

# CONVERSATIONS

September 13, 2011

## **LEFT SIDE**

### **INFORMATION – GREEN**

1. Mentally Ill/Sex Offender Resource for “hardest to serve” workgroup members and case managers
2. CY 2011 and 2012 Legislative Reductions – Adult Mental Health Base Grants (include Region 4 South Adult Mental Health Consortium)

### **REPORTS - BUFF**

1. Administrators Report – September 2011
2. Adult Crisis Response Program – September 2011
3. ICRS Program – September 2011
4. Prepetition Screening – September 2011
5. Douglas County – Flexible Funding August 2011
6. Douglas County – Transportation Funding Report August 2011
7. Region 4 South Housing – Douglas County HRA – September 2011
8. Douglas County Saturday Transportation Program – April-June, 2011 (including a project closure summary by Amy Kiehn)

## **RIGHT SIDE**

### **DAILY AGENDA: WHITE**

### **FINANCIAL STATEMENTS: BLUE**

1. For period ending August 31, 2011
2. Action needed – budget revisions reflecting an overall reduction of \$56,081

### **APPLICATIONS/PROPOSALS (ACTION NEEDED): PINK**

1. Douglas County CEP/CSP Employment Grant – request for a 2011 budget increase of \$4,918.00
2. Pope County Human Services – \$990.00 to fund 2 slots (\$495.00 per slot) for non-public medical pay program clients to participate in a six week social skills group for ARMHS/CSP recipients being offered through the Glenwood Lakeland Mental Health Center Office.
3. Traverse County Social Services - \$100.00 to pay the cost of the bridging between the SCMC Life Center ITV equipment (private) and the Office of Enterprise Technology state system (public) that Traverse County Social Service is a part of. This cost is for the remainder of 2011.

### **PROGRAM OPENINGS – YELLOW**

1. Prairie Community Services

## Conversations.

Tuesday, September 13, 2011~ 9:00 a.m. – 1:00 p.m. (lunch provided)

Hoffman Community Center, 127 Main Ave, Hoffman, MN 56339

Please RSVP to [front@co.grant.mn.us](mailto:front@co.grant.mn.us) or -218-685-8206 by NOON on Friday, Sept. 9, 2011

SPECIAL NOTE: Meeting Packet materials are posted at [www.r4sconversations.org](http://www.r4sconversations.org) website PRIOR to the meeting for your review. You do NOT have to print these items—they will be included in the August meeting folder.

### AGENDA

- |   |  |
|---|--|
| Welcome & Introductions   | 9:00 – 9:20  |
| 1. Approval of Agenda*Additions, *Clarifications, *Changes  | 9:20—9:25  |
| 2. Approval of summary of August 9, 2011 “Conversations...”   | 9:25—9:30  |
| 3. Meeting Packet Information – Joyce Pesch   | 9:30—9:35  |
| 4. Financial Report—Joyce Pesch   | 9:35—9:50  |
| A. Monthly Report   |  |
| B. Applications/Proposals (ACTION NEEDED)   |  |
| 5. AMHI Administrator Report - Joyce Pesch  | 9:50—10:00   |
| A. Report   |  |
| B. New Registration Procedures  |  |
| 6. Region 4-S AMHC Governing Board Report – Joanie Murphy   | 10:00—10:05  |
| 7. State Advisory Council   |  |
| 8. State Liaison Report - Lorraine Pierce   | 10:05—10:20  |
|   | <b>Break</b>   |
|   | <b>10:20—10:35</b>   |
| 9. “Day at Home” updates  | 10:35—10:45  |
| 10. 2012 Budget & Requests  | 10:45—11:45  |
| A. 2011 budget line adjustments   |  |
| B. 2011/2012 grant award amounts  |  |
| 11. Work Teams and Task Forces Meet   | 11:45—12:35  |
| A. Transportation   | B. Training & Education  |
| C. Services for Hard to Serve   |  |
| D. Integrated Physical & Mental Health  | E. Housing   |
| F. Crisis Response  |  |
|   | <b>“Working” Lunch ~ Noon – 12:35</b>  |
| 12. Reports from Work Teams & Task Forces   | 12:35—12:45  |
| 13. Updates —Community-Based Adult Mental Health Services   | 12:45—12:50  |
| A. Socialization Projects: Douglas, Pope, Stevens, Traverse   | B. Employment – including Douglas Co. Social Services, Prairie Community Service |
| C. Housing – include Bridges-like and Shelter Plus Care   | D. Crisis Response   |
| E. Aftercare Services: (1) Intensive ARMHS (2) Aftercare Nurse  | F. Milestones IRTS (Intensive Residential Treatment Services)                    |
| G. ICRS 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 Co Support Group   |
| Q. Web Site – <a href="http://www.r4sconversations.org">www.r4sconversations.org</a>  | R. Homeless to Housed Committee  |
| S. Public Relations - Anti-Stigma Campaign – <a href="http://www.reallifeconversations.com">www.reallifeconversations.com</a> |  |
| T. Transportation   | U. Grant County Socialization  |
| V. Health Screenings  |  |
| 14. Announcements   | 12:50—12:55  |
| 15. Agenda for October 11, 2011 “Conversations...”  | 12:55—1:00   |

**ADJOURN**

**1:00**

**PLEASE NOTE:** Cancellations for “Conversations...” meetings will be listed on the following: KSAX-TV, KIKFM(100.7 FM), KXRA(1490 AM), KMRS (1230 AM), KKOK (95.7 FM), [www.r4sconversations.org](http://www.r4sconversations.org), and at 218-685-8229

Category: <b>BASE INITIATIVE FUNDING</b>	2011 budget	Through August 2011 approved changes	Revised Budget	Subtotals/Totals	YTD Expenses paid as of August 31, 2011	Unpaid Balance	Per Cent of Planned Expense
Fun Bunch - Pope	\$ 13,680.04		\$ 13,680.04		\$ 5,537.15	\$ 8,142.89	40.48%
Stevens County Socialization	\$ 10,465.68		\$ 10,465.68		\$ 3,905.72	\$ 6,559.96	37.32%
Traverse County Socialization	\$ 9,638.81	\$ 431.00	\$ 10,069.81		\$ 7,630.28	\$ 2,439.53	75.77%
Douglas County Socialization	\$ 14,678.88		\$ 14,678.88		\$ 11,009.16	\$ 3,669.72	75.00%
Pope County Drop In Center	\$ 15,928.00		\$ 15,928.00		\$ 11,946.00	\$ 3,982.00	75.00%
Stevens County Drop In Center	\$ 21,743.80		\$ 21,743.80		\$ 12,523.28	\$ 9,220.52	57.59%
Grant County Drop In Center & Socialization	\$ 13,192.00		\$ 13,192.00		\$ 2,169.32	\$ 11,022.68	16.44%
Warm Line	\$ 13,447.00		\$ 13,447.00		\$ 9,218.22	\$ 4,228.78	68.55%
<b>Leisure time activities/Foster Social Support</b>				\$ 113,205.21		\$ 49,266.08	
CONVERSATIONS web site	\$ 2,000.00		\$ 2,000.00		\$ 480.46	\$ 1,519.54	24.02%
Public Relations	\$ 4,000.00		\$ 4,000.00		\$ 3,644.28	\$ 355.72	91.11%
Training Committee (Including Day on the Hill)	\$ 13,900.00		\$ 13,900.00		\$ 842.60	\$ 13,057.40	6.06%
DBT Training	\$ 1.00		\$ 1.00		\$ -	\$ 1.00	0.00%
Employment WRAP Training	\$ 4,000.00		\$ 4,000.00		\$ 4,161.24	\$ (161.24)	104.03%
Dimensions of Wellness Series	\$ 1.00		\$ 1.00		\$ -	\$ 1.00	0.00%
<b>Educating about Mental Illness, Treat, Recovery</b>				\$ 23,902.00		\$ 14,773.42	
Douglas County Employment	\$ 15,000.00		\$ 15,000.00		\$ 4,692.47	\$ 10,307.53	31.28%
PCS Employment (Grant, Pope, Stevens, Traverse)	\$ 44,894.28		\$ 44,894.28		\$ 17,937.63	\$ 26,956.65	39.96%
<b>Supported Employment</b>				\$ 59,894.28		\$ 37,264.18	
Douglas County Saturday Transportation	\$ 20,000.00		\$ 20,000.00		\$ 9,215.90	\$ 10,784.10	46.08%
Client Access SS Reimbursements	\$ 15,000.00		\$ 15,000.00		\$ 3,307.40	\$ 11,692.60	22.05%
<b>Transportation</b>				\$ 35,000.00		\$ 22,476.70	
Flexible Funding/Consumer-through LAC	\$ 6,500.00		\$ 6,500.00		\$ 1,000.00	\$ 5,500.00	15.38%
Transitional Housing/non housing portion	\$ 20,900.00		\$ 20,900.00		\$ 21,000.00	\$ (100.00)	100.48%
<b>Connect people to resources, meet basic needs</b>				\$ 27,400.00		\$ 5,400.00	
Incentive Funding (managed by PCS)	\$ 3,710.00		\$ 3,710.00		\$ 200.00	\$ 3,510.00	5.39%
<b>Skill Development/Activities of Daily Living</b>				\$ 3,710.00		\$ 3,510.00	
Transitional Housing/Housing Portion	\$ 20,900.00		\$ 20,900.00		\$ 21,000.00	\$ (100.00)	100.48%
R4South Housing Project #1	\$ 98,986.51	\$ (34,500.00)	\$ 64,486.51		\$ 2,428.00	\$ 62,058.51	3.77%
R4South Housing Project #2		\$ 34,500.00	\$ 34,500.00		\$ -	\$ -	
Deposit Assistance (Do. Co. HRA Managed)	\$ -		\$ -		\$ -	\$ -	
<b>Housing Supports</b>				\$ 119,886.51		\$ 61,958.51	
IRT - Intensive Residential Treatment	\$ 33,331.00	\$ 11,569.00	\$ 44,900.00		\$ 34,749.14	\$ 10,150.86	77.39%
IRT - Group Residential Housing/Non-PA Eligible	\$ 4,003.00		\$ 4,003.00		\$ 2,570.22	\$ 1,432.78	64.21%
<b>Intensive Residential Treatment</b>				\$ 48,903.00		\$ 11,583.64	
Lakeland Mental Health Outpatient Access Improvement	\$ 4,000.00		\$ 4,000.00		\$ -	\$ 4,000.00	0.00%

