

CommUNITY Adult Mental Health Initiative
Advisory Committee
February 6, 2019

Voting Members Present: 16
Quorum Required: 10

Representative	“X” = Present	Stakeholder	Alternate	“X” = Present
Shoberg, Sandi	X	Benton County	Koscielniak, Peggy	X
Hagfors, Marsha		Benton County Community Advocate	(Vacant)	
Kelly, James	X	CBHH	Gribas, Steve	
Krupa, Jaime- Vice Chair	X	CSP – Stearns/Benton	Sheehan, Meg	
(Vacant)		CSP – Sherburne/Wright	(Vacant)	
Hinz, Tracy	X	MHC – Sherburne/Wright	Bills, Alyshia	X
Lee, Dr. Richard		MHC – Stearns/Benton	Rocheleau Dorholt, Jennifer	X
Wilkus, Maureen		Sherburne County	(Vacant)	
Aaron, Denice		Sherburne County Community	(Vacant)	
Bershok, Joel	X	St. Cloud Hospital	Lund, Jennifer	X
Ellis, Julie		Stearns County	(Vacant)	
Long, Lori	X	Stearns County Community Advocate	Brown, Polly	X
Pine, Mary Jo – Chair	X	VA Medical Center	Hovland, Voni	
Eich, Krissy		Vocational Sherburne/Wright	Jo Tornell	
Danda, Julie	X	Vocational Stearns/Benton	Gaedy, Maureen	
Thorpe, Lori		VRS – Sherburne/Wright	Krukenberg, Hillary	
Wittrock, Skip		VRS – Stearns/Benton	Othwaite, Jessica	X
Erkens, Diane	X	Wright County	Pooler, Jill	
Wurm, Rodney	X	Wright County Community Advocate	(Vacant)	

Ex- officio members		
Oberg, Bethany	X	Initiative Coordinator
(Vacant)		DHS

Other attendees		
DeMarais-Finke, Jackie		Buffalo Hospital
Dawson, Christine	X	CentraCare Monticello

		Other attendees
Bauer, Mary		Central MN Council on Aging
Byker, Ben	X	Central MN Council on Aging
Conant, Amy	X	Imagine Network
Reichard, Rebecca	X	CMMHC- Elk River
Pine, Mary Jo	X	St. Cloud VA
Baer, Mika	X	UCare
Sprynczynatk, Gary	X	BCBS
Greene, Tanya	X	St. Cloud VAMC
Bershok, Lisa		CentraCare
Dawsen, Christine		Monticello Hospital
Eigenheer, Sara	X	Options for Employment LLC
Pena, Molly	X	Refractions IRTS
Frye, Angela	X	Refractions IRTS
Meyer, Chelsey		Recover Health
LaCroix, Kate		Recover Health
Nygaard, Derek	X	Sherburne County HH

Call to order:

Mary Jo called the meeting to order at 1:00 p.m. The mission statement was read and introductions were made.

Current Agenda:

Sandi made a motion to approve the agenda; Tracy Hinz seconded. All in favor, motion carried.

Minutes – December 5, 2019:

Sandi S. made a motion to approve the meeting minutes from December 5th; Tracy seconded. All in favor, motion carried.

Financial Report: Peggy

Bethany summarized the financial report for Peggy. Deanna Eccles made a motion to approve the financial report; Lori Long seconded. All in favor, motion carried.

Highlighting Area Providers/Services:

- a. Options for Employment, LLC: Sara Eigenheer
They are a new employment supports provider that helps clients find employment and offers retention support for 90 days after hire. Clients must be referred to Options for employment. They are working on obtaining their 245 D license.
- b. VA Caregiver Support: Tonya Green
Caregiver Support is open to veterans who are enrolled in VA Healthcare. Caregiver Support is open to any caregiver the veteran chooses. The focus is to assist any caregiver, not just those who are eligible for the stipend services. Most general services are in-home and include; web based cohort, education support models, phone education calls, and phone coaching calls. There will be a big push within the VA to do internal education with staff to include family and caregivers at the point of contact, rather than sending them to a separate program. The VA

will be training professionals on how to engage with the veteran's family and try to include the caregiver as an equal partner on the care team to ensure the vet is receiving the right care for them. Caregivers and families are welcome to visit www.psycharmor.org/caregivers. The website contains a lot of information regarding caregivers as well as suicide prevention. Many new items were recently launched for 2020, including caregiver recognition. If a caregiver completes 4 or more courses and report it to the Elizabeth Dole Foundation, they receive a resource binder and certificate of completion. Funded through USAA.

