

Summary of March 9, 2010 meeting – “Conversations...” a meeting of the Region IV South Adult Mental Health Initiative serving Douglas, Grant, Pope, Stevens, and Traverse Counties.

“A Conversation ...”

March 9, 2010~ Those Attending:

| | | | |
|---------------------|------------------------------------|---------------------|---------------------------------------|
| *Caroll Anderson | Pope Co. LAC-Consumer | *Jill Fyre Anderson | West Central MN Communities Action |
| *Justin E. Anderson | Pope Co. LAC-Consumer | | |
| *Keshia Anderson | Reg 4-S Crisis Program | *Rhonda Antrim | Traverse Co. Social Services |
| *Michele Bankord | PCS | *Diane Barduson | Douglas Co. Socialization |
| *Becky Belmont | West Central MN Communities Action | *Sue Boese | Com. Behavioral Health Hosp.-Alex. |
| *Randy Bouwman | Pope Co. LAC | *Susan Brooks | Stevens Co. LAC-Consumer |
| *Earlene Brosh | Pope Co. LAC | *Laurie Burns | Stevens Co. Human Services |
| *Noreen Carlson | Douglas Co. Social Services | *Evelyn Cavegn | Douglas Co. -Consumer |
| *Robert Cornelius | Pope Co Human Services | *Heather Danner | Reg. 4-S ACT Team |
| *Mark Erickson | | *Matthew Erickson | Pope Co. LAC |
| *Vonnie Evavold | REM Central Lakes | *Jennifer Filgas | Reg 4-S AMHI |
| *Sheri Fish | Douglas Co. Social Services | *Judith Fox | Traverse Co Socialization -Consumer |
| *Al Glaseman | Douglas Co. HRA | | |
| *Leanne Harmsen | PCS – Pope LAC | *Dawn Hartman | PCS-Tokawood |
| *Stacy Hennen | Grant Co. Social Services | *Travis Herdebu | Pope Co. LAC -Consumer |
| *Liz Hinds | Stevens Co. LAC | *Todd Holmquist | PCS-Runewood |
| *Kelly Irish | PrimeWest Health | *Sharon Johnson | REM Central Lakes, Inc. |
| *June Kedor | Consumer | *Amy Kiehn | Douglas Co LAC -Consumer |
| *Bill Klein | Lakeland Mental Health Center | *Fonda Knudson | NW 22 CSN -Consumer |
| *Kay Lagred | Pope Co. Public Health | *Shelly Leonard | Pope Co.-LAC, Center Coord. -Consumer |
| *Dennis Lindor | PCS – Traverse Co. LAC | *Char Lundebrek | |
| *Keith Lundsetter | PCS | *Carolyn Mallery | Douglas Co. –Consumer |
| *Chad Meyer | PCS – Corporate | *Melody Morgan | Lutheran Social Service |
| *Joanie Murphy | Stevens Co. Human Services | *David Naatz | Reg 4-S Joint Powers Board |
| *Michaela Niblett | PCS –Castlewood | *Gary Norman | Rule 36 Limited Partnerships |
| *Marilyn Palm | PCS-Maplewood | *David Pearson | Pope Co. LAC |
| *Joyce Pesch | Reg 4-S AMHI | *David Peterson | Milestones |
| *Elaine Peterson | Pope Co. LAC –Consumer | *James Pew | SCMC |
| *Lorraine Pierce | MN DHS – Mental Health Division | *Daryl Quick | Grant Co. |
| *JuliAnn Randall | | *Anita Renstrom | Douglas Co. LAC -Consumer |
| *Corrina Rost | PCS-Birchwood | *Karen Salem | Douglas Co. |
| *Karen Schulz | Pope Co. LAC –Consumer | *Roger Schwab | Ombudsman for MH?DD |
| *Ronna Severson | Pope Co. Human Services | *Rita R Smith | Douglas Co. |
| *Julie Sonju | Douglas Co. | *Debby Stark | Stevens Co. Social Club – Consumer |
| *Cheryl Stamer | Grant Co. LAC | *Jed Stump | PCS-Ashwood |
| *Keith Swanson | Reg. 4-S AMHI Joint Powers Brd | *Eva Swensrud | Pope Co. LAC – Consumer |
| *Sandy Tubbs | Douglas Co. PH & STG Public Health | *Lucille Tullis | Pope Co LAC – Consumer |
| *Ken Volk | Douglas Co.-Consumer | *Mary D. Volk | Douglas Co. –Consumer |
| *Gloria Wartner | Pope Co. LAC | *Emma Westrom | Grant Co. LAC |
| *Deb Hengel | Facilitator | | |

