

Regional Local Advisory Committee (LAC) Meeting minutes

Thursday, May 15th, 2025

1:00-2:30pm

Introductions and organizational updates

In-person:

Janet Karnes, Todd County Consumer Representative

Kelly Brinkman, Walk Beside You

Katie Brennan, Cass County Consumer Representative

Pam Allord, Morrison County Consumer Representative

Danielle Wadsworth, Region V+ AMHI

Jode Freyholtz-London, Wellness in the Woods

Virtual:

Kathy Hallbeck, Crow Wing County Consumer Representative

Kim Behrens, Regional Mental Health Coordinator-Sourcewell

Denise Rathey, Crow Wing County Consumer Representative

Nicole Schoon, Lutheran Social Services

Deanna Burke, Jakes Hope

Heather Stanley, Crisis Line and Referral

Jode Freyholtz-London made a motion to approve the April 17th Regional LAC Meeting minutes. Denise Rathey second the motion. All in favor, none opposed. No further discussion. Motion carried.

New business:

- June 19th Regional LAC meeting:
 - Jode Freyholtz-London made a motion to cancel the June 19th Regional LAC Meeting. Kathy Hallbeck second the motion. All in favor, none opposed. Motion carried.
- Region V+ AMHI update
 - Certified Peer Specialist Training Graduation Ceremony taking place Friday, May 16th
 - 8 Peers will be graduating.
 - Potential employers, peer network representatives, and family members are invited to the celebration.
 - Legal Aid awareness/education event at Hope Center, May 22nd
 - Focus around housing and tenant rights
 - Consumer and Community Partner Survey: Please set aside 6 minutes of time to fill out the below survey if you are a community partner providing services or an individual receiving services:
 - Consumer Survey: <https://www.surveymonkey.com/r/RX7X6K3>
 - Community Partner Survey: <https://www.surveymonkey.com/r/RXDPRDD>
- Community events/outings: The Region V+ AMHI has set aside up to \$5,000.00 for the Regional LAC to plan and participate in an community event or outing. Below are some ideas brainstormed. Further discussion and or voting will take place in the future.
 - Minor League (St. Paul Saints, St. Cloud)
 - Valley Fair
 - Mental Health Day at the Fair
 - Mental Health Day on the Hill

- Cookout at the park
- Como Park in St. Paul
- Circus
- Day at the pool
- Chanhassen Dinner Theater
- The Island
- Camp Friendship, Annandale
- Camp Courage, McGregor
- Bentleyville
- Fishing

Additional Considerations:

Transportation: Make sure you offer others to be able to drive when there is a bus or alternative transportation provided.

Social anxiety: Keep in mind not all consumers want to participate in a community outing

- **County LAC Presentation**
 - Will be assigning Counties to bring in an organization or individual to present about their area of the region and or work they are doing in the region.
- **State LAC**
 - Workgroup has been robust with individuals from across the State
 - MN State Mental Health Advisory Council is open to the public to attend and listen
 - Preparing a workbook of recommendations for the Governor to consider
 - Updating LAC Guidelines
- **Local NAMI: Looking for individuals to join if there is interest**
- **Regional Suicide Prevention workgroup to build out focus on groups that are being left behind with funding cuts. IE: LGBTQ+, Veteran services... etc.**
 - Heather Stanley will be reaching out to folks to participate once the focused groups are identified.

Workgroup updates:

- **Succession Planning**
 - Further direction provided by AMHI
 - AMHI approved leveraging their media website developer to build out the LAC page on their website to hold Regional LAC information and data.
 - Danielle will pull workgroup together
- **Awareness/Event Planning**
 - Brochure in final stages of being done
 - Make sure there is a way to share electronically paper copies to people that would like them
 - Website will live on AMHI website
 - Where to store items:
 - Workgroup will bring suggestion and recommendation to the Regional LAC
 - Events identified on a calendar and on the website once completed
 - Danielle will pull this workgroup together

- **Rebuilding relationships with County Commissioners**
 - Pause to meet with commissioners until the Fall
 - Pull in stats to present
 - Danielle will pull workgroup together