



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.

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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 * May 14th, 2025

Sanford BH Education Room & Zoom

Meeting Facilitator: Nancy Rhen, Norman County

Invited: Chris Kujava, Julie Sjostrand, Shannon Abrahamson, Karla Langaas, Shauna Reitmeier, Monica Yeadon, Danielle Alida, Karen Warmack, Jan Carr Herseth, Brenda Pauley Colter, Leon Flack, Chelsey Swatzke, Jessica Steinhauer (Clarity Mental Health), Melissa Lennon (Altru IP BH), Beth Nelson- Consulting Home Delivery Program,

Absent: Julie Hanson, Chair, Miranda Solem, Denise Gudvangen, Dawn Baumgartner, Connie Spisak, Sheila Fontaine, Racheal Kangesier, Brenna Olson, Tracy Hamson, Jode Freyholtz London, Molly Paulsrud, Tim M- WITW, Brittany Swenson, Kristi Nelson, Teri Savoie, Paula Hedlund, Renee Sandvik, Sheila Piipo (NAMI) & Angel Pylka (Nystrom & Associates)

Guests: Altru Inpatient Behavioral Health: Melissa Lennon, Director of Business Development

- 9:00-9:05 Introductions
- 9:05- 9:10 Review & approval of 5.14.2025 agenda
 - Karla made a motion to approve the agenda as presented, Chris seconded, all aye motion carries.
- 9:10-9:15 Review & approval of 3.12.2025 meeting minutes
 - Julie S. made a motion to approve 3.12.2025 minutes as presented, Chris seconded, all aye- motion carries
- 9:15-9:30 Review Equity Analysis toolkit
 - We will table this discussion until July as Karen is not present.
- 9:30-9:45 MN Statewide meeting updates
 - AMHI/CSP is working towards direct payments (Goal date: 2027)
 - AMHI/CSP team is working to clarify which areas are required to report in which systems (SSIS, MHIS, etc.).
 - Spreadsheet reporting has been phased out. There is no alternative for reporting the spreadsheet data currently.
 - In the meantime, DHS asks that agencies continue to document and save the data internally.
 - In the future, the plan is for bi-annual data reports to be sent out in April and October of each year.
 - AMHI/CSP Guidance related to CCBHC Uncompensated Care
 - Allowable use of AMHI/CSP funds for CCBHC providers:
 - Uncompensated care for undocumented & uninsured individuals.
 - AMHI/CSP funds cannot be used to pay:
 - All/any Medical Assistance (MA) program spenddowns
 - All/any Medical Assistance (MA) program co-pays
 - Medicare premiums and co-pays
 - MinnesotaCare premiums and co-pays



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- Budget revisions
 - One revision per streaming line
 - Must submit revision for any dollars moved in the grant
 - Revisions should be made/submitted no more than quarterly
 - All revisions should be submitted on one form per funding stream
- 9:45-10:15 ARPA Grant updates
 - Funding updates
 - WITW Warmline was affected by the ARPA funding cuts. They can stay open through October and are hoping they can find more secure funding before then. There was also funding cut to train our Peers. North Dakota has a great Peer Support Specialist training, but MN does not recognize their training to become a Peer in MN.
 - Connectivity for I pads is good through December 2025.
 - Ipad discussion
 - After December, the counties are responsible for cellular connectivity. As of June, Alluma will remove all apps and hand them over to the counties that want to utilize them. If counties aren't interested in the I pads, Alluma would be happy to take them back and utilize them for other clinical needs. The Directors are responsible for sending letters to organizations that currently have the I pads. Shauna gave each county directors a letter releasing Alluma from the I pads. The I pads are available to utilize for Crisis services ongoing if the counties choose to keep the Zoom app on them.
- 10:15-10:45 Budget review
 - 2025 AMHI budget
 - Alluma is reviewing their budgets and will be submitting a revision for around \$200,000. They have not finalized where those moves will take place, but leaning towards Client outreach, CSP and NW Apartments. Shannon will send Shauna the budget revision form and cc Karen.
 - We must spend these dollars by December 2025. We are no longer able to carry over funds.
 - Karen will let accounting know not to reimburse any line items over the amount ALLUMA budgeted until a revision is approved.
 - 2025 Crisis budget
 - Alluma is on track for Crisis spending
 - Alluma Budget revisions
- 10:45-11:15 NW8 AMHI Strategic Plan & Goals updates
 - **Goal #1: Understand the impact the AMHI is having on individuals served through funding, services, and partnerships**
 - Review BE THE VOICE Emma Benoit Survey results/reach
 - Emma Benoit survey results were overall good. Majority of responses from the region; would be less video, more talking with Emma. Shorter video, more comfortable setting.
 - Data team pulled together Death by Suicides, Crisis Calls, and events. Chris is hoping to have something to report at the next meeting. He is hopeful that through how we are collecting data it will be more accurate. One data point showed that the further away from a Crisis center the less



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calls come in from that County. Chris would like to add commitments and hospitalizations nest as he feels commitments have increased significantly.