ADDRESS ADDITIONS / CHANGES:

Add: Gary Norman
Rule 36 Limited Partnerships
garynorman@qwestoffice.net

Add: Matthew Erickson
11 2nd Ave SW Apt 5
Glenwood, MN 56334
320-766-9257

Change: Sue Boese
CBHH –Alexandria
1610 8th Ave
Alexandria, MN 56308
320-335-6202
susan.boese@state.mn.us

**Mailing Address for Region IV South AMHI
correspondence well as bills and vouchers:
should be mailed to**
Region IV South AMHI
PO Box 222
Elbow Lake, MN 56531

Region IV-S AMHI Administrator:
Joyce Pesch
joyce.pesch@r4south.org
218-685-8229
FAX – 218-685-6414

Note: These summary notes are a reflection of the discussions held at the March 9, 2010 “Conversations...” Meeting. They are not an approved record of the Region IV South Adult Mental Health Initiative until they are presented for approval at the April 2010 meeting.

Summary of March 9, 2010 meeting – “Conversations...” a meeting of the Region IV South Adult Mental Health Initiative serving Douglas, Grant, Pope, Stevens, and Traverse Counties.

**Purpose of Meeting Tuesday, March 9, 2010
Held at Hoffman Community Center**

Welcome & Introductions

1. Approval of Agenda *Additions, *Clarifications, *Changes
2. PRESENTATION: West Central MN Communities Action Agency: Regarding: Energy Assistance, Weatherization, Emergency Assistance Options
3. Approval of summary of January 12, 2010 “Conversations...” meeting
4. Meeting Packet Information – Joyce Pesch
 - A. Financial Report
5. AMHI Administrator’s Report – Joyce Pesch
6. Region 4-South Adult Mental Health Initiative Governing Board Report – Joanie Murphy
7. Determine Work Groups for 2010: Which ones, for what purpose, with what outcomes?
8. Key Events / History of the Region 4-S AMHI
9. State Advisory Council Report
10. State Liaison Report - Lorraine Pierce
11. REPORT: Mental Health Day on the Hill – February 16, 2010
12. Community Based Adult Mental Health Services –updates and reports
 - A. Socialization Projects – Douglas, Pope, Stevens, Traverse
 - B. Employment – *including Douglas Co. Social Services, and Prairie Community Services*
 - C. Housing – *include Bridges-like and Shelter Plus Care*
 - D. Crisis Prevention
 - E. Aftercare Services: (1) Intensive ARMHS (2) Aftercare Nurse
 - F. Milestones IRTS (Intensive Residential Treatment Services)
 - G. ACT (Assertive Community Treatment) Team (1) Program Report (2) Board Report
 - H. Community Behavioral Health Hospitals
 - I. Safety Net – including Flexible Funds
 - J. Training and Education
 - K. Day on the Hill
 - L. Douglas County Saturday Transportation
 - M. Warm Line
 - N. Pope County Drop In Center
 - O. Stevens Co Drop In Center
 - P. Traverse County Support Group
 - Q. Web Site – www.r4sconversations.org
 - R. Homeless to Housed Committee
 - S. Public Relations - Anti-Stigma Campaign – www.reallifeconversations.com
 - T. Transportation
 - U. Grant County Drop-In Center
13. Announcements
14. Next Agenda – Tuesday, April 13, 2010

THE SUMMARY:

Introductions... Name and role in the AMHI ...

