Arlene will reach out to Wadena and Todd Counties DIC
  - Timeline for workshop in between Thanksgiving and Christmas

#### **1:30-2:00pm LAC Discussion- Jode Freyholtz-London, Reina Irvine, Janet Karnes**

Jode has been elected as the new chair for the Regional LAC.

Getting a commitment for people to attend has been very difficult.

Their reach out includes an email list of 50+ individuals.

How can we continue to keep the communication open between the Region V+ AMHI and LACs? Kathy Hallbeck has been the person in this position up to this point. Is there any way to expand on this or other ideas?

Working on an informational brochure to share out in the community

Brainstorming Ideas to help individuals attend:

- Hybrid options: are we making it easy to connect virtually?
- Attend Stakeholder Meetings to provide an update and awareness
- Quarterly Meetings for Regional LAC updates- help hold us accountable to work through the gaps and needs of consumers. Danielle Wadsworth will forward the next Stakeholder Group meeting invite.
- Will use Danielle Wadsworth's email for the email contact for LACs.
- Provide a permanent Zoom link for attendees to use and make sure there are several individuals that have access to start the meetings.
- First twelve volunteers will receive a stipend for Regional LAC meetings. This will change as attendance increases. For the Stakeholder Meeting in December 2022 any Regional LAC reps can receive a stipend.

### **2:00pm-2:45pm Refractions- Molly Pena & Jen Page**

- *Goals you are working on for the initiative:* connect with a County Liaison to provide housing and provider connections in their areas. Working to have an opening for the IRTS Facility sooner than later. Staffing the facility has been the biggest struggle. Refractions is working to find quality individuals. Their goal is to reduce hospital visits by providing supports in the community and at home. Will be meeting with Providers in the different communities over the next week. This includes Adult Foster Care homes.
- *Things that have gone well:* Person centered, not a locked facility,
- *Challenges/ struggles:* Fully staffing the facility has been difficult,
- *What we could do to further support you:* Danielle Wadsworth will send a list of who they can contact including Mike Willie and Jen Froderman and County Case Managers.

### **Other Business:**

No further business.

### **Standing Business:**

- ICTS
  - Waiting for Laura Novesky to get numbers to Tami Lueck
- Supportive Housing:
  - Burgstaler Board and Lodge has transferred ownership.
- Survey
  - Danielle will send Survey to Executive Committee and LACs

### **Workgroup Reports:**

- **Website & Mental Health Media Campaign-** Danielle, Tammey, Jeff, Melissa, Kathy, Tami, Kim, Michael

November 7<sup>th</sup> go-live. Strateligent sent a proposal.

Kim Larson makes a motion to approve up to \$13,000.00 for the Holiday Media

Campaign before the end of 2022 calendar year. Tami Lueck seconds the motion. No further discussion. All in favor, none opposed. Motion carried.

- **Performance measures/goals**- Tami, Kim, Danielle, Rebecca  
Look for a doodle poll for this workgroup. Include Nathan Bertram.
- **Transition Specialist**- Michael, Britne, Tami  
Our program was going to be highlighted in a report to the Legislature. Nathan Bertram is sending out a survey to the Executive Committee.
- **Comprehensive Re-entry**- Tami, Jeff, Nathan, Kim, Britne  
Work group met with CRE Workers. Next step is putting together a survey for inmates, a stakeholder survey annually, Tami Lueck sent out some training information. Using assessment tool consistently. Peer support in jails.

Long-term next steps are to meet twice a year with CRE workers.

Danielle Wadsworth will build out surveys via Survey Monkey.

- **Acute Care and IRTS Services/Inpatient Capacity Building & Hospital Collaboration**- Nathan, Kim, Michael, Kathy, Tammey, Britne, Danielle
- **988 Rollout**: Britne, Kim, Jeff, Tammey, Kathy, Danielle
  - Cre Larson was absent. Will reach out directly to remind the importance of her attendance.
  - MCO hasn't received any calls from 988.
  - Consumer feedback has been great on the 988 number.
- **Peer Support**: Cody, Nichole, Kathy, Britne, Tami, Danielle, and Julie  
Remember to keep Jode Freyholtz-London on the list of resources and bring in information. Northern Pines and Lake Country and Associates are other great resources using Peer Support in a traditional sense.

There is time for a Peer Support Training to be paid in 2022 but scheduled in 2023.

Danielle will pull this workgroup together again.

**Upcoming Trainings/Events/Community Education:**

SUDS training will be presented at December 6<sup>th</sup> Meeting.  
Co-Response Training Level 1 and Level 2.

**Adjourn: 3:40pm** Nathan Bertram motioned to adjourn. Rebecca Person seconds the motion. No further discussion. All in favor, none opposed. Motion carried.

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

The next AMHI Region V+ Executive Committee meeting will be held on Tuesday, December 6<sup>th</sup>, 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.

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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](mailto:danielle.wadsworth@sourcewell-mn.gov)) for the link to connect. ALL meetings are open to the public.