

EMPOWERING PEOPLE, IMPROVING SERVICES

**You are invited to come and join the
Sherburne County Adult Mental Health Local Advisory Committee (LAC)**

**The meetings are the 2nd Thursday of every other month at the
Sherburne County Government Center**

A Local Mental Health Advisory Council (LAC) offers individuals, parents, families, and providers the opportunity to make a real difference in how mental health care is provided in their community. It offers county and state policy makers the wisdom of those who experience mental health concerns first-hand.

There are many benefits to a LAC:

- ❖ LACs empower individuals with a lived experience of mental illness and their families
- ❖ Having an active, productive and effective LAC can lead to the improvement of the local mental health system and services for the community
- ❖ LACs offer advice on the local mental health system on what is and is not working
- ❖ Counties can utilize LACs to advise them on a range of mental health related topics, such as improving their local mental health and social services systems.

The purpose of the LAC is to use the knowledge of a broad range of people to improve local mental health services, especially those who use mental health services. As well, participation is encouraged by their family members, those who provide services and those who are concerned about public policy.

For information please contact Lisa at 763-765-4194

**We hope you consider serving your
community on an LAC, and that you find
it rewarding and empowering.**