1. Agenda Approval, Additions: Approved as presented

2. PRESENTATION: West Central MN Communities Action Agency: Regarding Energy Assistance, Weatherization, Emergency Assistance Options - Presented by Becky Belmont and Jill Fyre Anderson

- (A) Energy Assistance: Crisis offers another \$500; Income Benefit Assistance additional \$200 – client sets up a Payment Plan with vendor for 4 months
- (B) Reach Out for Warmth program.
- (C) Energy Related Repair – on site in Alexandria Tuesday and Thursday, and in Elbow Lake Monday – Friday – times: 7:30 a.m. – 5:00 p.m.
- (D) For after hours or weekend crisis situations – people can call WMCA and get a number to call their Sheriff’s department.
- (E) Weatherization, from the Stimulus Dollars, on average about \$6,500 per application. Noted that there is a waiting list with criteria of (1) handicapped; (2) small children present; (3) elderly; (4) high consumer of energy consumption – either in the amount or type.
- (F) WCMCA works with nine utilities that provide energy services in the region.

- * Noted that doors and windows are replaced just on mobile homes
- * Noted that both owners and renters are eligible for these programs.

- (G) Emergency Assistance Housing
 - For people with past due rent and looking at being evicted
 - Can provide deposit for those evicted or for those who are homeless
 - Transitional Housing is available: 3 units in Traverse County. People can stay for up to 2 years.
 - *As of now there is a waiting list of 30

(QUESTION) Does this program have same criteria as HRA?
[REPLY] No. A difference is: persons with a criminal background ARE accepted in this Transitional Housing program.
- (H) Low Income Frail-Elderly Program – goal is to help people stay in their home
 - For persons 60+ years with up to \$150 per person available.
 -

3. Approval of summary of January 12, 2010 “Conversations...” meeting: Approved as presented.

4. Meeting Packet Information – Joyce Pesch

4-A. Information –

- [1] Revised Organizational Chart - Noted that (a) the dotted lines indicate no direct reportability exists, but there are staff functions; (b) the Executive Commissioner Board will meet at least once a quarter in 2010; (c) the ACT Board in now a committee of the Governing Board; and (d) “Conversations...” group is now an official advisory board.

4-B. Program Openings – None

4-C. Reports including in meeting packet:

- [1] Administrator’s Report
- [2] Pre-petition Screening Coordinator’s Report
- [3] Crisis Response Services Manager
- [4] Initiative Housing - Douglas County HRA – YTD March, 2010
- [5] Douglas County Flexible Funding – Feb. 2010

4-D. Daily Agenda

4-E. Financial Statements

- [1] Financial Reports for February 2010 – Noted: Change in the format of the report. The front sheet is the base AMHI grant. This grant gives us the flexibility to design what we want to do and

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decide how to spend the funds. The back side of the sheet includes (a) Crisis Response funding which cannot be used for regular AMHI activities. This new format allows us to see the expenditures; and (b) the revenues from the Initial Base Grant Award, the Crisis Services Grant Award, and the projected revenue from Crisis Services billing.

[2] Recommendation from Administrator – that we reduce the allocation to the Grant County Drop-In Center & Socialization by \$6,800.00 (1st Quarter) and increase the Transitional Housing allocations by the same amount. The remaining allocation for Grant County would be \$20,717.12 for the remaining 9 months of operation; the Transitional Housing allocation would increase to \$36,800.00

Motion made by Liz Hinds, with a second by Emma Westrom, to recommend to the AMHI’s Governing Board that we reduce the allocation to the Grant County Drop-In Center & Socialization by \$6,800.00 (1st Quarter) and increase the Transitional Housing allocations by the same amount per the recommendation from the AMHI Administrator.

