

CommUNITY Adult Mental Health Initiative
Advisory Committee
 April 7, 2022

Voting Members Present: 11
 Quorum Required: 10

Representative	“X” = Present	Stakeholder	Alternate	“X” = Present
Knowles, Nikki	X	Benton County	Koscielniak, Peggy	X
(Vacant)		Benton County Community Advocate	N/A	
(Vacant)		Benton County Community Advocate	N/A	
Kelly, James	X	CBHH	Lange, Mary	X
Krupa, Jaime		CSP – Stearns/Benton	Sheehan, Meg	X
(Vacant)		CSP – Sherburne/Wright	(Vacant)	
Hinz, Tracy	X	MHC – Sherburne/Wright	Bills, Alyshia	
(Vacant)		MHC – Stearns/Benton	Link, Shannon	X
Johannes, Victoria	X	Sherburne County	(Vacant)	
Popfer, Stephany	X	Sherburne County Community Advocate	N/A	
(Vacant)		Sherburne County Community Advocate	N/A	
Bershok, Joel		St. Cloud Hospital	(Vacant)	
Young, Leslie – Chair	X	Stearns County	Salsness-Tvedten, Jennifer	X
Long, Lori	X	Stearns County Community Advocate	N/A	
Brown, Polly	X	Stearns County Community Advocate	N/A	
Pine, Mary Jo		VA Medical Center	Hovland, Voni	
Eich, Krissy – Vice Chair	X	Vocational Sherburne/Wright	Tornell, Jo	
Danda, Julie		Vocational Stearns/Benton	Gaeddy, Maureen	
Thorpe, Lori		VRS – Sherburne/Wright	Krukenberg, Hillary	
Chirhart, Andrea		VRS – Stearns/Benton	Outhwaite, Jessica	
Erkens, Diane		Wright County	Pooler, Jill	
(Vacant)		Wright County Community Advocate	N/A	

(Vacant)		Wright County Community Advocate	N/A	
----------	--	----------------------------------	-----	--

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

		Other attendees
Bruns, Mary Jeanne		Wellness in the Woods
Kinke, Jackie		Buffalo Hospital
Jiang, Jennifer	X	BCBS
Callahan, Eddie	X	Options for Employment
Pena, Molly		Refractions IRTS
Frye, Angela	X	Refractions IRTS
Magaard, Derek		Sherburne County HH
Flack, Leon	X	UCare
Novak, Jen		REM (The Mentor Network)
Keeville, Samantha		Solutions
Anderson, Ashley		Northway IRTS
Rocheleau Dorholt, Jennifer		SCSU
Hansen, Jacey	X	Solutions
Giddens, Jennifer	X	Housing Link/Beyond Background
Bennet, Keith	X	Wright County
Loehlein, Stephanie	X	CMMHC
Richburg, Katie	X	New Port Academy
Moynihan, Meg	X	MN Department of Agriculture
Smith-Brewer, Kahari	X	HousingLink
Reichard, Rebecca	X	CMMHC Elk River
Shoberg, Sandi	X	Benton County
Dooley, Retha	X	Wellness in the Woods
Hayen, Molly	X	Allina Health
Higgins, Brandon	X	WeCare MN

Call to order:

Leslie Young called the meeting to order at 1:01 p.m. The mission statement was read and introductions were made.

Current Agenda:

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

Minutes – February 2022:

Lori made a motion to approve the meeting minutes from February 2022; Jim seconded. All in favor, motion carried.

Highlighting Area Providers/Services

- a. Minnesota Department of Agriculture: Meg Moynihan Meg.moynihan@state.mn.us – Supporting Farmers in Stress. Farmers feel a great sense of responsibility to their community, family, animals, land, and forefathers. Farming is less a profession and more an identity. Some of the challenges they face are that they work where they live (do not “go home” at the end of the day), coworkers are family, serve multiple roles, competition and envy, loss of peers/community, and the praise/blame whipsaw.

Why don't farmers seek help when they are stressed? They often feel like they should be able to handle it themselves, do not know where to go for help, think people wouldn't understand, do not want others to find out they need help, costs too much, do not have time, and think nobody can fix what's wrong.

www.minnesotafarmstress.com. 24/7 confidential hotline MN Farm & Rural Helpline: 833-600-2670 or text “farmstress” to 898211

Minnesota has two dedicated farm counselors/therapists. They meet 1:1 with farmers and farm families. No insurance, no paperwork, no charge (funded by MN Legislature). Monica McConkey and Ted Matthews.

MN Farm Advocates – since 1984, peer farmers, help with natural or financial disasters. They are in the farmer's corner and help navigate solution to difficult and complex problems.

