

Region V+ Adult Mental Health Initiative
Tuesday, October 3rd, 2023

This meeting was held **hybrid**. In-person at Sourcewell in Conference Rooms 3 and virtual via Microsoft Teams.

Executive Committee Meeting Minutes

Executive Committee Members Present:

In-person:

Kathy Hallbeck	Consumer Representative, Aitkin County
Jeff Bowman	Morrison County
Kim DeCock	Todd County
Rachel Zetah	Crow Wing County
Britne Haasch	Wadena County
Rebecca Person	Aitkin County

Virtual:

Melissa George-Humphrey	Leech Lake Band of Ojibwe Tribal Nation
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Others Present:

In-person:

Danielle Wadsworth	Region V+ AMHI Coordinator, Sourcewell
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Virtual:

Destiny Tinnes	Regional Suicide Prevention Coordinator, Northern Pines
Nancy Euteneuer	Regional Mental Health Coordinator, Sourcewell

Convene: 9:01am

Minutes of 8/29/23: Jeff Bowman made a motion to approve the Region V+ AMHI Executive Committee Meeting minutes from August 29th, 2023. Kim DeCock second the motion. No further discussion. All in favor. None opposed. Motion carried.

9:00 am- Public Comments: No comments

10:00am: Clubhouse International Training – discussion with Jode Freyholtz-London:

Jode Freyholtz-London joined the meeting in person.

Britne Haasch gave some background on this subject sharing the Region V+ AMHI has a heavy focus on Peer Support over this two-year grant cycle. One area our region is challenged with is getting our Drop-in-Centers ready, up and running, and sustaining. We are asking Jode for advice.

Jode shared it helps to focus on what brings individuals to Drop-in-Centers? Some of these things include:

- Fundraisers: Brings people out in the community explaining who they are and what they do.
- Events sent out in calendar form to the Region. This includes events like county fairs, garage sales, chili cook off, trips to Brainerd, events with food shelf, food, crafts, bingo with prizes.
- Wi-fi accessibility
- Stay away from focusing on therapy and another group for individuals to see.
- The Shop is a great resource to consider.

- All Peer Network- brings peers together to network. This program will be expanded under new legislation.
- Supporting Peers through collaboration on training requests, mentorship, CEUs
- Work with employers to understand the importance of working with peers and understanding cultural barriers.
- Make sure we are remaining Peer focused. Ask peers what they want to do and then bring it to them.

Barriers include:

1. Funding: Some Drop-in Centers are funded by Regional AMHI (BCOW) and some are funded by the County.
2. Members/Outreach: Retaining and attracting individuals. Advertising is helpful but more important is the follow up. It takes time and energy.
3. Location: Find a location that's easy to access.

11:00am: Regional Transition Specialist Update- Mike Willie:

Mike Willie joined the meeting in-person and provided his update.

There has been increase with DNMC days related to one individual trying to find placement. MSOCS screened the individual and denied them.

Mike is receiving, on average, one referral per week. This will track to 70 cases by the end of the year. Currently serving 31 individuals. He reported there is a slight increase serving individuals in State Hospitals.

AMH Case Manager Meeting on Tuesday, October 10th with Kathy Hallbeck, Jeff Bowman, and Britne Haasch attending for a panel discussion.

Mike presented at the MACSA meeting about his Regional Transition Specialist position. Matt Frieman mentioned more coming ahead from DHS providing a regional position working in the hospitals. Blue Earth County did a pilot and had to quickly shut it down due to the immediate influx in responsibility and not so much support. This was to support individuals stuck in the ED and help them transition out of the ED. Mike mentioned this level of support in the jails instead of the hospital would be better. This is tricky due to not having enough information to do this all. We need to collaborate with the doctors, case managers, and know what their plan is.

The presentation was well received.

BCOW hired an individual for this role.