D.B.T. Therapy - Non-PA eligible/PIP	\$	11,720.00		\$	11,720.00	\$	7,514.73	\$	4,205.27	64.12%	
<b>Adult Outpatient Psychotherapy</b>						\$	15,720.00	\$	8,205.27		
Nursing Support/Non MA/Non Medicare	\$	3,000.00	\$	3,000.00	\$	6,000.00		\$	4,245.00	70.75%	
Intensive Aftercare - non ARMHS/non CSP	\$	9,000.00	\$	(3,000.00)	\$	6,000.00		\$	3,707.85	61.80%	
Health Screenings/Brochures	\$	1.00	\$	6,500.00	\$	6,501.00		\$	1,212.09	19%	
<b>Basic Living/Social Skills/Community Interventions</b>						\$	18,501.00	\$	9,336.06		
ICRS - Non MA	\$	180,636.00			\$	180,636.00		\$	45,667.38	25.28%	
<b>Assertive Community Treatment</b>						\$	180,636.00	\$	134,968.62		
CONVERSATIONS	\$	33,000.00			\$	33,000.00		\$	17,188.39	52.09%	
Prepetition Screening for Commitment	\$	81,633.00	\$	(18,500.00)	\$	63,133.00		\$	35,739.42	56.61%	
Project Administrator - includes payroll costs	\$	98,662.00			\$	98,662.00		\$	91,424.76	92.66%	
Fiscal/billing costs - Grant County Social Services	\$	17,400.00			\$	17,400.00		\$	8,700.00	50.00%	
<b>TOTALS: BASE INITIATIVE GRANT</b>	\$	858,953.00	\$	-	\$	858,953.00	\$	406,568.09	\$	452,384.91	47.33%

Category: CRISIS RESPONSE	2011 Budget	Budget changes	Revised Budget	Subtotals	YTD Expense	Unpaid Balance	% Spent
Crisis Stabilization Beds	\$ 10,000.00		\$ 10,000.00		\$ 1,048.00	\$ 8,952.00	10.48%
Crisis Stabilization Beds - GRH	\$ 2,000.00		\$ 2,000.00		\$ 1,168.02	\$ 831.98	58.40%
<b>Crisis Stabilization Residential</b>				\$ 12,000.00		\$ 9,783.98	
Crisis Assessment and Intervention	\$ 257,102.39		\$ 257,102.39		\$ 140,357.12	\$ 116,745.27	54.59%
<b>Crisis Assess, Intervention, Community Stabilization</b>				\$ 257,102.39		\$ 116,745.27	
Project Administrator	\$ 27,114.00		\$ 27,114.00			\$ 27,114.00	0.00%
Fiscal Host/Employer of Record Costs	\$ 17,400.00		\$ 17,400.00		\$ 8,700.00	\$ 8,700.00	50.00%
<b>TOTALS: CRISIS RESPONSE GRANT</b>	\$ 313,616.39		\$ 313,616.39	\$ 313,616.39	\$ 151,273.14	\$ 162,343.25	48.24%
REVENUES	\$ 1,172,569.39				\$ 557,841.23		
<b>INITIAL BASE GRANT AWARD</b>	\$ 858,950.00			\$ 260,354.00			30.31%
<b>CRISIS SERVICES GRANT AWARD</b>	\$ 311,577.00			\$ 1,337.82			0.00%
<b>CRISIS SERVICES EARNED INCOME</b>	\$ 2,039.39			\$ 7,859.44			30.47%
<b>TOTAL: BASE FUNDING</b>	\$ 858,950.00			\$ 261,691.82			2.51%
<b>TOTAL: CRISIS RESPONSE</b>	\$ 313,616.39			\$ 7,859.44			2.51%
<b>TOTAL PROJECTED REVENUES</b>	\$ 1,172,566.39			\$ 269,551.26			22.99%

Receipts as of 8/31/2011

# DOUGLAS COUNTY SOCIAL SERVICES

809 Elm Street, Suite 1186  
Alexandria, MN 56308-1772

Michael J. Woods, Director

320-762-2302  
Fax: 320-762-3833  
TDD: 320-762-8151

**RECEIVED**  
**AUG 31 2011**

Date: August 25, 2011

To: Joyce Pesch, Region IV South Initiative Administrator

From: Deb Sater, Social worker

Re: 2011 CEP/CSP Employment grant

I am writing to request an additional funding amount of \$3,100 from the Region IV South Initiative for the 2011 CEP/CSP Employment grant. The requested grant amount for 2011 was \$15,000. This request was not fully funded and the 2011 CEP/CSP Employment grant will be short a minimum of \$3,100 to fulfill the Work Training hours and potential On-the-Job Training hours for the three currently enrolled clients.

This amount does not allow for any additional 2011 enrollees, even though there are at least two additional DCSS clients who would benefit from this service.

If you refer back to the original request, Work Training hours and OJT hours were estimated at only 12 hours per week for 12 weeks for four clients. This grant served two clients from 2010 and enrolled three clients for 2011. The 2011 enrolled clients have been able to work 15 to 20 hours per week and have been encouraged to do so.

The initially reduced approved 2011 funding amount and the increased capabilities of the three 2011 clients have combined to cause the estimated shortfall.

Thank you for your consideration of this request.



See ATTACHED CORRECTED Budget

Am't Needed = \$4,918.00

\$ 4,354

(was \$4,249.60)

Program Delivery Costs. Rural Minnesota CEP, Inc. (RMCEP) will provide staff to perform initial intake and individual service strategy planning with each client, follow-up on progress, work with employers to develop work training sites and/or on-the-job training positions, and will monitor each work training and/or on-the-job training site.

RMCEP will provide continuing services to currently enrolled clients and will accept up to 4 new enrollments for CY 2011.

\$ 7,920

(was \$4,694.40)  
(= 4 clients)

Work Training

6 clients - 10 weeks x 16 hr/wk x \$8.25/hr = \$7,920

RMCEP will develop work training sites that allow the participants to develop good work habits, establish a work history and develop vocational skills. Structured work training allows staff to identify and address missing job retention skills. RMCEP Policy #406 will be followed. RMCEP will be the employer of record.

\$ 2,016

(SAMZ)

OJT

4 clients - 12 wks x 12 hr/wk x \$3.50/hr = \$2,016

RMCEP will develop and monitor on-the-job training for individual clients based on the ISS and the employer's needs at one-half the hourly wage determined by the employer. The worksite will be the employer of record. RMCEP Policy #405 will be followed where appropriate. The OJT shall involve a written contract with the employer. The employer should commit to employer to continue to employ the worker/client upon successful completion of the training.

\$ 1,588

(Previously in the \$4,249.60 line item)

Administration

RMCEP's costs associated with the overall management of the Douglas County SPMI Program to include budgeting, planning, client payroll processing, reporting and monitoring services. Administrative expenses are limited to 10% of the program funds.