MN Farmer-Lender Mediation – in MN it is mandatory that farmers have the opportunity to renegotiate, restructure, and resolve farm debt. z.umn.edu/mediation

TransFARMation – one minute radio program that showcases farmers who have successfully faced challenges, also have companion ten minute podcast.

Men's Sheds – Activities for senior men that help reduce loneliness and isolation after retiring. Centered around self directed activities that the men choose (trips, fishing, cooking, fixing equipment, trades/crafts, etc.). Usmenssheds.org

- b. Sherburne County Stronger Together Inspiring Resilience (STIR) program: Victoria Johannes – created May 2019. People were focusing on trauma informed care and were doing the same work but in silos. They decided to come together and work as a group. The first meeting they had 28 people show up from various county agencies, schools, churches, medical providers, non-profits, corrections, etc. They realized there is so much being done with trauma informed work and wanted to know what can they should do going forward and decided to focus on resiliency. They get together once a month and talk about how to increase resilience in their community. Multidisciplinary leadership team shares the work. <https://www.Stirmn.org>

Financial Report: *Peggy*

Peggy summarized the financial report.

Consumer/Community Advocate Terminology Update: *Bethany*

In the March 2016 Joint Powers meeting, the terminology was voted on and approved to change to

Community Advocate. Please note, the Joint Powers agreement between the four counties will continue to state Consumer Advocate based on the original language from DHS.

Wright County Community Advocate Nomination: *Bethany*

Bethany nominated (on Diane's behalf) Joanne Lawrence (correct spelling?) to serve as the Wright County Community Advocate

Krissy made a motion to have Joanne Lawrence join as the Wright County Community Advocate; Tracy seconded. All in favor, motion carried.

CAMHI Request Forms: *Bethany*

Reminder to be sure to include all requested documentation and that forms are filled in completely.

There will be an updated flex form for the furniture division, specifically to include what items people will be getting. There is an expectation with this form that when people are submitting forms for this program, that they have pre-shopped with their client to know what dollar amount they are requesting and what items they will be purchasing. Include specific items rather than a "blanket" dollar request.

Needs Assessment: *Bethany*

Have had 26 providers fill out the survey but only 7 consumers. Please, as providers, either help your clients fill out the survey or follow up with them to make sure they have filled it out.

CommUNITY Mental Health Initiative Committee and Grant Updates:

a. *Housing Coalition:*

a. *Voucher Programs* – Meg Sheehan shared updates

b. *Beyond Backgrounds* – Jennifer Giddens shared updates for the four county area. Previously Beyond Backgrounds was only offered in the metro and in central MN but they have now started a state-wide program! <https://ajj2iqul.paperform.co/>.

Kahari Smith-Brewer shared that there has been an uptick in properties interested in the program.

b. *Vocational Grant:* Krissy shared updates for Goodwill Easter Seals and Functional Industries (shared grant)

c. *Anti-Stigma Workgroup:* Bethany shared that they met recently and are excited that there are more community outreach opportunities are becoming available.

d. *Training Workgroup:* Bethany shared upcoming trainings; they can also be found here: [Calendar :: Minnesota Mental Health \(mnmentalhealth.org\)](https://mnmentalhealth.org).

e. *Peer Socialization* – VPSN: Retha shared updates.

Community Based Mental Health Services:

a. *IRTS:*

i. *Northway* – Tracy shared updates. They are still experiencing significant staffing shortages, they have had to decrease their census.

ii. *Refractions* – Angela shared they are at capacity with 6 clients. The waiting list for both male and female are 3 each.

- b. *ACT*: Rebecca shared updates
- c. *Crisis Response Team*: Shannon shared they have good numbers and that staffing has remained consistent. The open house for the new building will be on April 26.
- d. *Crisis Bed Program*:
- e. *Inpatient*:
 - i. St. Cloud Hospital: no one available for updates
 - ii. Buffalo Hospital: no one available for updates
 - iii. Monticello Hospital: no one available for updates
- f. *V.A.*: no updates
- g. *CBHH*: Jim shared they are at a census of 16, first time full since the pandemic started. Opened back up to visitors. Mary from St. Cloud shared they have been struggling with discharge plans for one individual.
- h. *V.R.S.*: no one available for updates
- i. *Website*: housing guide is available as a PDF
- j. *Open Forum*:

Meg shared they will have a movie night to celebrate Mental Health Awareness on May 11, the movie will be *The Perks of being a Wallflower*

Jennifer from Blue Cross shared services they offer.

Next Meeting:

June 7, 2022, from 1:00 to 3:00 at Sherburne County Government Center Board Room, Elk River and online

Adjourn

Lori made a motion to adjourn the meeting, Tracy seconded. Meeting adjourned at 2:57 p.m.