- It is adding a layer of complications for data reporting now that we can admit to facilities outside of MN. “Point Click Error” is a new operating system that the provider would be notified when a client is admitted to an inpatient facility or is seen in the ER. This may help us in capturing this data. County Case managers are also able to receive this information. If Alluma, Sanford and all counties have a contract with them also, we could collect most of the data in our region.
- Forensic navigators are not working for Roseau County. They have not been responsive to our court attorney.
- When you are looking at commitments, are they being recommitted, and if so, why?
- We should continue to show the video and have a discussion panel for those that cannot afford to bring Emma back in and to also keep the momentum going. We are following up with safe talk training in Marshall County and should continue this anytime we bring a speaker in. People seemed hungry for this information. The weather was not good that week and we had a great turnout in all communities.
- **Goal #2: Educate Communities on mental & behavioral issues and the impact of AMHI**
 - Review & approval of 2025 Outreach Budget
 - Chris made a motion to approve the current outreach budget with the exception to add the Warren Drive Inn for the movie theatre ad, Karen seconded, all aye- motion carries.
 - Website traffic- reviewed website stats.
- **Goal #3: Improve AMHI operational effectiveness**
 - They have not met again since their last meeting
 - This group is looking for feedback about the bylaws. – They are requesting that everyone review Bylaws prior to next board meeting and be prepared to.
 - Meetings are open and they are posted on the website- anyone can join when they want.
 - The only voting members currently are County SS Directors ... We need to look at decision making process and possibly look at adding LAC members. Also need to inherit conflict of interests, etc.
- **Goal #4- Maintain our commitment to collaboration with serve partners across the region**
 - This is already organically happening. Shannon will add new Providers that have joined in 2025
- 11:15-11:45 Melissa Lennon, Director of Business Development
 - Altru Inpatient Behavioral Health is a 24 Bed inpatient facility
 - Serves both adults and adolescents
 - Adults on one side and adolescents on the other side
 - Short term facility-average length of stay is 4-7 days
 - 6 beds for adolescents- 11 & 12 are case by case and they do not accept 10 and under
 - Teacher available onsite for two hours every morning from 8:30-10:30
 - 18 beds 18+
 - They do accept geriatric, but if someone has severe dementia, they may not accept them



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- Trauma informed care/Verbal De-escalation
- Referral #: One Call Transfer Center: 855.425.8781
- They do accept patients that are on a 72 hour hold or Commitment
- Do you accept patients on a Jarvis order?
 - If they are on one, we follow it, yes. It can get tricky with specific medications and such, but as long as we have a copy of the court order, we will follow it.
 - Do we admit on it, they would be on a committal in MN to be on a Jarvis but I know we have had patients from formerly Douglas Place on them.
- No sex offenders
- Future Plans: Open intake dept & expand to an additional 24 beds
- Intake process? They must meet Inpatient criteria to be admitted and then would be medically cleared by a provider that would come over.
- Do you set up outpatient services prior to discharge? Yes
- MN Holds? They are taking MN holds- One call takes all regional phone calls- They do take MN holds and Committals- They currently have a host county contract regarding holds. She is working on it. She is working on that process to accept. Melissa will send Shannon the admission criteria form and Shannon will send out to the group.
- Shannon will connect Melissa with Miranda and Cheri
- Very impressed with moving to 48 beds...How?
- The average census and length of stay- 16-17, stay is typically 4-7 days.
- Do you take seniors with dementia issues- with the DX of dementia gets tricky- it would be a case-by-case basis. Melissa will bring this up to her executive team.
- UHS is all over the US. They do have some outpatient facilities as well.
- Do you have a virtual option for family meetings? Not currently.
- Marshall County had a resident that went there, and they had a good experience. Great communication with the case manager
- 11:45-11:55 Information on additional services available
 - Clarity Mental Health
 - Psychiatric Mental Health Nurse Practitioner with a private practice, Clarity Mental Health, in Thief River Falls, MN. I provide both in-person and telehealth services for those in MN or ND who are 13 years of age and older.
 - She offers online booking.
 - She has been an NP for 15 years.
 - She is open to working with people that have substance use disorders
 - Primarily med management
 - She does not do suboxone management currently
 - 213 Labree N Labree, TRFalls, Phone call or email her.
 - Nystrom's & Associates
 - Provide individual, group, couples and family psychotherapy



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- Psychological testing, Behavioral Sleep Medicine, Early Childhood (0-5), Trauma, Occupational Therapy & Nutritional Counseling
- Charlie Health
 - 100% Virtual Teen & Adult IOP (Will send a laptop to the individual)
 - Maternal Mental Health, Military & Veterans, Substance Use & Eating Disorders
- Beth Nelson is working with the association of Pennington counties. Providing food for mothers that just delivered a baby. Cheap, quantitative. They are expanding. Beth is here for support.
- 11:55-12:00 Adjourn
 - Next meeting: July 9th, 2025