

NW8 Adult Mental Health Initiative Board Meeting
Minutes
9:00 am – 12:00 pm * December 15th, 2021
Sanford BH 1st Floor & Zoom

Attendees: Kathy Johnson, Chris Kujava, Julie Sjostrand, Karen Warmack, Jan Carr, Miranda Solem, Shannon Abrahamson, Leon Flack, Brenda Pauley-Colter, Lynell Popowski, Shauna Reitmeier, Dawn Baumgartner, Beth Nelson, Karla Langaas, Randy Beggs, Renee Cardarelle, Nancy Rhen & Jode Freyholtz-London
Absent: Larry Laudon, Gary Sprynczynatyk, Heather Bregier, Jason Russel, Julie Hanson, & Molly Paulsrud

Agenda Topic	Discussion Points	Actions/Discussion	Whom
Agenda	<ul style="list-style-type: none"> Review and Approve 12.15.2021 Agenda & 11.10.2021 Minutes 	Shannon requested to add funds to be moved in budget, safeTALK training proposal, & TZD in Pennington. Kathy made a motion to approve additions to agenda, Karla seconded, all aye- motion carries	Chris K.
Budget	<ul style="list-style-type: none"> Review year end budget <ul style="list-style-type: none"> 2022 Alluma budget modifications Request to move \$5000 from 403x Outreach (subcommittee) line item to 403x Coordinator outreach budget- Website, Radio ads, etc. in 2022 Request to co-host safeTALK training on Feb 23rd 	<p>Alluma has requested to move funding between brass codes for 2022.</p> <ul style="list-style-type: none"> 403x Outreach +\$3500 416x Transportation -\$54,664 420x Peer Support +\$10,000 431x Adult Mobile Crisis -\$14,772 446x Basic Living/Social Skills +\$54,686 493x Adult Case Management +\$1250 <p>Karla made a motion to approve Alluma's budget changes for 2022, Kathy seconded, all aye- motion carries. Coordinator to work with Alluma to submit budget modification to State and Randy will move forward with the contract.</p> <p>Kathy made the motion to approve moving \$5000 from funding outreach 403x to Coordinator's 403x outreach budget for 2022. (Holiday radio ads and additional outreach items are included in this budget.) Julie second, all aye- motion carries.</p> <p>Karen made a motion to approve co-hosting safeTALK training with the HOPE Coalition on February 23, 2022. Nancy second, all aye- motion carries.</p>	All
LAC	<ul style="list-style-type: none"> LAC Bylaws- review & vote on updated Bylaws 2022 Work plan 	<p>LAC Bylaw updates-</p> <p>Updated language under membership to read: "the council must have one individual with a lived experience and one family member of an adult with a mental illness from "each county" to " on the council"</p> <p>Compensation: added Officer meetings for stipends, and events that the LAC hosts or co-hosts for stipend. Also added gas cards for approved outreach projects. Kathy made a motion to approve the changes in the LAC bylaws, Julie seconded, all aye- motion carries.</p> <p>Kathy would like to talk to Dawn about membership in Kittson county.</p>	Dawn

		LAC is looking at putting out surveys at this next event in April. Shauna would like to share some ideas with Dawn on how she can assist in survey ideas.	
Funding Request	<ul style="list-style-type: none"> Wellness in the Woods 	<p>Wellness in the Woods- was established in 2013. They currently have 45 staff all lived experiences with mental health or substance use. Their warm line is State funded across the State of MN and is available from 5pm-9am 7 days a week. All work is done virtually. They went from 900 to 2000 calls when Covid came into play. They also offer Virtual peer support network from 10am-4pm seven days a week. They are asking for funding from initiatives They currently have two staff in our area which are both in Polk county. They are requesting \$12,000 from the initiative for 2022 to support Virtual Peer support services – as they do not have any billable services. How do we ensure the dollars being spent are going back into our counties? They keep track of where the calls are coming from. They have been promoting VPSN through radio, bi-fold cards, media outreach- website, & LAC events, but a majority of their folks are coming from Provider referrals. Website: www.mnwitw.org They have the only virtual peer support in the nation. This is a billable service and you will always limit yourself by not billing to a health plan. Beth suggested meeting with BCBS to figure out how to bill for services. How would this service be billed? Fee for Service or one lump sum? Jode stated they can invoice either way, it is up to our initiative. Board stated Budget is set for 2022- we will table and review the contract and get back to Jode. Kathy gave Renee her contact information to connect about Newspapers. Jode will send Shannon the contract they have with another initiative and Shannon will forward to the Directors to review. Shannon will invite Renee to March Case manager meeting. Renee works in Polk county (invite Renee to the next case manager meeting)</p>	Jode F.
Open Forum	<ul style="list-style-type: none"> Public Open Forum 	No one from public present	Public
Reform	<ul style="list-style-type: none"> AMHI Reform updates <ul style="list-style-type: none"> Per Capita rate is based on 2010 census adult population 18+ (68,281) \$21.29 to \$14.13 (-\$7.16) 30% cut/ capita All data sources are reliably updated to recalibrate the allocations as new data becomes available Effective 2025-2026 funding cycle Current grant \$1,453,914/year New grant with reform rate \$964,810 	<p>If we were looking at the new budget for 2022 based preliminary formula shared by DHS, we would be receiving a \$489,103 cut in 2022. Shannon will work on inviting legislators to our next meeting. Shannon and Chris will work on a proposal to send with the invite. Student survey data will be released in the spring. BCBS hospitalizations- Beth will send to the group- Chris and Shannon will work on data- We need to look at this from an equitable lens rather than equality</p>	All