\$15,878

TOTAL

\$ 3,440 Job Coaching - Vikingland CSP

\$ 600 Job Development - Vikingland CSP

\$19,918.00 New total

< 15,000.00 > Previous Grant

\$ 4,918.00 Additional dollars

## Joyce Pesch

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**From:** Deb Sater [deb.sater@mail.co.douglas.mn.us]  
**Sent:** Thursday, September 01, 2011 1:25 PM  
**To:** Joyce Pesch  
**Subject:** RE: Doulgas County Revised Budget

Joyce, I think we are pretty close to having the correct numbers to you. CSP used \$1880 in Job coaching through July, which is just a little over half of the year and the granted amount was \$3440 for the year. We have not used any of the \$600 in Job Development, so that might not get used. Otherwise, I think the requested increase of \$4,918 for 2011 is pretty accurate. Can you just add the below email information to the request so I don't have to type up anymore?

*Debra J. Sater, Social Worker  
Douglas County Social Services 320-762-3817*

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**From:** Joyce Pesch [mailto:joyce.pesch@r4south.org]  
**Sent:** Thursday, September 01, 2011 11:03 AM  
**To:** Deb Sater  
**Subject:** RE: Doulgas County Revised Budget

Deb:

It made it through, and this is the one I will put on the CONVERSATIONS agenda, unless you want to update it again.

I'm in Alex, so can't compare this to your current budget, but noted that these are just CEP costs....if you have/will spend any dollars in other ways – you referred to Vikingland's job coaching – these should be include in the overall attached budget as well.....your best estimate of EVERYTHING you will spend these dollars for. I will then take the new budget total and subtract the "old" approved budget total to get the dollar amount of increase you will need for the rest of 2012.

If I am not being clear enough, let me know.

Joyce

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**From:** Deb Sater [mailto:deb.sater@mail.co.douglas.mn.us]  
**Sent:** Thursday, September 01, 2011 10:45 AM  
**To:** Joyce Pesch; Mike Woods  
**Subject:** Doulgas County Revised Budget

Joyce, I am attaching documentation from CEP re: the increased request for funding.

I have compared it to our original request and can break down the information for you. FYI - original request had Program Admin. costs and delivery costs lumped together but it is separate in this revised request. Turns out if CEP has an increase in one work area, it impacts the reimbursement needs for the rest of their program.

Program Delivery Costs/Administration has an increase of \$1692 in cost for 2011.

There is an increase in Work Training costs of \$3,225. This brings the increase requested amount to \$4,918 for 2011.

Now, the revised budget looks like there is only a slight increased need of \$878, however, the approved \$15,000 for 2011 also included \$3,440 in Job Coaching and \$600 in Job Development for CSP which is not included in their document. So far, the Job Coaching area of the budget has only used \$1,800 through July. I don't have August numbers for Job Coaching hours used and don't know what they have planned for September.

If we can just use whatever money was awarded out of the grant to pay without regard for where it was designated, we are okay for a little bit, but increasing the WT hours for the clients then means no more job coaching hours down the road and maybe not paying out what we have already used.

Hope this clarifies and if the budget didn't make it through, let me know and I will fax it.

*Debra J. Sater, Social Worker*  
*Douglas County Social Services 320-762-3817*

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## Joyce Pesch

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**From:** Rhonda Antrim [rhonda.antrim@co.traverse.mn.us]  
**Sent:** Wednesday, August 17, 2011 2:33 PM  
**To:** Joyce Pesch  
**Cc:** Jim Pew (jpew@scmcinc.org)  
**Subject:** Conversations action item- telemedicine in Traverse County

I am writing to request assistance from the initiative to help fund telemedicine to Traverse County Consumers through Stevens Community Medical Center. Because they are not part of the MN Office of Enterprise Technology, there is a charge of \$25.00 to assist with the hook up. Telemedicine has been utilized for some time in Traverse County, but recently the quality of the picture between the psychiatrist and consumers has been poor. Telemedicine is scheduled once per month currently, so funding for the remainder of 2011 would be \$100.00.

Total request: \$100.00.

Sincerely,

Traverse County Social Services

## Joyce Pesch

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**From:** Rhonda Antrim [rhonda.antrim@co.traverse.mn.us]  
**Sent:** Wednesday, August 17, 2011 2:28 PM  
**To:** Joyce Pesch  
**Subject:** Conversations action item- skills group

I am writing to request initiative funding for non-MA consumers to attend a set of social skills group sessions. The program will be ran through LMHC. It will focus on different topics for each 6 week group session. There will be capacity for 8 consumers per group session. The cost for a 6 week group session will be \$495.00. I would request the initiative fund 2 slots per 6 week session. I would request this group be open to the region as well.

The initial group is September 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>, October 5<sup>th</sup>, and 12<sup>th</sup>. Two slots would total \$990.00, so this request is for \$990.00.

Sincerely,

Pope County Human Services

## Joyce Pesch

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**From:** Rhonda Antrim [rhonda.antrim@co.traverse.mn.us]  
**Sent:** Thursday, August 18, 2011 9:15 PM  
**To:** Joyce Pesch  
**Subject:** Re: Conversations action item- skills group

The consumer would be an adult with SPMI, who does not qualify for ARHMS. They would need a qualifying DA that supports the needs of the specific group offered. Selection would likely be first come first serve but that is open for discussion.

*Sent via DROID on Verizon Wireless*

-----Original message-----

**From:** Joyce Pesch <joyce.pesch@r4south.org>  
**To:** Rhonda Antrim <rhonda.antrim@co.traverse.mn.us>  
**Sent:** Thu, Aug 18, 2011 22:33:06 GMT+00:00  
**Subject:** Re: Conversations action item- skills group

Just to let you know I received this.

Also, describe the consumer most likely to receive this service and what the application and selection process would look like.

Thanks...joyce

----- Original Message -----

**From:** Rhonda Antrim <rhonda.antrim@co.traverse.mn.us>  
**To:** Joyce Pesch  
**Sent:** Wed Aug 17 14:27:59 2011  
**Subject:** Conversations action item- skills group

I am writing to request initiative funding for non-MA consumers to attend a set of social skills group sessions. The program will be ran through LMHC. It will focus on different topics for each 6 week group session. There will be capacity for 8 consumers per group session. The cost for a 6 week group session will be \$495.00. I would request the initiative fund 2 slots per 6 week session. I would request this group be open to the region as well.

The initial group is September 7th, 14th, 21st, 28th, October 5th, and 12th. Two slots would total \$990.00, so this request is for \$990.00.

Sincerely,

Pope County Human Services

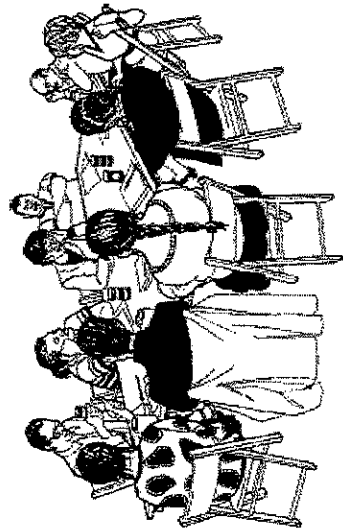
## Joyce Pesch

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**From:** Claudia Liljegren [cliljegren@lmhc.org]  
**Sent:** Thursday, August 18, 2011 5:13 PM  
**To:** Joyce Pesch  
**Cc:** 'Nikki Wait'; bklein@lmhc.org  
**Subject:** Skills groups  
**Attachments:** brochure.pub; SOCIAL SKILLS EDUCATION GROUP OUTLINE.doc

Hi Joyce – I just gone done talking with Bill about your conversation with him about the skills group(s) we are offering out of our Glenwood office. We are doing a trial run and we are pretty excited about it. It will be 6 weeks long, beginning September 7<sup>th</sup>. We will be inviting clients that have ARMHS, and charge under the group rate. In addition, as you know, Rhonda has inquired as to if the Initiative would help fund those clients that do not have insurance. The attached pamphlet is a draft of what we will be sending out to providers and clients. It is used only on a trial basis, and if we continue to do groups, we will make the pamphlets more official. I've also attached specific topics that will be discussed at this particular group. If you have any questions, please do not hesitate to contact me. Thanks. Claudia.

Come enjoy expanding your knowledge of social skills, social anxiety and positive communication through education and skill building activities. This group is covered by county funds for those currently receiving CSP services and insurance for those participants currently receiving ARMHS services.



