

CommUNITY Adult Mental Health Initiative

Advisory Committee

October 6, 2016

Voting Members Present: 15

Quorum Required: 11

Representative	“X” = Present	Stakeholder	Alternate	“X” = Present
		CSP – Sherburne/Wright		
Kelly, James	X	CBHH	Kragenbring, Mark	
Wilkus, Maureen	X	Sherburne County		
Danda, Julie	X	Vocational Stearns/Benton – Chair	Gaeddy, Maureen	
Erkens, Diane	X	Wright County	Miller, Michelle	
Fluey, Kathryn	X	Sherburne County Community Advocate	Morrison, Brenda	
Grand, Jill		VRS – Sherburne/Wright	Krukenberg, Hillary	
Hagfors, Marsha	X	Benton County	Moench, Laurale	X
Hanks, Sue		CSP – Stearns/Benton	Sheehan, Meg	
Hinz, Tracy	X	MHC – Sherburne/Wright - V. Chair	(Vacant)	
Johnson, Rick		Benton County Community Advocate		
Knop-LaPlant, Sheila		Wright County Community Advocate		
LaGow, Catherine		MHC – Stearns/Benton	(Vacant)	
Long, Lori	X	Stearns County Community Advocate	Brown, Polly	X
Mikes, Emilie		Community Based Services	Ringstad, Ken	
Eich, Krissy		Vocational Sherburne/Wright	Smith, Henry	X
Pine, Mary Jo	X	VA Medical Center	Hovland, Voni	
Ellis, Julie		Stearns County	Harren, Candace	X
Shoberg, Sandi	X	Benton County	Koscielniak, Peggy	X
Walker, Chris		St. Cloud Hospital	Stueve, Deb	
Wittrock, Skip		VRS – Stearns/Benton	Othwaite, Jessica	X

		Ex- officio members
Bernstein, Faye		DHS
Oberg, Bethany	X	Initiative Coordinator

		Other attendees
Preusser, Samantha	X	Central MN Sexual Assault Center
Rocheleau Dorholt, Jennifer	X	CMMHC
Starkka, Kathy	X	Buffalo Hospital
Tregaskis, William	X	Buffalo Hospital
Shamp, Melinda	X	Wellness in the Woods
Jaeger, Amanda	X	Wellness in the Woods
Ruhoff, Nicole	X	Benton County
Keeville, Samantha	X	Solutions Behavioral Healthcare
Carter, Amy	X	Rise, Inc.
Tribas, Steve	X	Volunteers of America

Call to order:

The Chair, Julie Danda, called the meeting to order at 1:00 p.m. The mission statement was read and introductions were made.

Current Agenda:

Motion made by Lori Long to approve the agenda and seconded by Diane Erkens. Motion carried.

Minutes – August 4, 2016:

Motion made by Sandi Shoberg to approve the minutes and seconded by Lori Long. Motion carried.

Financial report: Peggy Koscielniak

Through September 2016 we are at 75% for the year. Motion was made by Diane Erkens to approve the financial report as presented and seconded by Kathryn Fluey. Motion carried.

Mindfulness Training Update: Julie Danda

Julie said the mindfulness training that Independent Lifestyles planned didn't take place as they didn't have enough people sign up. CMMHC was a full training and they will offer one more in the future. On October 13th there will be another training at Catholic Charities with one opening left as of today.

- Mindfulness is not meant to cure stressors or problems, but a method of coping with what you are dealing with at the time.
- The main concept is heightening, you need to be present in the moment.
- A lot of research being done on mindfulness.
- Refreshers are good, as they help you get grounded again and remember what you should be doing.

Central MN Sexual Assault Center (CMSAC): Samantha Preusser

- Samantha has been sending out welcome packets to our four county area and Bethany asked her to come and speak to our group.
- They are located in downtown St. Cloud and provide 24 hours crisis response services.
- Her position is funded in a Special Projects Grant under the Violence Against Women Act.
- Samantha works with all survivors of sexual violence and has a focus of coordinating services for survivors of sexual violence who have disabilities, including mental health concerns. Part of her role is to develop, convene and coordinate services related to survivors with disabilities.
- She had many handouts to share that included her contact information.
- 1st advisory group meeting is October 13th at the Sexual Assault Center at 12:30 p.m.
- CMSAC advocates can respond to hospitals in Stearns, Benton, Sherburne and Wright counties when a sexual assault victim presents at their locations.
- S.A.N.E. – Sexual Assault Nurse Examiner/Exam. These are specially trained nurses who collect physical evidence of sexual assault via a specific exam/procedure that can be used as evidence in a sexual assault investigation. CMSAC has its own coordinated SANE Program managed by Bree Temple. CMSAC's SANE program only responds to St. Cloud Hospital, the other hospitals have their own SANE program and protocol for calling out for assistance when a sexual assault case comes in.

