

NW8 Adult Mental Health Initiative Board Meeting
MINUTES
9:00 am – 12:00 pm * September 8th, 2021
Sanford BH 1st Floor & Zoom

Present: Karla Langaas, Kathy Johnson, Chris Kujava, Julie Sjostrand, Kristi Nelson, Karen Warmack, Jan Carr, Miranda Solem, Shannon Abrahamson, Leon Flack, Jason Russel, Brenda Pauley-Colter, Gary Sprynczynatyk, Lynell Popowski & Nancy Rhen

Guests: Eric Ratzmann, & Jode Freyholtz

Absent: Julie Hanson, Shauna Reitmeier, Molly Paulsrud, Larry Laudon, Dawn Baumgartner, Beth Nelson & Heather Bregier,

Agenda Topic	Discussion Points	Actions/Discussion	Whom
Agenda	<ul style="list-style-type: none"> Review and Approve 9.8.2021 Agenda 	Chris entertained a motion to approve agenda for 9.8.2021 & 7.14.2021 minutes, Kathy moved and Karen seconded- all aye motion carries	Chris K.
Minutes	<ul style="list-style-type: none"> Review and Approve 7.14.2021 Minutes 		Chris K.
Open Forum	<ul style="list-style-type: none"> Public Open Forum 		Public
Budget	<ul style="list-style-type: none"> Review 2021 Budget 	Shannon will invite Randy to the year-end meetings to discuss budget and will move budget to beginning of meeting so he can jump off after.	All
Sept 1 st Event	<ul style="list-style-type: none"> MH & Suicide Awareness Event recap and discussion <ul style="list-style-type: none"> Attendance (318 went through registration) estimating 350+ Additional T-shirts (180 on hand) Budget <ul style="list-style-type: none"> Sponsorship received \$12,475 Total Expenses \$26,099 AMHI \$\$ spent \$13,638 	<p>Group agreed to give anyone a t-shirt that wants one. Our goal of this event was to BE THE VOICE and the more t-shirts we can get into the community will help the conversation continue. Shannon will bring a t-shirt to the next board meeting for Kristi & Leon as they never received one. Lynell- Not one person took the bus to the event that I am aware of. Miranda- Overall I think we can do better on advertising. I missed several groups to reach out to such as Law Enforcement and our CD group.</p> <p>Lynell- Tri-valley has a travel carry program that can assist clients on taking the bus. Miranda will connect Sarah L and Lynell.</p> <p>Shannon- haven't gotten the final eRace Stigma numbers from the evening but will report back next meeting.</p>	All
Subcommittee Proposal	<ul style="list-style-type: none"> NCTC training & development of MH Workforce-tabled BE THE VOICE, Let's talk about it <ul style="list-style-type: none"> Hire Renee & Tim to perform 2 additional shows in Roseau & Mahnomen this winter/spring. <ul style="list-style-type: none"> Only have Expo & Show Total budgeted amount for additional shows \$40,000 	Subcommittee is proposing two additional events without the race, bouncy houses or food trucks and then have an annual event in TRF with new speakers. Talked about moving the event to Warroad. Chris would like to see communities take this over in the future. Shannon does not have the capacity to coordinate all of these events. Karla thinks it is a good idea to move this event to the community of Warroad. Kathy- let's look at January/February to do an event. Renee is a good speaker for that area?! Shannon	Subcommittee

	<ul style="list-style-type: none"> ○ Hire new Speaker for annual event in TRF in September \$20,000 <ul style="list-style-type: none"> ▪ Offer support at each event (Sanford, Alluma & LifeCare) ▪ Offer childcare ▪ Include annual 5k 	<p>will meet with Max Foundation to kick off an event in Warroad. AMHI will provide funding, expertise, etc., and will ask Max Foundation to help coordinate the event. Shannon will check with Renee and Tim on availability for Warroad and connect with Max foundation to see if there is interest to partner on this event. Look at bringing Tim back to LEC. Chris entertained a motion to move forward with an event in Warroad with a \$20,000 budget, Kathy moved, Julie S. seconded, all aye- motion passed.</p>	
Crisis Leadership	<ul style="list-style-type: none"> ● Quarterly Crisis Leadership updates <ul style="list-style-type: none"> ○ Open discussion (all) 	<p>Crisis Leadership Updates: They are going to meet quarterly moving forward. Alluma- Face to Face has increased a bit but now that Covid is back they are doing more telehealth again. Staffing is a struggle- met with LEC to talk through the new statute. Ipad trial didn't go well in Mahnomen County. Talked through policy changes as far as terminology between Alluma and Sanford. Identified a gap for on call staff. Looking into more inclusion of Peer services in Crisis services.</p> <p>Sanford- Sarah is going to the Summit in October, staffing is hard- they do have two people that split time. Vaccination mandate has been hard on staff. They haven't seen as much difficulty with placement, but it has been a little slower Struggling with beds for adolescent population. Crisis teams reached out to schools, churches, ect. Talked to about 530 people all over the Kittson, Pennington, Marshall & Roseau Counties.</p> <p>Open Discussion: Chris- this service is still concerning- it seems as though the teams look at the patient as to whether they need inpatient or send them home. What is the plan, when does someone get to talk to someone? We need to get North-Valley on the same page. Maybe we look at putting dollars into hiring full time staff. Right now Crisis teams are part time staff that this is their second job. Are we to a point where we need to start looking at this system differently? Tim planned a training with Roseau EMS staff. Deputies, Funeral Directors, ect are other areas we need to look to support. Wellness in the woods would like to expand their services into the NW8. They have a warm line and additional services they can offer our region. They have 40 staff who are all in recovery and are hoping they can be of support to our region. Jode asked to talk more about their services during open forum at next meeting.</p>	Brenda & Miranda