	<ul style="list-style-type: none"> ○ \$489,103 potential decrease in funding 		
Subcommittee	<ul style="list-style-type: none"> ● Review & Vote on Grant Monitoring Policies ● Update: Educational Pathway- <ul style="list-style-type: none"> ○ Support individuals that don't qualify for State grant or may need to provide startup costs ○ Are Counties interested in sending staff- if so, how many? 	<p>Karen made a motion to approve the grant monitoring policies, Julie seconded, all aye- motion carries.</p> <p>Subcommittee met with Kirsten at NCTC regarding training topics/groups of staff that could attend. Received pre-approval for group homes, providers to receive this educational curriculum. Case workers could benefit from this, but would not be covered by the grant- we could utilize our AMHI funding to cover county staff time. We are looking at 1- 2 day trainings depending on the course staff would like to take. Staff would receive a Certificate- not a credit. We are estimating 10-15 staff from each provider. Alluma & Sanford are currently partners on the application- Shannon will reach out to Jan at LifeCare for contact information to invite to meetings in Jan's place. This grant is through DEED.</p>	All
Outreach Updates	<ul style="list-style-type: none"> ● BE THE VOICE- Warroad April 26th, 2022 ● Crisis line marketing-Updated design ● Crisis line radio ad- Record in minutes: approval for an additional \$2750 to be utilized for radio ads 	<p>Commissioners would be interested in helping at the event. Shannon to send Sponsorship invoice to Beth by Friday for both April and September events</p>	Shannon
Bylaws	<ul style="list-style-type: none"> ● Review & Vote on updated Bylaws 	<p>Shannon to update Bylaws to reflect new rotation with Marshall included and bring to next meeting</p>	All
Updates	<ul style="list-style-type: none"> ● Round Robin Update from Attending Agencies <ul style="list-style-type: none"> ○ CBHH ○ Sanford ○ Alluma ○ Life Care ○ Ucare ○ BCBS ○ LAC ○ Social Services 	<p>Sanford-Residential Substance use License- no staff at this point. As soon as they are ready to take someone, she will let us know. They have lost a couple of Mental Health Professionals. Still need to hire at NL.</p> <p>Alluma- Revamp of care coordination program is effective in January. Hopeful this will improve communication and filling in the gap. They are trying to work through their SAMSHA grant 2.9 million. It is supporting care coordination as well as 3.5 Cultural liaisons. Expansion of peers and peer recovery. As well as Behavioral Health Aides. Working on looking at how that will fit within their services. Training in different practices in the organizations.</p> <p>Life Care- Jan's last day is January 7th, but she will continue to work at a minimum capacity in community work. Their virtual services continue, but their population would rather have in person sessions. Integrative BH committee- Shannon sits on that committee this group is coordinating the Be the Voice event. She will be working with Kittson Memorial to get their therapist up and going in Hallock. This is her last meeting with AMHI. They do not have a replacement for her as of yet.</p> <p>Ucare- CEO resigned end of October. They have an interim CEO- they have a national surge looking for a new CEO. Wanting to reinforce your efforts on care coordination. Ucare is also planning on significantly expanding their care coordination staff in 2022. Their care management</p>	<p>Larry L Miranda S Shauna R Jan C Leon F Beth N. Dawn B County Directors</p>

		<p>and utilization review will also be looking at things from a care management lens. They are looking at hiring a housing specialist in 2022 as well. As an organization they are planning on transitioning staff back to the office in Q1 with a phase approach. They are able to hold meetings in person in their office if they choose to.</p> <p>BCBS- As DHS is moving more into racial and health equity, social determinacies of health. They are adding a population health manager and housing specialist. She does not see these going away, she only sees this area expanding. They have been in the office since the end of November, but Beth's staff is remote. Learn to Live- They had a few people sign up from our area, and now have a total of 40 people signed up. She is hoping to expand to more people and will be sending a mailing out to all members that have had a Mental health DX in 2021. Beth asked Directors to put their Learn to Live magnets up in their office to help get the word out. In 2022, they are offering a \$25 voucher (gift card) to those who see a Dr within 7 days after being inpatient for BH. She will send out more information to the group about what this voucher entails. They qualify if they see their primary or Dr on demand.</p>	
Adjourn	<ul style="list-style-type: none"> • 2022 Meeting Dates <ul style="list-style-type: none"> ○ AMHI Subcommittee- December 20th, 2021, 11:00am-12:00pm via Zoom ○ AMHI Board Meeting- January 12th, 2022, 9:00am-12:00pm 		All