Reports

▪ **Fiscal Host Report**

- Counties request dollars if you haven't yet. If you are not going to use your dollars, let us know and we can work to have dollars reallocated.
- \$30,000 hasn't been used for Refractions-IRTS
- Targeted Case Management dollars are under spent.
- Peer Support will be presenting a request for training funds but there could be left over dollars.
- Extra dollars could be used for Drop-in Centers/Clubhouses
- Lake Country Associates- Danielle will check to see if they know how and what to bill for ICTS. We will submit the September 2022 invoice. Danielle will send Britne the invoices submitted.
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- Mental Health Federal Block Grant
 - Commissioner Harpstead Letter
 - The Executive Committee agreed there could have been more front-end work and would like to move forward with sending this letter.
 - Last paragraph: Where did these dollars go? How were they used?
 - NAMI is speaking loudly about this too.

- FMAP/CSP
 Dollars available for mini grants is **\$43,627.00**.
 We will get final numbers for ASIST Train the Trainer and SAFE Talk from Destiny. (See attached).

Other Business:

- **Regional LAC Update**
 - Jode stepped down from chair, Reina stepped in as interim.
 - Holiday Party planning committee has been established to work through a regional Holiday Party.
 - In-person meeting at Crisis Line and Referral in November with hybrid options.
 - Nominations/elections are taking place over these next two months.
 - The Regional LAC is interested in putting together a planning session to gain goals and scope and mission.

- **Consumer Representative Application Update**
 - Sent application to two interested individuals. No applications have been submitted.

- **Mille Lacs Band of Ojibwe contact**
 - Danielle will reach out to Jode Freyholtz-London to see if we can connect with the Mille Lacs Band of Ojibwe Tribal Nation representative she is working with for Wellness in the Woods-Virtual Peer Support Network.

- **Consumer Claim Form**
 - Danielle updated the consumer claim form and sent to Kathy Hallbeck. Kathy will use the updated form and provide feedback as needed.

- **ASIST Train the Trainer vs SAFE Talk:**
 We received feedback to consider SAFE Talk along with ASIST Train the Trainer. Destiny Tinnes provided links and documents for further information and data regarding both trainings. (See attachments for more details) Below is a high level outline.
ASIST Train the Trainer:
 - ASIST Train the Trainer is scheduled. Destiny Tinnes has held off advertising this publicly until October 19th, but we are able to register now. Make sure you are signing up for this by October 19th.
 - The training is scheduled for November 16th and 17th 8am-4pm both days at St. Joseph's in Brainerd, MN.
 - The training has a 10-participant capacity.
 - LivingWorks is the agency providing the training
 - The agency stated it will be a 12-week turnaround from initiation to hosting the training. This means we will need to decide to move forward with this training by December.
 - Bring this forward to the December Executive Committee Meeting
 - The trainings is 2 days & 8 hours each day intervention work. It is more intense than

SAFE Talk because individuals are considered the safe person making the requirements higher.

SAFE Talk:

- 4 hour in person training. The training is less extensive as the trained individual can help others get to the safe place or safe person.
- Anyone is able to be trained in SAFE Talk

We will continue to discuss this in upcoming meetings to determine the best route to take. Executive Committee will bring this back to their individual counties to see how best to move forward.

▪ **Housing Capacity Barrier workgroup recommendation**

Workgroup met to provide a recommendation and quickly realized the list is long and the workgroup will need to know how many dollars are available for this workgroup to leverage. This will help the workgroup moving forward with a prioritization for use of funds with hopes to have a recommendation brought forward at the next Executive Committee Meeting.

▪ **Mini-grant application review and decision: See mini grant spreadsheet for more details (attached)**