MOTION CARRIED by Consensus

3-D. Applications/Proposals (ACTION NEEDED)

[1] History (timeline) of Region 4 South – **ACTION:** ***Request from AMHI Administrator that people review this document and send additional details or information, as well as clarifications, corrections and additional dates to the AMHI Administrator.***

[2] Transitional Housing Request for Funds – Stevens County. ***REQUEST by Stevens County Human Services for \$6,100 to replenish fund balance of their transitional housing dollars.***

[3] Transitional Housing Request for Funds – Pope County. ***REQUEST by Pope County Human Services for \$10,000 to replenish the balance and provide ongoing funds that will ensure the mental health needs for our community.***

Discussion: Clarification that Transitional Housing (TH) dollars are to be used to allow persons with MI or SPMI to remain in their community. Noted that each county has their own rules for accessing the TH funds. Noted that there is no automatic amount distributed to each county. Rather, counties request an amount that is not more than what they’ve spent in the past 12 months. Counties can come back to the AMHI to request TH funds as needed.

The TH Funds requested will come from the line items: “Transitional Housing/non-housing” portion and “Transitional Housing/housing” portion”

QUESTION about whether AMHI can afford these requests. REPLY: Yes, we can afford today’s requests. TH has \$30,000 in the 2010 budget. While, Douglas County had requested \$5,000 in January, \$6,800 was just reallocated to the TH line item in an earlier action at today’s meeting and additional AMHI funds can be reallocated to TH as needed through the year.

There was further clarification of Pope’s request with a minor change in the wording of Pope County’s request.

ACTION: ***Motion by Shelly Leonard, with a second by Bill Klein, to recommend to the AMHI Governing Board to approve the two requests for transitional housing: Stevens County for \$6,100.00 and Pope County for \$10,000.00.***

MOTION CARRIED by Consensus.

5. AMHI Administrator’s Report – Written report included in meeting packet.

- Requested that the Training & Education Committee and the Public Relations Committee schedule themselves to meet over lunch to discuss their work plan and budget needs for 2010.
- Included in the packet was the NAMI Legislative Update. Listed in this update was a summary of the “State Operated Services Redesign” meetings with the 12 common themes that ran throughout all the regional

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follow the principals of EBP-SE as listed below with the mental health funds available to them (copies of this document were made available to work group members).

- More job opportunities for people with a mental illness (Pope unmet needs)
- We have currently funded a Douglas County Employment Program, a Prairie Community Services Employment Program for Grant, Pope, Stevens and Traverse Counties. We have Supported Employment requirements in Assertive Community Treatment. We employ consumers in a variety of consumer directed projects [examples: Drop In Centers, Socializations, WarmLine, Saturday Transportation]. *But- we have no overall employment strategy for all of these activities, nor do we set program standards for what supported employment services are to our Initiative.*
- Strategies might include: Implement strategy for Peer Support Specialist?

MENTAL HEALTH / PHYSICAL HEALTH

Members: Justin Anderson, Carroll Anderson, Mark Erickson, Kelly Irish, Kay Lagred, Emma Westrom, June Kedor, Char Lundebrek, Ronna Severson, Todd Holmquist, Jed Stump, Jim Pew, Sue Boese, Susan Brooks, Melody Morgan, Evelyn Cavegn, JuliAnn Randall, Earlene Brosch, Dawn Hartman, Michaela Niblett, David Pearson, Randy Bouwman

- Assume no new Initiative funding from DHS as part of the solution.
- We are in support of the ongoing integrated/shared care movement with the health care system and would like to see it continue (Douglas unmet needs)
- Access to local dental care for consumers continues to be an issue (Douglas unmet needs) [Also Stevens]
- Change in dental program
- Strategies might include such things as Fitness/Gym memberships

SERVICES FOR THE HARD TO SERVE:

Members: Jennifer Flagg, Marilyn Palm, Daryl Quick, Vonnie Evavold, Michele Bankord, Noreen Carlson, Bill Klein, Roger Schwab, Heather Danner, Joanie Murphy, Lorraine Pierce, Cheryl Starnier, Al Glaseman, Keith Lundsetter, Sharon Johnson, Lucille Tullis, Eva Swensrud, Laurie Burns,, Dave Peterson, Chad Meyer

- Assume no new Initiative funding from DHS as part of the solution
- (access is the reason they are hard to serve) It would be beneficial to have more local delivery of a DBT group rather than consumers having to travel an hour or more away to access this specialized treatment. (Traverse unmet needs)
- Issue 1: We have consumers with a multitude of mental health, physical health, chemical dependency, behavioral issues. These are not a frequency for each client’s unique needs that would suggest viability for developing services in our local system of care. How do we serve them?
- Issue 2: We have the service in our local system of care, but for a variety of reasons – outstanding charges, client’s aggressive behaviors, past history of non-compliance with program, threats to staff members are a few of them – the local vendor refuses to admit the client to their program. How do we serve these clients?
- *Strategy might include: Support groups?*

8. Key Events / History of the Region 4-S AMHI ACTION included in the discussion in Agenda item # 3-D

Noted that the goal stated in the 11/29/1995 original request for proposal for the AMHI is still appropriate to today’s AMHI.

The purpose of working on this Key Events /History of the Region 4-S AMHI is to give everyone a chance to catch up on the history of the AMHI if your weren’t here at the beginning and/or new to a job position.

The need is to add significant AMHI project and events and/or correct dates so that the history is as complete and as accurate as possible.

Noted that the original grant was for \$12,000.00

“Our AMHI is proof,” according to Joyce Pesch-AMHI Administrator, “you can move mountains when you partner with others.”

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9. State Advisory Council Report – Discussion on the request by Ed Eide, the Executive Director of Mental Health Association of MN, to meet with LAC members about setting local goals for involvement of what is happening at the Minnesota State Capital. Discussion was around whether to invite Mr. Eide to an AMHI monthly meeting, or whether it would be more advantageous to have him attend individual Local Advisory Council meetings. It was the consensus of the group that the LACs would have better attendance at their local meeting.

10. State Liaison Report- Lorraine Pierce:

- The “Report to the Legislature” is due out this week
- Other cuts listed in the Governor’s Budget, but little cuts to housing and the AMHIs’ budget s seem to be okay.
- The NAMI report gives a broader picture.
- In the NAMI Legislative Update noted: page 3/10 is summary of the SOS Redesign; pages 4-6/10 is a List of Legislators on the House Health Care and Human Services Finance Committee; page 7 -9/10 is a summary of bills related to Social Services and Mental Health
- A good source for Legislative updates: www.nami.org
- March 12, 2010 – Training for Certified Peer Specialist – ITV training sites in Moorhead, Willmar. Noted that a person must be invited to be part of a provider’s Crisis Stabilization program (i.e. ARMHS, IRTS or ACT).
- Requested that any counties experiencing flooding issues let Lorraine know who the local county contacts are.

11 Report on Mental Health Day on the Hill – February 16, 2010

- Only 15 people were on the bus, with no one in attendance from either Grant or Traverse counties.
- The Legislative Update portion of the day had much discouraging news.
- Noted that everyone was able to meet with both of their Legislators.
- Will be providing a full written report of the event with evaluations at next “Conversations...” meeting.
- Noted that Bill from KKOK-Morris radio did interviews with all the Legislators and was planning on having these interviews on the radio on March 13.
- Comment that the Training Committee wants to take a look at revamping the Day on the Hill project to ensure more involvement.