**SOCIAL SKILLS  
EDUCATION GROUP**

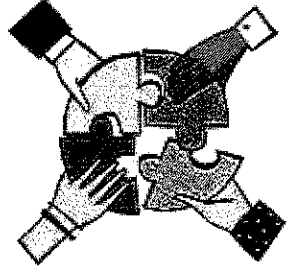
Lakeland Mental Health Center-  
Glenwood  
100-17th Avenue NW, Suite 2  
Glenwood, MN 56334

Phone: 320-634-3446  
Fax: 320-634-0384  
E-mail: [nwait@lmhc.org](mailto:nwait@lmhc.org)

**SOCIAL SKILLS  
EDUCATION GROUP**

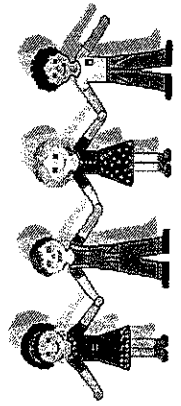
Lakeland Mental Health  
Center- Glenwood

The Social Skills Education group will be held the following days from \_\_\_\_\_ at the United Parish Church (Right next door to Lakeland Mental Health Center- Glenwood):



# SOCIAL SKILLS EDUCATION GROUP

Lakeland Mental Health Center is proud to offer a 6 week Social Skills group for ARMHS/CSP recipients that will provide education in social skills and positive communication as well as exercises to enhance these skills. The purpose of the group is to enhance your understanding of positive communication, increase your social skills and reduce social anxiety.



Topics that will be Covered:

Week 1: Active Listening and Barriers to listening

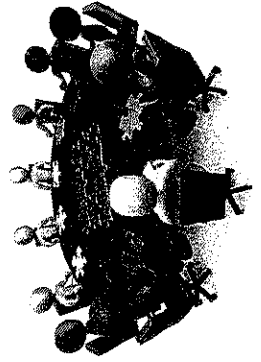
Week 2: Understanding and coping with Social Anxiety

Week 3: Positive and negative relationships

Week 4: Communication style and self-disclosure

Week 5: Building skills to talk to others/ Body Language

Week 6: Wrap up session/ socialization



## General Rules/ Guidelines

Agreeing to participate in the Social Skills Education group comes with certain rules/ guidelines that are to be followed:

1. Confidentiality must be maintained- personal information that may be disclosed in group needs to stay in the group setting and not be discussed outside of group.
2. By committing to participate in the social skills education group, you understand that a spot has been reserved for you at all 6 groups and absences will only be allowed for circumstances out of your control ( illness, death in the family, medical emergency).

## SOCIAL SKILLS EDUCATION GROUP

Lakeland Mental Health Center-  
Glenwood  
100- 17th Avenue NW, Suite 2  
Glenwood, MN 56334

Phone: 320-634-3446  
Fax: 320-634-0384  
E-mail: [nwait@lmhc.org](mailto:nwait@lmhc.org)

## Social Skills Education Group

### Week 1:

- TOPIC: Introductions/ Listening
  - Go over Rules of ARMHS Group.
  - Explain “check in” and it’s purpose (to practice talking and listening skills)
  - Ice breaker- two truths and a lie
  - Listening: Active vs. Passive
    - Active: Paraphrasing, clarifying, feedback, listening with empathy, listening with openness, listening with awareness.
    - How to be a total listener: 1. Maintain good eye contact 2. Lean slightly forward 3. Reinforce the speaker by nodding or paraphrasing 4. Clarify by asking questions 5. Actively move away from distractions 6. Be committed, even if you are angry or upset, to understand what is said.
  - Barriers to Listening: Comparing, mind reading, rehearsing, filtering, judging, dreaming, identifying, advising, sparring, being right, derailing, placating.

### Week 2:

- TOPIC: What is Social Anxiety? What does Social Anxiety Feel like?
  - o Check In
  - o What is Social Anxiety (scenarios)- Handout #1
  - o Social Anxiety Fact Sheet (optional)- Handout #2
  - o Activity: What are my social anxieties and how do I cope, How do other’s cope?
  - o Understanding Social Anxiety (Optional)- Handout #7
  - o What are social Rules? What is acceptable?
  - o Activity: Create a list of social norms and rules. Identify what is acceptable and what is not.

### Week 3:

- TOPIC: Learn about positive and negative relationships through example
  - o Check In
  - o What do you look for in a friend?
  - o What qualities do you bring to a friendship?
  - o Activity: My friendship qualities (make a list of qualities you bring to a friendship, then pass them around and the person that reads them states if they are qualities that they look for in a friend- why or why not?)

### Week 4:

- TOPIC: Dominant Communication Style/ Self- Disclosure?
  - Check in
  - Activity: Dominant Communication Style self- quiz.
  - Understand your dominant communication style.
  - Self Disclosure the Benefits:

- Increased self knowledge- the more you let others know the more you will know yourself.
- Closer relationships
- Improved communication
- Why don't people self- disclose:
  - Fear of rejection, Fear of punishment, fear of being talked about behind your back or fear that someone will take advantage of you. If it's positive you're bragging, if it's negative they may imagine you are all bad. You may also be afraid of self knowledge yourself.
  - Healthy self disclosure is a matter of balance
- Activity: Assessing your self Disclosure- Handout #3

Week 5:

- TOPIC: Building Skills to talk with others
  - o Check In
  - o How to engage others in conversation- Handout #4
  - o Activity: Open ended Questions (Ask each person to come up with an open ended and closed question example).
  - o What to do if you are not interested? Reading Body Language – Handout #5
  - o Body Language: Over 50% of your message comes from body movements (7% verbal, 38% vocal, 55% body movements)
  - o Body Language in our culture vs. others (example: eye contact American (respectful) vs. Puerto Rican (disrespectful))
  - o Activity: indicate how to use body language to encourage someone to 1. go on talking 2. speed up 3. slow down 4. get to the point 5. expand on a point 6. defend a point 7. stop and let you talk 8. stop and end the conversation
  - o Spatial relations – Handout #6

Week 6:

- Check in, wrap up, group evaluations and socialization time.

Prairie Community Services Inc  
Program Openings

Name	Location	Type of License	Current census Capacity	Current census in the home	Wheelchair Accessible	Contact Name	Number
<b>Residential</b>							
Beachwood	Spicer	203 - Adult Foster Care	4	3	no	Karen Rosman-Bangasser	320-894-9676
Driftwood	Morris	203 - Adult Foster Care	4	3	yes	Jeff Berger	320-287-0386
Everwood	Morris	203 - Adult Foster Care	4	3	no	Michele Bankord	320-760-5341
Fleetwood	Alexandria	203 - Adult Foster Care	4	3	no	Keith Lundsetter	320-763-6529
Sprucewood	Benson	203 - Adult Foster Care	4	3	no	Michele Bankord	320-760-5341
Trallwood	Fergus Falls	203 - Adult Foster Care	4	3	yes	Nicolle Braaten-Toso	218-998-3048
Valewood	Marshall	203 - Adult Foster Care	4	3	no	Claudia Cravens	320-287-0664
Brentwood	Marshall	Intensive Residential Treatment	10	8	yes	Claudia Cravens	320-287-0664
Deerwood	New London	203 AFC/Waivered	4	3	yes	Karen Rosman-Bangasser	320-894-9676
Heartwood	Morris	203 AFC/Waivered	4	3	yes	Judy Richards	320-760-0372
Starwood	Starbuck	203 AFC/Waivered	4	3	no	Keith Lundsetter	320-763-6528
Willow	Fairfax	203 AFC/Waivered	4	3	yes	Joyce Evenson	507-381-4727
Courtwood Apartment	Roseau	N/A	1	0	yes	Carmen Olson	218-463-0446
Otterwood Apartment	Fergus Falls	N/A	2	1	no	Nicolle Braaten-Toso	218-998-3048
Parkview Apartment	Hancock	N/A	2	1	no	Michele Bankord	320-760-5341
<b>Community Based Services</b>							
	Douglas, Stevens, Grant, Pope, Traverse	ARMHS, Supportive Employment, ILS, SILS, PCA, Respite, CSP, Residential Crisis Beds	N/A	N/A	N/A	Leanne Harmsen	320-585-6107

For more information about PCS programs or program availability please visit our website.  
[http://www.access.sfnh.org/Services\\_Page/Residential-PCS/DW/open\\_beds.asp](http://www.access.sfnh.org/Services_Page/Residential-PCS/DW/open_beds.asp)  
 or contact Chad Meyer (Administrator) at 320-589-4915

## **CONVERSATIONS – HARDEST TO SERVE GROUP**

### **MENTALLY ILL / SEX OFFENDER RESOURCE “TOOL” FOR PLACEMENT**

**1. DHS Minnesota Sex Offender Program (MSOP)**

MSOP is one program with two locations – Moose Lake and St. Peter. As of April 1, 2011, MSOP was providing treatment for 618 clients across both sites. Most clients begin treatment at the MSOP Moose Lake facility and, after successfully completing the first two phases of treatment, are transferred to the St. Peter facility to complete treatment and begin working toward provisional discharge. Clients acquire skills through active participation in group therapy and are provided opportunities to demonstrate meaningful change through participation in rehabilitative services, including education classes, therapeutic recreational activities and vocational work program assignments. MSOP staff observes and monitors clients not only in treatment groups, but also in all aspects of daily living.