- **Artesian Homes**
Jeff Bowman makes a motion to approve \$4,060.99 mini grant for an entrance ramp. Rebecca Person seconds. No further discussion. All in favor. None opposed. Motion carried.
- **Horizon Health**
Rebecca Person makes a motion to approve \$4,799.98 mini grant for iPads and internet fee as long as it falls within the guidelines of the grant. Jeff Bowman seconds. No further discussion. All in favor. None opposed. Motion carried.
- **Lake Country Associates**
Kathy Hallbeck makes a motion to approve \$6,293.74 mini grant for therapy room renovation. Jeff Bowman seconds. No further discussion. All in favor. None opposed. Motion carried.
- **Lakewood Health Systems**
Kim DeCock makes a motion to approve \$4,763.00 mini grant to create a comfortable and connected space for boarded patients in two ED rooms. Kathy Hallbeck seconds. No further discussion. All in favor. None opposed. Motion carried.
- **MAHUBE-OTWA**
Jeff Bowman makes a motion to approve \$7,375.00 mini grant to create an intake room at new location serving low-income individuals with person-centered services. Kim DeCock seconds. No further discussion. All in favor. None opposed. Motion carried.
- **Mid Minnesota Legal Aid**
Rebecca Person makes a motion to approve \$10,000.00 mini grant for JusticeBus transformation to reach cliental in Region V+. Jeff Bowman seconds. No further discussion. All in favor. None opposed. Motion carried.
- **St. Gabriel's**
Jeff Bowman makes a motion to approve \$5,424.00 mini grant to update a psychiatric

room. Rebecca Person seconds. If full funding is not acquired by agency, funds will be returned to Region V+ AMHI. No further discussion. All in favor. None opposed. Motion carried.

- **LATE: Northern Pines Mental Health Center**
Jeff Bowman makes a motion to deny \$10,000 mini grant for remodeling Life Skills Center. Rebecca Person seconds. Mini grant application was submitted late with no budget to determine use of funds requested. No further discussion. All in favor. None opposed. Motion carried.

Standing Business:

- **ICTS**
- **Supportive Housing**
 - Refractors: we haven't had a lot of feedback outside of Morrison County sharing their biggest challenge is their discharge process.
 - LSS-White Oaks: Have open units. A little more flexible with accepting applicants. Down a staff member supporting day to day activities.
- **Survey**
 - Mental health provider: 21
 - Consumer: 18
- **CBHH involvement**
- **DHS involvement**
- **Onboarding/orientation packet**
 - Danielle presented what has been put together thus far. Executive Committee provided feedback that would be helpful and looks forward to an orientation being scheduled soon.

Workgroup Reports:

- **Website & Mental Health Media Campaign-** Danielle, Jeff, Melissa, Kathy, Tami, Rebecca, Kim
Danielle will pull workgroup together to put together a plan for a Holiday media campaign with Strateligent.
- **Performance measures/goals-** Tami, Danielle, Rebecca
Meeting request has been sent to the workgroup to review Q2 measures.
- **Transition Specialist-** Kim, Britne, Tami (Mike Willie)
No further updates.
- **Comprehensive Re-entry-** Tami, Jeff, Rachel, Rebecca, Britne
They had their first meeting last week. Region V+ AMHI are meeting with this group on November 28th.
- **Regional Mental Health Coordinator-** Rachel, Rebecca, Kim, Kathy, Britne, Danielle (Nancy Euteneuer)
Meeting with hospitals, law enforcement, and State Ombudsman.
Putting together a hospital collaboration group.
- **988 Rollout:** Britne, Rebecca, Cody, Jeff, Kathy, Danielle
Planning to revamp the project charter and form a new workgroup name at the next meeting. Itasca County uses community paramedics to assist with warmer transitions

when a 988 call comes in and the individual needs medical attention.

Go over an annual review with Cre Larson at next meeting. Cre sent DOC-MOA that we will be talking through at the next meeting.

- **Peer Support:** Cody, Kathy, Britne, Tami, Danielle
Met with Lighthouse Beginnings to gain an agency and Peer Support perspective. Putting together a survey for interested Peers to post at Drop-in Centers. Sending webpage content to Strateligent in November to have up and running in December.
- **Housing Capacity Barriers:** Britne, Rachel, Kathy, Danielle
No updates.
- **AMHI Funding:** Britne, Jeff, Tami, Kathy, Danielle
Keeping this workgroup open to work through the Federal Block Grant.

Upcoming Trainings/Events:

December 5th -Commitment Training from MN Office of Ombudsman

Adjourn: Rebecca Person made a motion to adjourn the meeting at 2:37pm. Jeff Bowman second the motion. All in favor. None opposed. Motion carried.

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

The next AMHI Region V+ Executive Committee meeting will be held on Tuesday, November 7th, 2023, 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.