- c. VA Program of Comprehensive Assistance for Family Caregivers (PCAFC): Mary Jo Pine
Presently the program is only open to post-9/11 veterans. There are currently about 70 veterans and their caregivers in the program, the majority of them are being treated for PTSD. In general, the caregiver is a family member who lives with the veteran, they do receive a small stipend from the VA in appreciation of their work as a caregiver. When a veteran is deemed eligible for PCAFC, there is an initial home visit with quarterly and yearly home visits thereafter. Part of the in-home assessment is suicide prevention, which is included in caregiver training. Each quarter there is a suicide risk assessment. The VA works with the Vet's primary care team, mental health teams, occupational therapy, and physical therapy. The primary focus is to make sure the caregiver is able to do their job and to determine what is their role in the Vet's recovery.

Sometime during 2020, the program will be open up to those who served prior to 1975 and have a caregiver from a service-related injury. In the next fiscal year, the program will be open to those who served from 1975-2001 (basically all vets).

Wright County Consumer Advocate: Diane Erkens

Diane recommended Rodney Wurm as the Wright County Consumer Advocate. Tracy made a motion to approve Rodney Wurm as the Wright County Consumer Advocate; Jessica seconded. All in favor, motion carried.

RFP Reader Group: Bethany

An RFP email was sent out for Vocational Services and Peer Support Programs with a submission deadline of April 10. Bethany is looking for people interested in being involved with the reader group for the submitted RFP's. The group will meet on April 21 from noon-3:00 (location TBD). Bethany will send the proposals and score sheets prior to the meeting, then on the 21st, the reader panel will discuss and come to an agreement regarding which proposals they recommend to receive services for the 2020/2021 contract period. Bethany will take those recommendations to the Board. Both the vocational and peer support programs will be discussed on April 21st, please email Bethany if you are interested in being part of the reader group.

CommUNITY Mental Health Initiative Committee and Grant Updates:

- a. Housing Coordination: Jaime gave updates
- b. Vocational Grant: Julie Danda gave 2019 year end updates
- c. Anti-Stigma Workgroup: Set some goals for 2020; one is to attend 8 outreach events in the community, including a few they have not previously done. The group will start dedicating time at each meeting to update and work on the website. They are continuing to post wellness articles and are also checking links to make sure they are still current and correct. They are looking for additional people to attend meetings and help with outreach, contact Bethany if you are interested.
- d. Training Workgroup: 2 upcoming Safe Talk trainings are full. They are more in-depth suicide prevention trainings that last 4 hours. Since they filled up and offer great information, they are

planning on having them again later in the year. Another training being offered is Mental Health First Aid for Adults, this one filled up within a day or 2, record time! Looking to schedule a second one at the end of March, which will have a \$25 fee for attendees (just for 2nd one). April will have a Depression and Anxiety training.

- e. Peer Socialization – Imagine Network: Amy, recently started working with Imagine Network. The people who attend are really get a lot out of it. Attendance has fluctuated, Amy updated attendance numbers for each location. They are considering adjusting the time they start to open up more transportation options.

Community Based Mental Health Services:

- a. IRTS:

- i. Northway – Alyshia Bills, Northway had set a goal was more consistent census for their beds and have already improved that. Applying for another grant for expansion which will add single beds to their facilities. They have been working on building up their curriculum, the core curriculum is going well so they are looking for optional programming in the evening for clients who want more opportunities for their recovery. They added a meditation group and are looking at peer support and open topic groups. Began implementing enhanced illness management and recovery program (IMAC) which is more interactive. They are working more collaboratively with the St. Cloud Police Department. They have more concrete ways to work with the SCPD if they have safety concerns about their clients. The SCPD is providing some verbal deescalation training for Northway staff.
 - ii. Refractions – Maintaining beds and currently do not have a wait list. They made it through their first DHS Audit but haven't heard back yet. They are having good numbers of people who are actually staying in the program due to location since they are in woods and away from everything, the average stay is about 2 to 2.5 months. They are focusing on diversity of their clients as well as staff. They are meeting with city council to help education regarding diversity as some people in the community have felt uncomfortable (not used to seeing diversity). They have had good luck contracting with insurance providers, with the exception of BCBS who says there are too many providers in the area.
- b. ACT – Tracy sent data to Bethany who will send it out. Tracy has asked team leads to rotate attendance at these meetings. Rebecca Rycard is the Elk River ACT Team Lead, she said they are two years into program. As of January, they are fully staffed. They had their first team evaluation, which is to see if they are following the ACT model for their services. The team scored high fidelity on first time. They have been focusing on getting specialty services in place for last year. Next year they are hoping to serve 35 (currently serve 27) and are actively looking for referrals. The Monticello Team also has openings for referrals.
 - c. Crisis Response Team – Jennifer R.D. has the crisis line phones and mobile crisis team. They had a 2019 budget target of 54 mobiles a month and hit it exactly. The average was around 1,182 calls a month for 2019 with beds at 82% capacity. Jennifer took their Clinical Supervisors on a tour of Refractions. Met with the Corrections and Probation team at Stearns County, they are continuing to build partnerships with probation officers. They launched the formalized protocol with the Waite Park PD where they call the crisis line and utilize the crisis team. They have 2 launch dates with WPPD, one for AM officers and one for PM. This week she had 2 interviews for the co-responder position for Stearns County and St. Cloud PD. The co-responder will be housed at the PD and will go out on calls. Working on the plan for relocating people during the build of the new behavioral health facility. One building is being demolished so they are trying to determine where everyone will be located during the build. Completed the process of an RFP for the DHS planning grant to move toward the