**2. C.O.R.E. of Alexandria – Adult Sex Offender Treatment Program**

For more information, contact Rebecca Hoffman, MS, LAMFT  
Ph # (320) 202-1400.

**3. Minnesota Association of Community Corrections Act Counties**

Go To [www.maccac.org](http://www.maccac.org)

Click “offender programs”

Click “MN Sex Offender Network”

This will give you every treatment facility in the state by county and an explanation of what each facility offers. MACCAC site also has other great resources for treatment programs of all kinds!

**REGION 4 SOUTH ADULT MENTAL HEALTH CONSORTIUM**

**ALICIA M. DAVIDSON**

**32 CENTRAL AVE S., SUITE 8**

**PO BOX 222**

**ELBOW LAKE, MN 56531**

**PH # 218-685-8228**

**September 12, 2011**

9.67%

CY 2011 and 2012  
Legislative Reductions - Adult MH Base Grants

County/AMHI	Community Support Program			Adult MH Initiative			Total	
	CSP	CY11	CY12	AMHI	CY11	CY12	CY11 Total	CY12 Total
Aitkin	61,351	-\$2,966	-\$5,933	\$0	\$0	\$0	-\$2,966	-\$5,933
ANOKA	681,635	-\$32,957	-\$65,914	\$951,661	-\$46,013	-\$92,026	-\$78,970	-\$157,940
Becker	137,833	-\$6,664	-\$13,328	\$0	\$0	\$0	-\$6,664	-\$13,328
Beltrami	250,651	-\$12,119	-\$24,238	\$0	\$0	\$0	-\$12,119	-\$24,238
Beltrami AMHI	0	\$0	\$0	\$1,083,136	-\$52,370	-\$104,739	-\$52,370	-\$104,739
BENTON	67,668	-\$3,272	-\$6,543	\$0	\$0	\$0	-\$3,272	-\$6,543
BENTON (Comm Initiative)	0	\$0	\$0	\$1,554,142	-\$75,143	-\$150,286	-\$75,143	-\$150,286
Big Stone	62,371	-\$3,016	-\$6,031	\$0	\$0	\$0	-\$3,016	-\$6,031
Blue Earth	365,574	-\$17,676	-\$35,351	\$0	\$0	\$0	-\$17,676	-\$35,351
Blue Earth AMHI	0	\$0	\$0	\$5,996,666	-\$260,929	-\$521,858	-\$260,929	-\$521,858
Brown	43,727	-\$2,114	-\$4,228	\$0	\$0	\$0	-\$2,114	-\$4,228
CARLTON	430,092	-\$20,795	-\$41,590	\$158,421	-\$7,660	-\$15,319	-\$28,455	-\$56,909
CARVER	179,256	-\$8,667	-\$17,334	\$397,958	-\$19,241	-\$38,483	-\$27,908	-\$55,817
Cass	114,512	-\$5,537	-\$11,073	\$0	\$0	\$0	-\$5,537	-\$11,073
Chippewa	61,699	-\$2,983	-\$5,966	\$0	\$0	\$0	-\$2,983	-\$5,966
CHISAGO	209,751	-\$10,141	-\$20,283	\$142,897	-\$6,909	-\$13,818	-\$17,051	-\$34,101
Clay	289,585	-\$14,001	-\$28,003	\$0	\$0	\$0	-\$14,001	-\$28,003
Clearwater	61,409	-\$2,969	-\$5,938	\$0	\$0	\$0	-\$2,969	-\$5,938
COOK	57,539	-\$2,782	-\$5,564	\$23,715	-\$1,147	-\$2,293	-\$3,929	-\$7,857
COTTONWOOD	119,319	-\$5,769	-\$11,538	\$0	\$0	\$0	-\$5,769	-\$11,538
Cottonwood-AMHI	0	\$0	\$0	\$3,099,781	-\$149,874	-\$299,749	-\$149,874	-\$299,749
Crow Wing	247,370	-\$11,960	-\$23,921	\$0	\$0	\$0	-\$11,960	-\$23,921
Crow Wing AMHI	0	\$0	\$0	\$1,858,871	-\$89,876	-\$179,753	-\$89,876	-\$179,753
DAKOTA	815,353	-\$39,422	-\$78,845	\$600,515	-\$29,035	-\$58,070	-\$68,457	-\$136,914
Dodge	60,967	-\$2,948	-\$5,896	\$0	\$0	\$0	-\$2,948	-\$5,896
Douglas	68,788	-\$3,326	-\$6,652	\$0	\$0	\$0	-\$3,326	-\$6,652
Faribault	0	\$0	\$0	\$0	\$0	\$0	\$0	\$0
Fillmore	57,329	-\$2,772	-\$5,544	\$0	\$0	\$0	-\$2,772	-\$5,544
Freeborn	54,490	-\$2,635	-\$5,269	\$0	\$0	\$0	-\$2,635	-\$5,269
Goodhue	211,170	-\$10,210	-\$20,420	\$0	\$0	\$0	-\$10,210	-\$20,420
GRANT	40,812	-\$1,973	-\$3,947	\$0	\$0	\$0	-\$1,973	-\$3,947
GRANT AMHI	0	\$0	\$0	\$1,159,886	-\$56,081	-\$112,161	-\$56,081	-\$112,161
HENNEPIN	4,022,568	-\$194,491	-\$388,982	\$8,826,245	-\$426,749	-\$853,498	-\$621,240	-\$1,242,480
Houston	85,804	-\$4,149	-\$8,297	\$0	\$0	\$0	-\$4,149	-\$8,297
Hubbard	75,968	-\$3,673	-\$7,346	\$0	\$0	\$0	-\$3,673	-\$7,346
ISANTI	77,561	-\$3,750	-\$7,500	\$148,223	-\$7,167	-\$14,333	-\$10,917	-\$21,833
ISANTI (Region 7E)	0	\$0	\$0	\$1,826,823	-\$88,327	-\$176,654	-\$88,327	-\$176,654
ITASCA	426,003	-\$20,597	-\$41,194	\$313,518	-\$15,159	-\$30,317	-\$35,756	-\$71,512
Jackson	63,220	-\$3,057	-\$6,113	\$0	\$0	\$0	-\$3,057	-\$6,113
KANABEC	57,078	-\$2,760	-\$5,519	\$90,594	-\$4,380	-\$8,760	-\$7,140	-\$14,280
Kandiyohi	340,872	-\$16,481	-\$32,962	\$0	\$0	\$0	-\$16,481	-\$32,962
KITSON	66,384	-\$3,210	-\$6,419	\$0	\$0	\$0	-\$3,210	-\$6,419
KOOCHICHING	68,714	-\$3,322	-\$6,645	\$134,755	-\$6,515	-\$13,031	-\$9,838	-\$19,675
Lac Qui Parle	63,497	-\$3,070	-\$6,140	\$0	\$0	\$0	-\$3,070	-\$6,140
LAKE	90,085	-\$4,356	-\$8,711	\$45,305	-\$2,190	-\$4,381	-\$6,546	-\$13,092
LAKE (REGION 3N)	0	\$0	\$0	\$2,334,483	-\$112,872	-\$225,744	-\$112,872	-\$225,744
LAKE OF THE WOODS	56,167	-\$2,716	-\$5,431	\$0	\$0	\$0	-\$2,716	-\$5,431
Le Sueur	67,536	-\$3,265	-\$6,531	\$0	\$0	\$0	-\$3,265	-\$6,531
Lincoln	0	\$0	\$0	\$0	\$0	\$0	\$0	\$0
Lyon (Reg. 8N)	175,038	-\$8,463	-\$16,926	\$0	\$0	\$0	-\$8,463	-\$16,926
Mcleod	123,635	-\$5,978	-\$11,956	\$0	\$0	\$0	-\$5,978	-\$11,956
MAHNOMEN	62,695	-\$3,031	-\$6,063	\$0	\$0	\$0	-\$3,031	-\$6,063
MARSHALL	67,610	-\$3,269	-\$6,538	\$0	\$0	\$0	-\$3,269	-\$6,538
Martin (MFHSB)	96,253	-\$4,654	-\$9,308	\$0	\$0	\$0	-\$4,654	-\$9,308
Meeker	88,322	-\$4,270	-\$8,541	\$0	\$0	\$0	-\$4,270	-\$8,541
MILLE LACS	55,769	-\$2,696	-\$5,393	\$117,976	-\$5,704	-\$11,408	-\$8,401	-\$16,801
MORRISON	365,047	-\$17,650	-\$35,300	\$0	\$0	\$0	-\$17,650	-\$35,300
MOWER	307,902	-\$14,887	-\$29,774	\$0	\$0	\$0	-\$14,887	-\$29,774
Murray	0	\$0	\$0	\$0	\$0	\$0	\$0	\$0
Nicollet	102,946	-\$4,977	-\$9,955	\$0	\$0	\$0	-\$4,977	-\$9,955
NOBLES	136,933	-\$6,621	-\$13,241	\$0	\$0	\$0	-\$6,621	-\$13,241
NORMAN	58,520	-\$2,829	-\$5,659	\$0	\$0	\$0	-\$2,829	-\$5,659
Olmsted	790,311	-\$38,212	-\$76,423	\$0	\$0	\$0	-\$38,212	-\$76,423
Olmsted AMHI	0	\$0	\$0	\$3,129,729	-\$151,322	-\$302,645	-\$151,322	-\$302,645
Otter Tail	251,678	-\$12,169	-\$24,337	\$0	\$0	\$0	-\$12,169	-\$24,337
Otter Tail AMHI	0	\$0	\$0	\$1,863,117	-\$90,082	-\$180,163	-\$90,082	-\$180,163
Pennington	56,385	-\$2,726	-\$5,452	\$0	\$0	\$0	-\$2,726	-\$5,452
Pennington AMHI	0	\$0	\$0	\$102,414	-\$4,952	-\$9,903	-\$4,952	-\$9,903
PINE	177,262	-\$8,571	-\$17,141	\$137,588	-\$6,652	-\$13,305	-\$15,223	-\$30,446