12. Community Based Adult Mental Health Services –updates and reports

- A. Socialization Projects’ Activities: –Stevens: Held a game day, Valentine bingo. In March will be having a bowling and pizza event, a chili lunch, and a taco lunch. Traverse: Recent events were not held due to closing of theater and also a restaurant. Meeting on alternating Mondays. Pope: In February had a bowling party with good turn out. Will be meeting with Joyce Pesch. March 17 is the pool party at the Holiday Inn-Alex. Other counties are invited to attend, but transportation is an issue. Douglas: meeting with the other coordinators.
- B. Employment – including *Prairie Partners- Douglas Co. Social Services and Prairie Community Services*:
- C. Housing – include *Bridges-like and Shelter plus Care*: - Written included
- D. Crisis Prevention - Written included
- E. Aftercare Services – (1) Intensive ARMHS (2) Aftercare Nurse
- F. Milestones IRTS (Intensive Residential Treatment Services: Open beds: 1 respite and 1 crisis
- G. ACT (Assertive Community Treatment: Serving 48 clients at this time, with 2 pending and 1 discharge.
- H. Community Behavioral Health Hospitals: Resurvey done by JACHO, which went well. In 2009 did a 3 year accreditation. Certified Nurse Specialist (CNS) recruitment has gone well. Current census of 11-13. Have a cap at 13 because 3 bedrooms are not available for use. Average length of stay is 17 days. Noted that the Cold Springs CBHH has been closed. Wadena CBHH has gone to a “step down” (between a CBHH and IRTS) for persons who are “hard to serve.” Noted that Fergus Falls CBHH has a CNS.
- I. Safety Net – including Flexible Funds:
- J. Training and Education: Working on upcoming trainings. Requested input from the group on what trainings are needed. Comment that on Mon-May 3 and Tues. May 4 Malinda Champ at DHS will be providing a training for Case Managers and Providers on the topic of MA Medical Necessity Suggestion that more consumer stories be added to the “Real Life Conversations” website.
- K. Day on the Hill: Clarification that the for county coordinators for “Day on the Hill said no to the proposed \$100

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stipend” so none were paid out.

- L. Douglas County Saturday Transportation: Reported that 17 were on the bus last week.
- M. Warm Line: Kesha Anderson announced that the transition from CSN to AMHI oversight will happen in March. Noted that she will be able to switch the on-call people on-line. This will allow WarmLiners to be able to be anywhere in the 5-county area. Kesha will provide the training for the WarmLine peer support people and also will do the scheduling.
- N. Pope County Drop-In Center: Shelly Leonard is the coordinator. Noted that more, and younger, people are coming in. They are looking for a larger space.
- O. Stevens Co Drop In Center: Added three volunteers/hosts. Hosted a Bingo.
- P. Traverse County Support Group:
- Q. Web Site – www.r4sconversations.org
- R. Homeless to Housed Committee:
- S. Public Relations - Anti-Stigma Campaign – www.reallifeconversations.com Reported that they need to get more info Becky at Eggen for what the better media outlets are. Noted a request to put the info on CDs to give to families so they could watch the videos if they don’t have computer or internet access.
- T. Transportation:
- U. Grant County Drop In Center – Hiring 2 part-time people in April. Looking for a space at this time. Noted that with the city zoning ordinances as they are, the only likely spaces will be on Main Street.

13. Announcements –

Handouts on the table:

- 1. “Save the Date” - Certified Peer Specialist Training – March 12 and March 23
- 2. IRTS Stakeholder Input – March 24 and April 2
- 3. Copies of January’s input session on SOS Redesign
- 4. Legislative updates available at: www.namihelps.org or 1-888-NAMI-HELPS or dhs@state.mn.us
- 5.

- 14. Agenda – April 13, 2010 –**
- (1) Work Groups Meet (significant time allowed)**
 - (2) Quarterly Reports due**
 - (3) Assignment: Review Key Events / History of Reg. 4-S AMHI**

2010 Meeting Schedule

| | | |
|-------------------|-------------------|---------------------|
| | May 11 | June 8 |
| July 13 | August 10 | September 14 |
| October 12 | November 9 | December 14 |