

**NW8 Adult Mental Health Initiative Board Meeting**  
**Minutes**  
**9:00 am – 12:00 pm \* December 9<sup>th</sup>, 2020**  
**Zoom**

**Attended:** Karla Langaas, Kathy Johnson, Julie Sjostrand, Julie Hanson, Karen Warmack, Shauna Reitmeier, Miranda Solem, Shannon Abrahamson, Leon Flack, Dawn Baumgartner, Beth Nelson, Heather Bregier, Representative John Burkel, Representative Debra Kiel & Senator Mark Johnson

**Absent:** Ashley Warling-Spiegel, Molly Paulsrud, Larry Laudon, Gary Sprynczynatyk, Chris Kujava, Jan Carr, Kristi Nelson & Carrie Serna

Agenda Topic	Time	Discussion Points	Actions/Discussion	Whom
Attendance	9:00-9:05	<ul style="list-style-type: none"> <li>• Introductions</li> </ul>		Chris K.
Agenda	9:05-9:10	<ul style="list-style-type: none"> <li>• Review and Approve 12.9.2020 agenda</li> </ul>	Julie S made a motion to approve agenda, Julie H seconded- all aye- motion passed	Chris K.
Minutes	9:10-9:15	<ul style="list-style-type: none"> <li>• Review and Approve 11.8.2020 minutes</li> </ul>	Karla made a motion to approve minutes, Julie S seconded, all aye- motion passed	Chris K.
Local Legislator Discussion	9:15-10:00	<ul style="list-style-type: none"> <li>• Mental Health &amp; Substance use in the region</li> </ul>	<p>Shauna introduced the group and who we are.</p> <p>Senator Johnson- What are our counties seeing in trending with substance abuse or MH. Shauna- we are seeing an uptick and have rebranded the crisis line to add support line as well. Referral uptick overall, as well as in children. Julie H- meeting the needs virtually is going to be important to extend so families have some sort of contact. Miranda- our kids are really struggling and we are seeing people that we have not seen in years. We need to have some virtual component of some level moving forward even after the pandemic for all services. Keeping the flexibility there is going to critical. We are in a vast geographic area- cost travel savings, etc. Deb Kiel- Are you seeing anyone in person? Shauna and Miranda- yes, we are making it work depending provider and client risk- being flexible. Karen Polk county- they have seen an increase in children and families. Primary referral is from schools and education (truancy). Kids running away, chemical use, increased suicide ideation as well as parents &amp; older adolescents increased chemical use. Kathy- telehealth has been positive for Kittson county due to distance from services and weather, etc. Rep Kiel- they are bringing a bill forward to extend telehealth to June 2021. Leon- Ucare supports any type of telehealth model to support patients however they can. Domestic abuse, substance abuse and increased suicide attempts are being seen all over the State. Senator Johnson- What are the obstacles with Telehealth? Push back from school based- you don't really know what is going on behind the</p>	Shauna R.

			<p>camera. With real severe cases you could miss some of these important factors. Telehealth is reimbursed at a lower rate. School is the safest place for kids. We are seeing kids come through that we typically would not see because the parents don't think it is their job to homeschool. MH of our healthcare providers is also a concern. Miranda- substance use is becoming a bigger concern- people working from home are drinking all day long. Digi Key is looking at how many people they will keep at home even after the pandemic. Shauna agrees- alcohol is the number one issue out there and it is a ripple effect. Substance use is a family issues. Senator Johnson- opening alcohol sales in all venues seems to be an issue and they are trying to normalize it across the board. What is your thought on Legalization of recreational marijuana- what is going to be happening to our counties and communities? Miranda- I am an LADC and feel that if this is passed it will be a ripple effect and cause a lot of issues down the road. Karla- I do not think it is a good idea, I think it will be the death of us and we will be seeing a lot of low functioning people out there. Shauna- not sure where I stand with it? I have seen States legalize and then tax dollars get put it back into MH &amp; Substance abuse treatment. We need to be careful if it is legalized and make sure we are putting the tax dollars back into support.</p> <p>How can we support you?</p> <p>Rep Kiel- In this pandemic we are going to be facing financial burden, but we have to move forward. We are not talking about the future- we are spinning our wheels- we need to move forward. Shauna- we are going to see an uptick in substance use and MH issues especially in the youth. Once schools open back up, I think some families will choose to stay home. Long term effects academically as well as MH and substance use. Kiel how do we decide where to put the funding, because schools will be asking for the same funding for the same reason. Shauna- invest the \$\$ where the professionals are and collaborate rather than re-inventing the wheel. Shannon will connect with Representative Burkel about the HOPE Coalition Suicide prevention work &amp; will send Legislators services data for our region.</p>	
Open Forum	10:00-10:15	<ul style="list-style-type: none"> <li>Public Open Forum</li> </ul>	No one from the public present.	All
Budget	10:15-10:45	<ul style="list-style-type: none"> <li>Review 2020 Year End Budgets</li> </ul>	Karen made a motion to move the \$5373.06 from Brass 4430 Support Housing project to 4430 Flex funding, Julie seconded, all aye - motion passed	Randy B.

