



**Mission:**

Through collaboration and education, the NW8 Adult Mental Health Initiative fosters an array of community mental health services that meet the diverse needs of our region.

**Vision:**

A thriving community in which lives are saved, and residents feel supported in their mental health well-being.

**Goals:**

Understand the impact the AMHI is having on individuals served through funding, services, and partnerships-Educate communities in NW Minnesota on mental and behavioral health issues and the impact of the AMHI-Improve AMHI operational effectiveness-Maintain our commitment to collaboration with service partners across the region

**NW8 Adult Mental Health Initiative Board Meeting**

**Minutes**

**9:00 am – 12:00 pm \* July 9th, 2025**

**Sanford BH Education Room & Zoom**

**Meeting Facilitator:** Julie Hanson, Chair,

**Attended:** Chris Kujawa, Julie Sjostrand, Shannon Abrahamson, Karla Langaas, Shauna Reitmeier, Monica Yeadon, Danielle Alida, Melissa Lennon (Altru IP BH), Nancy Rhen, Miranda Solem, Denise Gudvangen, Brenna Olson, Brittany Swenson, Jan Carr Herseeth, & Kristi Nelson

**Absent:** Karen Warmack, Brenda Pauley Colter, Leon Flack, Jessica Steinhauer (Clarity Mental Health), Beth Nelson-Consulting Home Delivery Program, Dawn Baumgartner, Connie Spisak, Sheila Fontaine, Racheal Kangesier, Tracy Hamson, Jode Freyholtz London, Molly Paulsrud, Tim M- WITW, Teri Savoie, Paula Hedlund, Renee Sandvik, Sheila Piipo (NAMI) & Angel Pylka (Nystrom & Associates)

**Guests:** Charlie Health: Faith Anderson & Shawna Suomi

- 9:00-9:05 Introductions
- 9:05- 9:10 Review & approval of 7.9.2025 agenda
  - Need to update meeting Facilitator to Julie Hanson. Chris made a motion to approve the agenda with update, Karla seconded, all aye-motion carries.
- 9:10-9:15 Review & approval of 5.14.2025 meeting minutes
  - Nancy made a motion to approve the minutes, Chris seconded, all aye- motion carries
- 9:15-9:45 Bridges update, Denise Gudvangen
  - We are at mid-year and ahead of spending. They have had 44 fund requests totaling \$20, 693, leaving \$8,306 for the remainder of the year. They continue to use crisis funds whenever possible. Denise does not anticipate they will have funding left at the end of the year. The counties also have funds available for housing. Please coordinate with them to see if they can assist with requests received.
- 9:45-10:15 Charlie Health Presentation, Faith Anderson & Shawna Suomi
  - Age Range: 11-64 (contact us for anyone outside this range)
  - Languages: English & Spanish
  - Program: Virtual IOP (3 weeks to 3 months) with 11 hrs/week of therapy
  - Psychiatry: Med management during and 2 months post-discharge
  - Scheduling: Flexible daytime, late into the evening (11pm), and Saturday hours
  - Customization: Specialized groups (LGBTQIA+, BIPOC, Neurodivergent, Military, Maternal Mental Health, Trauma, etc.)
  - Wait Times: No waitlist; first group within 1-5 days (after verifying benefits)
  - Case Management: Post-discharge support & 70+ alumni groups

**Insurance:** In-network TriCare, most major commercial plans and BCBS Medicaid of MN and North Dakota

**Serving Kittson, Mahnomen, Marshall, Norman, Pennington, Polk, Red Lake, and Roseau Counties**



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**The four ways to refer to Charlie Health:**

1. [Use the online referral form here.](#)
  2. Call the admissions line: 866-491-5196
  3. Send a secure email with a patient's face sheet attached to [admissions@charliehealth.com](mailto:admissions@charliehealth.com)
- How do you involve the therapist in the discharge planning? Whatever is easiest for them. Some request meetings, others just like email communication through the planning.
  - Do you do any testing- bio psychosocial assessment-they assess what groups and therapist will be the best fit for the patient. They complete the assessment for free and present to the patient prior to them accepting care.
  - They are a great resource to help fill gaps. They can be a great resource if someone is on a waitlist to get into a higher level of care.
  - They accept self-referrals
- 10:15-10:30 MN Statewide meeting updates
    - Budget Revisions
      - Cannot be submitted more often than 90 days
      - All revisions must be submitted on one form per funding stream (AMHI or CSP)
      - Budget revisions that exceed 10% require amendment
      - Always access request form from AMHI website to ensure correct version
    - Direct payment Update
      - Passed legislation
      - Implementation Goal Date: 2027
      - Could potentially impact application process
    - Grant monitoring
      - Review Grant requirements document
        - Shannon will start looking through the requirements and figure out what we have and compile documents to bring back to review at our meeting in September
      - Emails will be sent out over the next year and a half
      - Grantees will have two weeks to submit required documentation
      - DHS will have two weeks to review documents
      - Visit will be virtual and scheduled for two hours
    - AMHI/CSP Uncompensated Care Guidance
      - AMHI: [Sec. 245.4661 MN Statutes](#)
        - **Newly added statute language was approved with Direct payment:** Subdivision 2. Program design and implantation. Adult mental health initiatives shall be responsible for designing, planning, improving, and maintaining a mental health service delivery system for adults with serious and persistent mental illness that would...
          - (5) utilize existing categorial funding streams and reimbursement sources in combined and creative ways, **except adult mental health initiative funding only after other eligible funding sources have been applied.**