- She said she is looking to reach self-advocates (anyone who self identifies as living with a disability and wants to do advocacy work on disability rights awareness) to join their advisory group to make services and community coordinated response to sexual assault more accessible to survivors with disabilities.
- Bethany will put the forms Samantha provided on the website for all to access.

2017 Meeting Dates: Bethany Oberg

She has rooms reserved for the 2017 advisory meetings and will send the schedule out via email.

CommUNITY Mental Health Initiative Committee and Grant Updates:

- Housing Coordination: Report was shared, review handout.
- Vocational Grant: Report was shared for 3rd quarter reporting (July-September).
- Anti-Stigma Work Group: Working on participating in events for October. Trying to brainstorm and expand population. For 2017 they would like to attend a business expo event to shift to a different population. Purchased some promotional items for table displays and are trying to bring awareness to mental health and changing the culture/direction. Bethany said we still have \$1,000 left in the designated grant for anti-stigma and they discussed using the money at the movie theater for ads before movies to reach a wide variety of people.
- Training Work Group: Upcoming free trainings are: November 7th How to Beat the Holiday Blues; November 30th Launching You Adults; and December 1st Grieving During the Holidays. Additional details are on the website calendar. These are free trainings. Working on trainings for 2017 and want to try and get one a month. Share fliers with anyone you think may be interested in trainings. Looking for programs that are for the advocates vs. for the social workers. If you have people within your agencies that would be willing to speak at a training, let Bethany know.
- Peer Mentoring: Report was shared with everyone. Currently have 22 mentees and 14 mentors. If you are interested in the peer mentor program, there is information on the Catholic Charities website.
- Rise: Report was shared with everyone. YTD = 60, goal for year end is 77, see report for specifics. As of December 31, 2016, the program will end. They submitted their application to DHS and should hear back in early December about the grant.

Community Based Mental Health Service Updates:

- IRT Northway: August numbers-seven beds occupied. All clients had insurance. As of September 6th there were three open beds and as of today one open bed.
- ACT: St. Cloud is at capacity but are still accepting referrals, and two are slated for admissions. Change for ACT in MN-statutes are now a range for ratio and are small, medium and large. 68 clients from Stearns, 15 from Benton, two from Sherburne and one from Meeker. 11 are non-MA, of the 11 there were 79 contacts, 711 total contacts which is normal. Cathy said she is taking applications for an Office Support Person, an LADC

position and a Team Leader. Moving forward to expand a 3rd team and vision for that team is to shift over to Sherburne and Benton, along Highway 10.

- Crisis Response Team: Mobile 646 calls in August and over 50 mobile visits for August.
- Crisis Bed Program: August occupancy at 72.9%.
- Inpatient - St. Cloud Hospital: no report. It was suggested that we should collect data from the three hospitals in our area, St. Cloud Hospital, Monticello and Buffalo and that would show the amount of emergency MH services that are being provided by the three hospitals.
- V.A.: 188 participated in a walk they had and Mary Jo thanked anyone who was a part of that. First Recovery night was offered at the VA, approximately 75 people turned out and it was open to the public. She will send out information like that to Bethany to share in the future. Linden Grove Veteran Apartments-new apartment building for veterans. There are 37 units and are for individuals at risk for homelessness, not someone who is already in an apartment and they have a prescreen process, see handout for specifics.
- V.R.S.: Legislation has changed, sub minimum wage is biggest change and they would have to come through VRS to come to you. They are now the gatekeeper for sub minimum wage. What if someone is more rural and doesn't have resources to come into area-are there programs available? Sometimes, they see what they can do. There is a program called PC's for People, it is income based and provide them for \$50. Another program is through United Cerebral Palsy in St. Cloud and is also income based.
- CBHH: They are on a mission to increase capacity in all CBHH's and improve therapeutic programming. Within the next 35-40 days, Annandale will start a major initiative to hire more people. There will be 47 positions that will be advertised; RN's, LPN's, HST's, a Behavioral Analyst and a licensed therapist. Competency Restoration is another new program that will provide more beds with capacity.
- Website: Average number of hits per day is 900-1000, so there is a lot of traffic. Bethany is also adding new stories, updates on providers, workshops, events, etc.

Open forum:

Information/Presentations:

- Bill Tregaskis is retiring but will be staying on at Buffalo Hospital as a casual consultant. Congratulations to Bill!
- In December we will be looking for the next vice chair. Tracy Hinz will move up to the chair position.
- George Family Foundation-provides funding for conveying and they will be in this area on November 17th. They are about intentional social action in the community and are a diverse group.
- Crisis Bed was nominated for Inspiration Award and they won this year. Bethany will send the link to the video that Marsha Hagfors submitted.

Motion made to adjourn meeting at 2:21 p.m. by Tracy Hinz and seconded by Maureen Wilkus. Next meeting is December 1, 2016 at Sherburne County Board Room.