			2021-2022 Crisis contract- we do not need to separate Adult & Children's moving forward- brass codes will still be there, but we will not separate them out.	
Updates	10:45-11:15	<ul style="list-style-type: none"> <li>Round Robin Update from Attending Agencies               <ul style="list-style-type: none"> <li>CBHH</li> <li>Sanford</li> <li>NWMHC</li> <li>Life Care</li> <li>MCO-Ucare</li> <li>MCO-BCBS</li> <li>DHS</li> <li>LAC</li> <li>Social Services</li> </ul> </li> </ul>	<p><b>Sanford-</b> No new updates. IP placement is exceptionally difficult. Kathy has been in touch with the State to increase IP beds from 16 to 20. More to come. Census is down to 5 due to COVID outbreak on the unit. No new admissions at this time. They have been working with MDH and their infectious disease on testing and reopening. We will be requiring a negative result prior to acceptance for admission moving forward.</p> <p><b>NWMHC-</b> Shauna thinks it would be good to invite legislators to Board meetings at least once a year. They are still not able to take clients at their Crisis unit due to COVID. They are taking referrals for NW Apartments. They currently have 5 openings- either male or female. Let your staff know. NWMHC made self-care kits for essential workers. They made over 2000 kits for Polk County essential workers. We have our all staff meeting on Friday and are planning on doing a self-care meditation exercise.</p> <p><b>BCBS-</b> School Mental Health Services- how do we engage better moving forward? If DHS opened up more services it would only cost them 50% rather than 100% to the State. We do have some dollars to help support the region. Ipads are on the way- hopefully before the end of year. They are open to doing things differently and figuring out the best way to move forward. Partner differently and listen more. Matt Anderson is great to work with and is willing to talk to counties- he meets every other Thursday with other Health plans. They want to improve relationships.</p> <p><b>Ucare-</b> New Mental Health and Substance Use Disorder Access Line        UCare's Mental Health and Substance Use Disorder Team supports members facing mental health and substance use disorder challenges. Our goal is to provide advocacy and access to appropriate care for members' mental health, substance use and social risk factor needs. To assist our members with accessing care, effective December 1, we are adding a phone line for members in need of a mental health or substance use disorder appointment. UCare's Mental Health and Substance Use Disorder Access Line is available Monday – Friday, 8 am – 5 pm at 612-676-6811 or 1-833-276-1191. When a member calls after hours they have the option to either be transferred to a clinician if they are in crisis or they</p>	<p>Larry L          Miranda S          Shauna R          Jan C          Leon F          Beth N.          Ashley S          Dawn B          County Directors</p>

			<p>may leave a message for a callback the next day. UCare's Mental Health and Substance Use Disorder Access Line is available to all UCare members to help with the following: • Same or next day appointment availability • Triaging members' appointment needs • Assistance scheduling and confirming appointments • Telehealth appointments</p> <p><b>LAC-</b> Wrapped up the year with the commissioners report. We had a Christmas theme and played games at our Dec meeting. The LAC created fliers to hand out at the food shelves with resources. Roseau county is open Tuesday Mornings – Karla is the chair for Roseau County. Dawn will send flier to Kathy &amp; Karla to print and distribute for Roseau &amp; Kittson Counties.</p> <p><b>Julie S-</b> Hired a new Social services supervisor starting Jan 11<sup>th</sup>. Katie Trudeau is the new Social Services Supervisor. Moving back from Oregon.</p> <p><b>Karla-</b> is going to ask for a second Supervisor as well and is hoping it will pass at their next meeting.</p> <p><b>Julie H-</b> Some people get energized not being around people. Not a whole lot of changes.</p> <p><b>Karen-</b> Not a lot to report. They are seeing a spike of COVID in County staff.</p> <p><b>Shannon-</b> Reminder Statewide AMHI Meeting today from 1:00-3:00</p> <p>Kathy's brothers Christmas show is available- go to Medora.com to download.</p>	
Crisis Stats	11:15-11:30	<ul style="list-style-type: none"> <li>Review Q3 Crisis Stats</li> </ul>	Shannon shared Crisis Stats. & will send out Crisis trending & comparable for 2019-2020.	Shannon
Trainings	11:30-11:45	<ul style="list-style-type: none"> <li>Life Care Trainings Postponed</li> </ul>	Lifecare Trainings have been postponed into 2021 as they need all staff designated to Direct care at this time. Shannon will work with Solutions to reschedule.	All
Adjourn	11:55-12:00	<ul style="list-style-type: none"> <li>2021 Meeting Dates <ul style="list-style-type: none"> <li>AMHI Board Meeting- January 13<sup>th</sup> 2021 via Zoom</li> <li>AMHI Subcommittee- TBD (Grant monitoring process)</li> </ul> </li> </ul>	Karla made a motion to adjourn, Julie seconded, all aye- motion passed.	All