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- CSP: [Sec. 245.4712 MN Statutes](#)
  - **Important statute language:** Subdivision 3. Benefit assistance. The county board must offer to help adults with serious and persistent mental illness in applying for state and federal benefits, including Supplemental Security Income, medical assistance, Medicare, general assistance, and MN supplemental aid. The help must be offered as part of the community support program available to adults with serious and persistent mental illness for whom the county is financially responsible and who may qualify for these benefits.
- Sample Policy language
  - AMHI/CSP grant funds may be used to provide Medical Assistance-approved mental health services with Serious and Persistent Mental Illness (SPMI) who do not have insurance, or insurance does not cover service(s). This may include but is not limited to; Targeted Case Management (TCM) or Assertive Community Treatment (ACT) for uninsured or underinsured individuals who meet AMHI/CSP eligibility criteria when all other payment options have been explored or denied.
- Next Statewide Meeting: Thursday, September 18, 2025 from 1pm-3pm
- 10:30-10:45 Review Firstlink 2025 988 data
  - Sarah, Miranda, Brenda, Brenna, and Cheri went and met with FirstLink. It is a great service but is not comparable to the local Crisis line. They are actively resolving calls that come through 988. If you want face-to-face, you should call the regional Crisis line- 800.282.5005.
- 10:45-11:00 Budget review
  - 2025 AMHI budget
    - Norman Flex
      - Norman County has two officers that sit on the LAC and utilize most of their flex funds. They only have \$2000 left for the remainder of the year. Nancy is looking for additional funding to help cover this cost.
      - Directors agree that LAC stipends need to be moved to a different line item. Shannon will connect with Karen to move \$6000 from 402x Community Education & Prevention to a separate 402x County line item for LAC Stipends
  - 2025 Crisis budget
  - 2025 Outreach budget
  - Budget meeting- We will utilize much of our September meeting to discuss budget. Shannon will reach out to Karen for the deadline to submit bills to have the most up to date budget to review at our September meeting
- 11:00-11:15 Parenting group, Miranda Solem
  - They have had Love and Logic Parenting group going on for years in Pennington County. They recently had Roseau and Marshall County schools reach out to see if they would bring it to their schools. They are currently working on training people within the counties to offer the training within the county. They are also seeing more requests from the court system as they work with the guardian ad litem.
- 11:15-11:45 NW8 AMHI Strategic Plan & Goals updates



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- Goal #1: Understand the impact the AMHI is having on individuals served through funding, services, and partnerships
  - Reviewed data Patrick has collected for the region.
  - We are the highest per capita deaths by suicide in MN.
  - Do want to track Hospitalizations for the region? Yes.
  - We will utilize our Case managers to collect hospitalizations as well as partner with Sanford, Altru & Prairie St John's. Shannon will invite Prairie to our September meeting.
  - Shannon and Chris will review the old data points collected from case managers and decide what we need to take out.
  - Shannon will invite Chris to the Case manager's meeting in September.
- Goal #2: Educate Communities on mental & behavioral issues and the impact of AMHI
  - Reviewed Community Education & Prevention Policy, Chris made a motion to approve policy beginning in 2026, Karla seconded, all aye- motion carries.
- Goal #3: Improve AMHI operational effectiveness
  - Bylaw discussion- do we need to change who are voting members? We will move this discussion to September.
- Goal #4- Maintain our commitment to collaboration with serve partners across the region
- 11:45-11:55
  - Meeting update- We are moving from Zoom to MS TEAMS- Shannon will cancel the re-occurring board meeting and send out a new invite with Teams link.
  - Partner updates- WITW has had 30-40 interactions with residents from NW8 consistently in Q1. Their annual conference is coming up in September. Shannon sent out the flyer to the group with ticket information.
  - RSPC is receiving funding that we can utilize throughout the region. They were able to print grief support cards with a QR code that will bring you to the HOPE coalition website with bereavement resources.
- 11:55-12:00 Adjourn
  - Next meeting: September 10<sup>th</sup>, 2025