County Liaison	<ul style="list-style-type: none"> DHS Updates 	<p>County Relations Director- Families First- lots of concerns with this new model. Prevention plan has not been developed prior to implementation of the new model.</p> <p>Kathy- We hosted a BE THE VOICE event in September. It was well received through the area. Suicides continue to be a real concern in our region. We are going to move up to Warroad this winter/spring. This is the first time we have hosted a large event like this as an AMHI. Our HOPE coalition is reaching the Farming community with the drought, and the pandemic has definitely affected this area. We are also struggling finding the right credentialed people to do the jobs we need filled in our area.</p>	Eric R.
Updates	<ul style="list-style-type: none"> Round Robin Update from Attending Agencies <ul style="list-style-type: none"> ○ CBHH ○ Sanford ○ NWMHC ○ Life Care ○ Ucare ○ BCBS ○ LAC ○ Social Services 	<p>Chris got a hold of Larry. His facility has been going well during the pandemic, but the last few weeks they now have staff and patients with Covid. Shortage in staff. Thought his staff did well with the COVID guidelines. No big changes in legislative or budget this year. Shannon will put Larry at the beginning of the agenda and he will join virtually to update the group.</p> <p>Sanford (Miranda)- they are finally tearing down the building attached to the Behavioral Health Center. ☺ They are fully staffed for providers, hired another individual (integrative health therapist) They have two psychologists that work at the clinic. Still at 14 on inpatient unit due to not having double occupancy rooms on inpatient. Staffing is an issue on inpatient unit as well. Still looking for someone at NL. Host county contract inpatient rate. Asking to increase rate to \$1817 from \$1380. Chris- What does MA reimburse per bed? Miranda can look into MA rate and send out to the Directors.</p> <p>Alluma- (Brenda) rebrand over the big hump with the billers, etc. They have been very successful in recruiting. Janet Denison resigned last Friday and Richard Moser put in his resignation as he is moving to Duluth. They added a full time nurse practitioner and a remote NP. Trialing two mental health practitioners in school based in Crookston and McIntosh. Have not mandated the vaccine for employees. They are at full capacity at NW apartments, except for the one room designated for quarantine before admit.</p> <p>(Jason) Open and accepting MAT clients (pain meds, opioids, heroin, etc). They initially meet with the client often</p>	<p>Larry L Miranda S Shauna R Jan C Leon F Beth N. Dawn B County Directors</p>

		<p>and then move the visits further apart. Capacity- she can take up to 100 clients but starting at 30. They want to step into this service gradually and then will look at increasing capacity as they feel comfortable with the program.</p> <p>Certified family peer specialist program- will be covering Norman and Mahnomen county with new hire and have partnered with Tri-Valley. The grant is set to end in September, but have filed for an extension. They are in a holding period until extension of the grant for an additional year of funding is confirmed.</p> <p>They received 450,000 COVID grant relief for uninsured and underinsured. (Bridge the gap, telehealth, etc.)</p> <p>Ucare (Leon)- he really supports the community event we held and thinks they are important and encourages us to continue to host them moving forward. Also agrees that we need to continue having conversations about the day to day services we are providing. Key focus areas we have. He believes the events are important to normalize mental health within our communities. (Ex: NAMI walks). Ucare continues to emphasize the importance of getting the vaccine with their members and staff. By NOV 15th they are requiring staff to be fully vaccinated if they plan on returning to the office or have any direct contact with community. They are still on pause to going back into the office.</p> <p>BCBS- Just finished up their vaccine buses with MDH and Public health in the Greater MN. Continue to market their Aces training program for counties and providers. Training provides CEU's.</p>	
Adjourn	<ul style="list-style-type: none"> • 2021 Meeting Dates <ul style="list-style-type: none"> ○ AMHI Subcommittee- Sept 24th, 2021 3:00-4:00 via Zoom ○ AMHI Board Meeting- Nov 10th, 2021 9:00-12:00 @ Sanford BH & Zoom 		All