CY 2011 and 2012  
Legislative Reductions - Adult MH Base Grants

County/AMHI	Community Support Program			Adult MH Initiative			Total	
	CSP	CY11	CY12	AMHI	CY11	CY12	CY11 Total	CY12 Total
PIPESTONE	59,657	-\$2,884	-\$5,769	\$0	\$0	\$0	-\$2,884	-\$5,769
POLK	180,144	-\$8,710	-\$17,420	\$0	\$0	\$0	-\$8,710	-\$17,420
Polk - AMHI	0	\$0	\$0	\$2,127,251	-\$102,853	-\$205,705	-\$102,853	-\$205,705
POPE	41,964	-\$2,029	-\$4,058	\$0	\$0	\$0	-\$2,029	-\$4,058
RAMSEY	5,784,780	-\$279,694	-\$559,388	\$6,195,104	-\$299,533	-\$599,067	-\$579,227	-\$1,158,455
RED LAKE	71,291	-\$3,447	-\$6,894	\$0	\$0	\$0	-\$3,447	-\$6,894
Redwood	63,484	-\$3,069	-\$6,139	\$0	\$0	\$0	-\$3,069	-\$6,139
Renville	76,962	-\$3,721	-\$7,442	\$0	\$0	\$0	-\$3,721	-\$7,442
Rice	147,001	-\$7,107	-\$14,215	\$0	\$0	\$0	-\$7,107	-\$14,215
ROCK	62,112	-\$3,003	-\$6,006	\$0	\$0	\$0	-\$3,003	-\$6,006
Roseau	57,069	-\$2,759	-\$5,519	\$0	\$0	\$0	-\$2,759	-\$5,519
SAINT LOUIS	883,646	-\$42,724	-\$85,449	\$2,043,297	-\$98,793	-\$197,587	-\$141,518	-\$283,035
SCOTT	181,079	-\$8,755	-\$17,510	\$284,673	-\$13,764	-\$27,528	-\$22,519	-\$45,038
SHERBURNE	153,270	-\$7,411	-\$14,821	\$0	\$0	\$0	-\$7,411	-\$14,821
Sibley	54,402	-\$2,630	-\$5,261	\$0	\$0	\$0	-\$2,630	-\$5,261
STEARNS	308,131	-\$14,898	-\$29,796	\$0	\$0	\$0	-\$14,898	-\$29,796
Steele	27,980	-\$1,353	-\$2,706	\$0	\$0	\$0	-\$1,353	-\$2,706
Stevens	59,350	-\$2,870	-\$5,739	\$0	\$0	\$0	-\$2,870	-\$5,739
Swift	62,015	-\$2,998	-\$5,997	\$0	\$0	\$0	-\$2,998	-\$5,997
Todd	84,599	-\$4,090	-\$8,181	\$0	\$0	\$0	-\$4,090	-\$8,181
Traverse	62,039	-\$3,000	-\$5,999	\$0	\$0	\$0	-\$3,000	-\$5,999
Wabasha	87,388	-\$4,225	-\$8,450	\$0	\$0	\$0	-\$4,225	-\$8,450
WADENA	139,961	-\$6,767	-\$13,534	\$0	\$0	\$0	-\$6,767	-\$13,534
Waseca	63,115	-\$3,052	-\$6,103	\$0	\$0	\$0	-\$3,052	-\$6,103
WASHINGTON	527,433	-\$25,501	-\$51,003	\$752,524	-\$36,385	-\$72,769	-\$61,886	-\$123,772
Watsonwan	41,522	-\$2,008	-\$4,015	\$0	\$0	\$0	-\$2,008	-\$4,015
Wilkin	52,043	-\$2,516	-\$5,033	\$0	\$0	\$0	-\$2,516	-\$5,033
Winona	277,270	-\$13,406	-\$26,812	\$0	\$0	\$0	-\$13,406	-\$26,812
WRIGHT	209,588	-\$10,134	-\$20,267	\$0	\$0	\$0	-\$10,134	-\$20,267
Yellow Medicine	58,409	-\$2,824	-\$5,648	\$0	\$0	\$0	-\$2,824	-\$5,648
	<b>23,105,718</b>	<b>-\$1,117,161</b>	<b>-\$2,234,323</b>	<b>\$47,501,268</b>	<b>-\$2,267,676</b>	<b>-\$4,535,353</b>	<b>-\$3,384,838</b>	<b>-\$6,769,676</b>

## ADMINISTRATORS REPORT

September, 2011

1. The 2011 and 2012 Adult Mental Health Base Grants reductions are out, and there is a copy in your meeting material. For Region 4 South, it requires a \$56,081.00 reduction in our current 2011 budget and an \$112,161.00 reduction in calendar year 2012. I will have some proposed 2011 budget reductions for your consideration at the September CONVERSATIONS meeting.
2. If you are reading this on the r4sconversations web site, this will be our “new” procedure for claiming mileage and per diems for attending a CONVERSATIONS meeting. (if you are reading it in your printed meeting packet you have already experienced it):

ALL attendees, when they pick up a meeting folder, will be asked to initial by their name on the attendance roster for the day. This is prepared by Mel, at the front desk of Social Services, based on who has standing reservations and who calls in each month – either to attend or to tell us they are not attending. This will allow us to get a count for the noon meal. It will also help me to identify problem areas – if any – with people calling in and correct them so that our monthly count for materials and meals is more precise.

At the close of the meeting after being dismissed by the facilitator Deb Hengel, consumers and LAC members who want to be paid a per diem and mileage for attending the meeting will sign the voucher sheet.

Both the sign in and the sign out sites will be manned by Region 4 South staff. If you must leave before the meeting ends, see the Region 4 South staff person who checked you in. She will note the time and have you complete the voucher sheet.

3. Please take a few minutes to read Amy Kiehn’s final narrative on the Saturday Transportation Program. It is included with the report section. Thank you, Amy, for a job well done. We appreciate it.

Joyce Pesch, Administrator

218-685-8229

Joyce.pesch@r4south.org

## Region 4 South Mental Health Crisis Teams

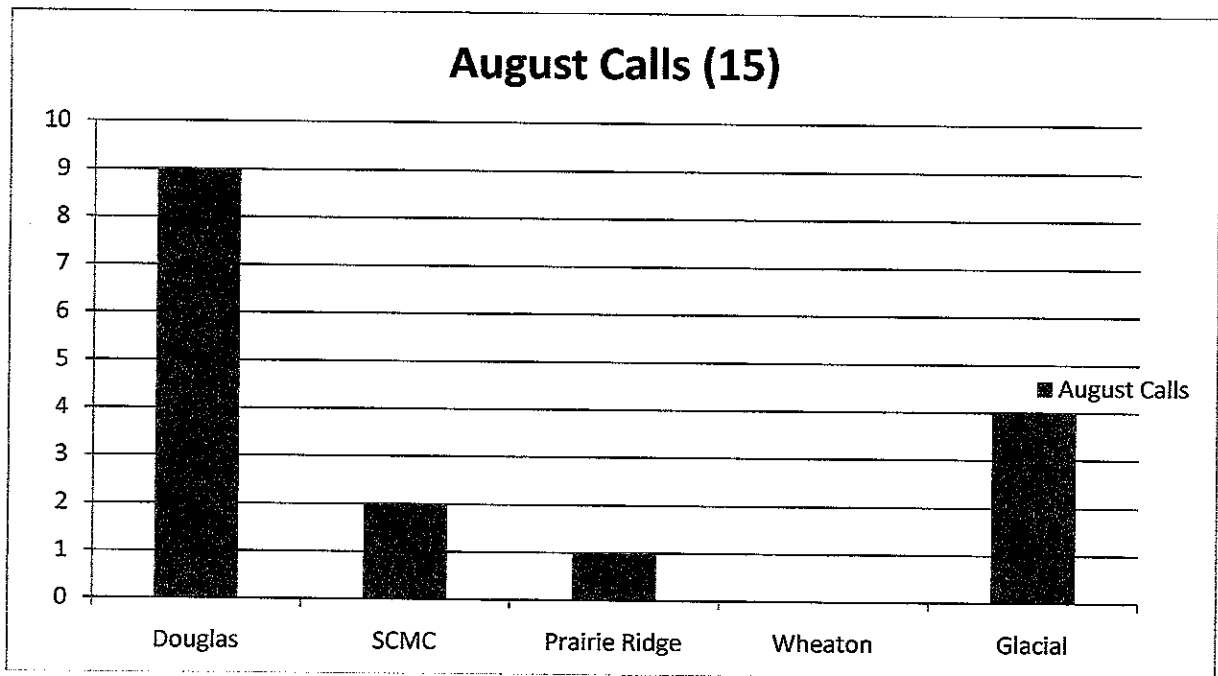
PO Box 222 Elbow Lake, MN 56531  
Phone: 218-685-8230 Fax: 218-685-6414