application for a CCBHC which comes out 2022.

- d. Inpatient –
- i. St. Cloud Hospital: Chris Walker has retired and Tyler Dwyler started as of January 13th there was a 2 or 3 month overlap of them working together for training purposes. Gave an update on numbers. Currently working on replacing cameras on all adult and adolescent wards. Also working on BICU (behavioral intervention control unit) remodel. Challenge is when you have an aggressive male yelling/screaming it is detrimental to adolescent unit. They are trying to do a remodel to alleviate that. They are continually doing remodels and help with noise reduction. AMH unit has had one patient on for 180 days which has been challenging, there have been staff assaults with this patient. Central Preadmission and Commitment to transfer the patient. The ER numbers continue to be high for the number of daily assessments.
 - ii. Buffalo Hospital: no one in attendance
 - iii. Monticello Hospital: Christine – the last couple months have been slow for referrals. The trend is they are seeing people for longer and longer due to difficulty in finding placement. There are not enough beds available. They had significant staff turnover in December but they are fully staffed now.
- e. V.A. – Mary Jo, Mission Act is in place, it has to do with a lot of Community Care and referring people to Community Care where they weren't referred before. The Community Care office has a walk in place where people can get information about the referral process. The program that Community Care currently uses Tri-West to determine where someone can get care outside of the VA, that will be switching to Optum on February 19. Currently under Optum, CentraCare is not determined to be a provider. They are working to get them approved since CentraCare is the largest provider in the area.

The VA has a secure mental health unit with 15 beds available. Mental Health Unit is under construction. Bethany will send out information that Mary Jo discussed regarding PTSD resource apps. They are free downloads and has apps for both vets and their coaches. There is a resources page on website has apps as well.

- f. CBHH – They are full and have been full. Their provider situation has stabilized. The child and adolescent facility under construction in Willmar is still scheduled to open in late spring, it will have 16 beds.
- g. V.R.S. – Service-wise they have had a little bit of a lag due to 2 retirements. Have hired 2 people. They will be opening a facility in St. Cloud.
- h. Website – Reminder that under the resource and provider resource section there is a guide. If you are in need of guide you can get it online. The website will have most recent and current information. If you search on web you will get more resources than in the print guide.

Open Forum:

Lori Long, Mental Health Day on the Hill is on March 12. There are 2 hours that legislatures have left open to talk to clients.

Polly – started a new job at Refractions. She was also accepted to go to peer specialist training in May!! After she completes training, she will be a peer specialist at Refractions.

DHS has not made formal announcement but they are looking to streamline their process for peer specialist. SUD peer specialists will have a faster curriculum. There will be an integrated class for people who qualify for both SUD and Mental Health, which will start in May. UCare had piloted a

designated mental health line, it is no longer in pilot and the number is now on ID cards. Hours are 8am to 5pm.

There currently are not any Certified Community Behavior Health Home in the 4 county area but Tracy is applying. You keep all of your core services but you are given a rate for all your services with the idea that you encompass as many services in one agencies and possible. It is paid for primarily with Medicaid dollars. The expectation is you don't turn anyone away based on insurance.

1:45 BCBS – will start having county liaisons in communities again to determine what the area needs are. Blue Line transportation system claims will be taken back internally into Minnesota.

Next Meeting:

April 2, 2020 from 1:00 to 3:00 at Stearns County Service Center (Waite Park) Room 121 B/C/D.

Adjourn

Lori Long made a motion to adjourn, Jaimie moved, meeting adjourned at 2:41 p.m.