www.r4conversations.org

### Region 4 South Adult Mental Health Consortium Mobile Crisis Program September 2011

The crisis team is continuing to work on our electronic system Procentive to assist in billing and developing more user friendly documents. This crisis team is still intending to go community based in the next three months, but are continuing to work on recruiting and training more practitioner staff to make this possible. The crisis team will participate in the statewide suicide training course along with the statewide crisis meeting in the upcoming months.

The crisis team rolled out the consumer satisfaction survey that was sent out to all consumers seen by the crisis team from June 1-August 31, but only had 5 surveys returned. The crisis team will sporadically send out surveys for a given month to continue to utilize feedback, but will continue to hand out the contact information sheet to all consumers served by the crisis program.



Kesha Anderson LMFT  
Crisis Program Manager  
218-685-8230  
Kesha.anderson@r4south.org

REGION 4 SOUTH WARMLINE  
6pm-10pm 7 days a week  
Local: 1-320-298-4404  
Toll Free: 1-866-290-6333



**REGION 4 SOUTH**  
AN ADULT MENTAL HEALTH CONSORTIUM

**Intensive Community Rehabilitation Services Team  
Report for September 2011**

Greetings:

Just a quick note to update everyone on Intensive Community Rehabilitation Services. ICRS currently has 53 consumers and is continuing to accept new referrals, including those with an Axis II diagnosis.

Please feel free to contact me with any questions or concerns you may have.

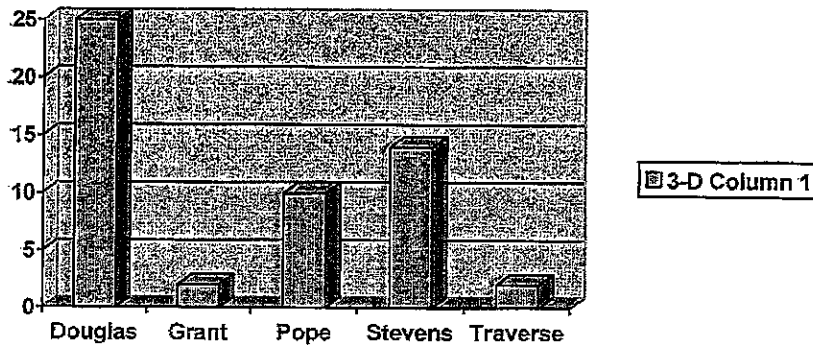
*Heather Danner, LSW*

Heather Danner, LSW  
ICRS Team Leader  
320-335-5100

**Client Admissions and Discharges for August 2011:**

	<u>Admissions</u>	<u>Discharges</u>	<u>Total Clients</u>
August 2011	4	1	52

**Consumers by Location**



ADMINISTRATIVE OFFICE	PO BOX 222, ELBOW LAKE, MN 56531	218.685.8229
CRISIS RESPONSE PROGRAM	PO BOX 222, ELBOW LAKE, MN 56531	218.685.8230
PREPETITION SCREENING PROGRAM	PO BOX 222, ELBOW LAKE, MN 56531	218.685.8228
INTENSIVE COMMUNITY REHABILITATIVE SERVICE	1103 BROADWAY, SUITE 101, ALEXANDRIA, MN 56308	320.335.5100

**Prepetition Screening Statistics**

**August 2011 STATISTICS**

Total Petitions Filed: 0  
Total Hearings Attended: 0

	<b>Petition</b>	<b>Hearings</b>	<b>Stay Of Commitment</b>	<b>Dismissed</b>	<b>Commitment</b>	<b># With Case Management Prior To Screening</b>	<b># Without Case Mgmt Prior to Screening</b>
<b>Grant</b>							
<b>Pope</b>							
<b>Stevens</b>							
<b>Traverse</b>							
<b>Total</b>							

**2011 YEAR TO DATE STATISTICS**

(Note: Jan-March N/A)

Total Petitions Filed: 8  
Total Hearings Attended: 10

	<b>Petition</b>	<b>Hearings</b>	<b>Stay Of Commitment</b>	<b>Dismissed</b>	<b>Commitment</b>	<b># With Case Management Prior To Screening</b>	<b># Without Case Mgmt Prior to Screening</b>
<b>Grant</b>							
<b>Pope</b>	<b>4</b>	<b>4</b>	<b>1</b>	<b>1</b>	<b>2</b>	<b>1</b>	<b>1</b>
<b>Stevens</b>	<b>1</b>	<b>0</b>		<b>1</b>			<b>1</b>
<b>Traverse</b>	<b>3</b>	<b>6</b>	<b>2</b>		<b>1</b>		<b>3</b>
<b>Total</b>	<b>8</b>	<b>10</b>	<b>4</b>	<b>2</b>	<b>3</b>	<b>1</b>	<b>5</b>

Please feel free to contact Alicia Davidson if you have any comments, suggestions, or questions regarding these statistics and/or the Prepetition Screening program.

Respectfully Submitted,

Alicia Davidson, BSE, MHPractitioner  
Prepetition Screening Coordinator

32 Central Ave S, Suite 8  
PO Box 222  
Elbow Lake, MN 56531  
Cell #~ (218) 401-0337  
Office #~ (218) 685-8228  
Fax #~ (218) 685-6414  
Email ~ [alicia.davidson@r4south.org](mailto:alicia.davidson@r4south.org)

## Joyce Pesch

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**From:** Anna Olson [anna.olson@mail.co.douglas.mn.us]  
**Sent:** Friday, September 09, 2011 1:50 PM  
**To:** Joyce Pesch  
**Cc:** Heidi Corder  
**Subject:** Douglas County Flex Fund report

Hi Joyce,

The Douglas County Flex Fund began the month of August with \$377.15. A total of 3 unduplicated consumers utilized the fund in August.

\$100.00 to B & S Grain Inc.  
\$ 38.20 to YMCA for membership  
\$ 9.61 to Kmart for a yoga ball

A total of \$147.81 was spent, leaving the balance at \$229.34.

**\*\*\*\*I do have a question for you: In my June flex fund report, I put in a request for a new allocation for our flex fund. I'm not sure if this has been addressed yet, or if you need me to forward you the request again? Just let me know! THANKS!**

If you have any questions, please feel free to contact me! Thank you for your time!

**Anna Olson**

Social Worker  
Douglas County Social Services  
809 Elm St. Ste #1186  
Alexandria MN 56308  
Direct Line: (320) 762-3823  
[anna.olson@mail.co.douglas.mn.us](mailto:anna.olson@mail.co.douglas.mn.us)

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## Joyce Pesch

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**From:** Sheri Fish [sheri.fish@mail.co.douglas.mn.us]  
**Sent:** Friday, September 02, 2011 1:59 PM  
**To:** Joyce Pesch  
**Subject:** Transportation Flex Fund report

On April 1, 2011 the Transportation Flex Fund had a balance of \$1,629.25. Between 5-10-11 and 8-24-11 \$583.22 was spent. Three requests for tickets and other non MA related transportation were made that totaled \$342.00. Orange cab punch cards were also purchased totaling \$150.00. Gas vouchers were issued on two occasions that totaled \$59.97 and transportation was purchased from the Kandiyohi Area Transit of \$31.25. The ending balance in the account on August 31, 2011 was \$1,046.03.

Sheri Fish, CCM  
Douglas County Social Services  
809 Elm Street, Suite 1186  
Alexandria, MN 56308  
320-762-3829

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RECEIVED

SEP 02 2011

**September 1, 2011**  
**Region IV South Initiative Housing Report- September-2011**

***BRIDGES***

**January**

9 Families assisted; all in Douglas County \$2,766.00

**February**

9 Families assisted; all in Douglas County \$2,627.00

**March**

9 Families assisted; all in Douglas County \$2,866.00

**April**

10 Families assisted; all in Douglas County \$3,206.00

**May**

10 Families assisted, all in Douglas County \$3,191.00

**June**

10 Families assisted, all in Douglas County \$3,135.00

**July**

8 Families assisted, all in Douglas County \$2,937.00

**August**

7 Families assisted, all in Douglas County \$2,455.00

**September**

6 Families assisted, 5 in Douglas County, 1 in Pope County \$1,818.00

YTD TOTALS

<b>Security Deposit</b>	\$	-0-
<b>Admin Fee</b>	\$	2,510.00
<b>Rent</b>	\$	27,114.00
<b>Total Expenditures 2011</b>	<b>\$</b>	<b>29,624.00</b>

***Consortium – Project #1***

**January**

22 Families assisted; 19 in Douglas County, 3 in Pope County \$7,658.00

**February**

22 Families assisted; 19 in Douglas County, 3 in Pope County \$7,708.00

**March**

20 Families assisted; 17 in Douglas County, 3 in Pope County \$6,889.00

**April**

17 Families assisted, 14 in Douglas County, 3 in Pope County \$5,995.00

<b>May</b>	17 Families assisted, 14 in Douglas County, 3 in Pope County	\$5,988.00
<b>June</b>	12 Families assisted, 9 in Douglas County, 3 in Pope County	\$4,601.00
<b>July</b>	8 Families assisted; 7 in Douglas County, 1 in Pope County	\$3,626.00
<b>August</b>	9 Families assisted, 7 in Douglas County, 2 in Pope County	\$3,810.00
<b>September</b>	11 Families assisted, 9 in Douglas County, 2 in Pope County	\$3,927.00

**YTD TOTAL**

Security Deposit	\$	-0-
Admin Fee	\$	6,210.00
Rent	\$	50,202.00
<b>Total Expenditures 2011</b>	<b>\$</b>	<b>56,412.00</b>

***Consortium – Project #2***

<b>September</b>	4 Families assisted, all in Douglas County	\$1,143.00
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**YTD TOTALS**

Admin Fee	\$	180.00
Rent	\$	1,143.00
<b>Total Expenditures 2011</b>	<b>\$</b>	<b>1,323.00</b>

***SHELTER PLUS CARE - Pope & Douglas Counties***

<b>January</b>	14 Families assisted; 12 in Douglas County, 2 in Pope County	\$5,282.00
<b>February</b>	14 Families assisted; 12 in Douglas County, 2 in Pope County	\$5,307.00
<b>March</b>	14 Families assisted; 12 in Douglas County; 2 in Pope County	\$5,292.00
<b>April</b>	14 Families assisted; 12 in Douglas County, 2 in Pope County	\$5,423.00
<b>May</b>	12 Families assisted; 10 in Douglas County, 2 in Pope County	\$4,672.00
<b>June</b>	11 Families assisted; 9 in Douglas County, 2 in Pope County	\$4,072.00

## July

11 Families assisted; 10 in Douglas County, 1 in Pope County \$4,022.00

## August

10 Families assisted, 9 in Douglas county, 1 in Pope County \$3,643.00

## September

6 Families assisted, 5 in Douglas County, 1 in Pope County \$2,437.00

### YTD TOTALS

Security Deposit	\$	-0-
Utility Deposit	\$	-0-
Utility Reimbursement	\$	180.00
Admin Fee	\$	3,180.00
Rent	\$	40,147.00
<b>Total Expenditures 2011</b>	<b>\$</b>	<b>43,507.00</b>

## Section 8 Waiting List

Douglas & Pope Counties 335

Stevens & Traverse Counties (est) 12

Grant County (est) 4

# INITIATIVE

## SECURITY AND UTILITY DEPOSIT PROGRAM

2011

Balance Forward			\$ 8,442.00
April	Alexandria Light & Power	\$150	\$ 8,292.00
	Lincoln Square Townhomes	\$150	\$ 8,142.00
	Dan Rehousky	\$150	\$ 7,992.00
	Lakes Village Apartments	\$150	\$ 7,842.00
May	The Alexson	\$150	\$ 7,692.00
June	Royal Manor Apts	\$150	\$ 7,542.00
	Alexandria Light & Power	\$150	\$ 7,392.00
	JeffScott2, LLC	\$150	\$ 7,242.00
	MG Properties	\$150	\$ 7,092.00
July	Vans Binsbergen & Associates	\$150	\$ 6,942.00
August	Nicollet Meadows Housing	\$150	\$ 6,792.00
	Callaghan Court-Glenwood Man	\$145	\$ 6,647.00
	Mike Swartz	\$150	\$ 6,497.00
	Mary Sucksdorff	\$150	\$ 6,347.00

**DOUGLAS CO. SATURDAY TRANSPORTATION PROGRAM**  
**2<sup>nd</sup> QUARTER 2011**

April 2<sup>nd</sup>: 3 rode Rainbow Rider with 7 stops  
1 rode Medi-van with 2 stops  
0 utilized the Orange Cab

April 9<sup>th</sup>: 4 rode Rainbow Rider with 8 stops  
1 rode Medi-van with 2 stops  
1 utilized the Orange Cab with 4 stops

April 16<sup>th</sup>: 3 rode Rainbow Rider with 7 stops  
1 rode Medi-van with 2 stops  
1 utilized the Orange Cab with 3 stops

April 30<sup>th</sup>: 2 rode Rainbow Rider with 5 stops  
1 rode Medi-van with 2 stops  
1 utilized the Orange Cab with 1 stop

May 7<sup>th</sup> 2 rode Rainbow Rider with 4 stops  
1 rode Medi-van with 2 stops  
1 utilized the Orange Cab with 3 stops

May 14<sup>th</sup> 3 rode the Rainbow Rider with 6 stops  
1 rode Medi-van with 2 stops  
1 utilized the Orange Cab with 3 stops

May 21<sup>st</sup> 3 rode the Rainbow Rider with 6 stops  
0 rode the Medi-van  
2 utilized the Orange Cab with 5 stops

May 28<sup>th</sup> 3 rode the Rainbow Rider with 7 stops  
0 rode the Medi-van  
1 utilized the Orange Cab with 3 stops

June 4<sup>th</sup> 4 rode Rainbow Rider with 10 stops  
0 rode Medi-van  
2 utilized the Orange Cab with 7 stops

June 11<sup>th</sup> 1 rode the Rainbow Rider with 3 stops  
0 rode Medi-van  
1 utilized the Orange Cab with 3 stops

June 18<sup>th</sup> 4 rode Rainbow Rider with 8 stops  
0 rode Medi-van  
2 utilized the Orange Cab with 6 stops

June 25<sup>th</sup> 5 rode Rainbow Rider with 11 stops  
0 rode Medi-van  
2 utilized the Orange Cab with 5 stops

There were 13 unduplicated riders year-to-date in the 2<sup>nd</sup> quarter. There were 149 stops for the quarter, 249 year-to-date.

The expenses for the second Quarter were \$ 567.00 for coordinator fees and \$1766.40 for transportation costs, for a total of \$ 2333.40. The year to date costs are \$ 1134.00 for coordinator fees and \$ 2376.30 Transportation costs for a total of \$ 3410.30 year to date.

## Douglas Co. Saturday Transportation Program Summary 2011

The program has been called different things: "Douglas Co Socialization", "Saturday Bus" and "Douglas Co. Saturday Transportation".

The project has provided transportation for consumers with a SPMI diagnosis and living in Douglas Co. This was provided on Saturdays for consumers to get out and socialize. This has been for over 10 years.

The project has served as many as 20 riders per week down to only one or two some weeks towards the last weeks of operation.

Recording keeping and proposal writing got more and more sophisticated the last part of my term as coordinator.

The project hosted a bus to one of our regular rider's funeral. Another rider also died, but her funeral was in Alexandria.

Using my bus company connections I was able to coordinate the bus to Day on The Hill bus 5 years(cancelled one year due to poor weather). This gave me added confidence.

Last year, 2010 some of the group homes revamped their systems and that started the decline in rider ship numbers. Then the program faced the fact that on January 1, 2011 there was no bus from Palmer Bus Co. (it couldn't be fixed anymore). We looked at other options and decided to utilize the Medi-van, the New Taxi(in Alexandria), and Rainbow Rider.

Which brings us to August 2011 and still dropping ridership numbers and the end of the program on the 17<sup>th</sup> of August.

My fondest memories of the 7 years being coordinator of the project are the times I rode the bus, went to Walmart-Subway , shopped a little and then just sat there to talk with the others. These were good times and I will hold them in my heart.

Thank you Region IV South for this opportunity!

Sincerely Submitted;

Amy Kiehn