

Summary of the November 12, 2013 "Conversations ..." Meeting of the Region 4- South Adult Mental Health Consortium serving Douglas, Grant, Pope, Stevens and Traverse Counties

"A Conversation ..."

November 12, 2013 ~ Those Attending:

*Carroll Anderson	Pope Co. LAC	*Justin E. Anderson	Pope Co LAC – Consumer
*Kesha Anderson	Reg 4-S AMHC Administrator	*Diane Barduson	Douglas Co. Socialization Coord. –Consumer
*Sarah Boll	Pope Co. Human Services	*Sharon Booen	Pope Co LAC – Consumer
*Randy Bouwman	Pope Co. LAC	*Heather Danner	Reg 4-S AMHC – ICRS Team
*Ted Estenson	Stevens Co. Resident	*Al Glaseman	Douglas Co. HRA
*Leanne Harmsen	Pope Co. LAC & PCS	*Gloria Jahrman-Johnson	Pope Co. Consumer
*Rosemary Johnson	Grant Co. Resident	*June Kedor	Douglas Co. Resident
*Bill Klein	Lakeland Mental Health Center	*Kay Lagred	Pope Co. Public Health
*Shelly Leonard	WCP Drop In Center Coordinator, Consumer	*Mandy Lunak	Prairie Community Service
*Kari Martinson	Douglas Co. Resident	*Linda Matsler	Stevens Co. LAC, Drop-In Cntr & Consumer
*Kari Metcalf	Grant Co. Social Services	*Lynda Moerke	PrimeWest Health
*Joanie Murphy	Stevens Co. Human Services	*Nicole Names	Pope Co. Social Services
*Anna Olson	Douglas Co. Social Services	*Connie Olson	Pope Co. LAC
*James Pew	Life Center – SCMC	*Anita Renstrom	Douglas CO. LAC – Consumer
*Wilson Roberts	Reg 4 S ICRS & PPS	*Corrina Rost	PCS-Glenwood
*Megan Schmidt	Solutions	*Karen Schulz	Pope Co. LAC & Socialization-Consumer
*Rita Smith	Douglas Co. Resident	*Jennifer Stans	Ombudsman for MH/DD
*Deb Stark	Stevens Co. Drop-In Center-Consumer	*Jed Stump	Prairie Community Services
*Dorinda Thielke	Prairie Community Services	*Archie Trousil	Pope Co. LAC
*Lucille Tullis	Pope Co. LAC – Consumer	*Gloria Wartner	Pope Co LAC
*Jennifer Westrum	CBHH	*Deb Hengel	Facilitator

ADDRESS ADDITIONS / CHANGES:

CHANGE: Ted Estensen

~~1000 Court Dr. #105~~
Cyrus, MN 56323

ADD: Kari Martinson

601A Cardinal Lane SW
Alexandria, MN 56308
kari_tlc_323@yahoo.com

CHANGE: Megan ~~Weleski~~ Schmidt

Solutions
mschmidt@solutionsinpractice.org

ADD: Archie Trousil
10014 275th Ave
Lowry, MN 56349

Mailing Address & Contacts for Region IV S Adult Mental Health Consortium

*Correspondence, bills or vouchers should be mailed to:
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Elbow Lake, MN 56531

* Coordinator / Clinical Supervisor for R4S
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AGENDA: Tuesday, November 12, 2013 ~ Held at Hoffman Community Center – Hoffman, MN

Welcome & Introductions

1. Approval of Agenda *Additions, *Clarifications, *Changes –
2. Approval of summary of September 10, 2013 “Conversations...” meeting.
3. Meeting Packet Information – Kesha Anderson, Region 4- South AMHC Coordinator
4. Financial Report
 - A. Budget Summary
 - B. Requests (ACTION NEEDED) – AMHC Coordinator
 - C. Recommendations
5. AMHC Administration Report – Kesha Anderson, Region 4-South AMHC Coordinator
-Including “Conversations...” cancellation policy
6. State Advisory Council Report – Joanie Murphy
7. State Liaison Report –
8. Region 4-S AMHC Governing Board Report – Joanie Murphy
9. Day At Home – Report
10. Education Component
11. *Improve Group* Needs Assessment Process for Region 4
12. Updates- Community Based Adult Mental Health Services:
 - A. Consumer Directed Projects: Douglas, Pope, Stevens, Traverse
 - B. Employment – *Douglas Co. Social Services, & Prairie Community Services*
 - 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 (Intensive Community Rehabilitative Services) Team
 - H. Community Behavioral Health Hospitals
 - I. Safety Net – including Flexible Funds from each county
 - J. Warm Line
 - K. Training and Education & Websites: Web Site – www.r4sconversations.org – www.reallifeconversations.com
 - L. Pre-Petition Screening
 - M. “Baby Think It Over”
13. Announcements –
14. NEXT Agenda – Tuesday, December 10, 2013

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THE SUMMARY of November 12, 2013 “Conversations...” Meeting

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

1. Agenda Approval, Additions: Approved as presented.

2. Approval of September 10, 2013 “Conversations...” Summary: Approved as distributed.

Note: No meeting held in October, 2013 because of “Day At Home” event on October 11.

3. Meeting Packet Information – Kesha Anderson,

Coordinator/Clinical Supervisor Region. 4 South Adult Mental Health Initiative

Kesha reported quarterly reports were included in the meeting packets.

- [1] Administrator’s Report
- [2] Adult Crisis Response Program Qtr 3
- [3] Region 4 South ICRS - *Intensive Community Rehabilitation Services* Qtr 3
- [4] Pre-Petition Screening Program
- [5] Douglas County Housing Projects 1 & 2, Security Deposit
- [6] Stevens County Drop In Center / Socialization – Qtr 3
- [7] PCS Employment
- [8] Grant County Transitional Housing Qtr 3
- [9] Douglas County Transitional Housing – Qtr 3
- [10] LMHC Clinical Supervision Qtr 3
- [11] Traverse County Flex/Transitional Housing Funds – Qtr 3
- [12] Traverse County support Group Qtr 3
- [13] Traverse County Transportation
- [14] Traverse County Socialization Qtr 3
- [15] Pope County Fun Bunch Qtr 3
- [16] Pope Co. Drop In Center Qtr 3
- [17] Stevens County Transitional/Transportation/Flex Funding -Qtr 3
- [18] Douglas County Socialization /Drop In Center – Qtr 3
- [19] Douglas County Employment Grant – Qtr 2
- [20] Traverse County HC Access Transportation – Qtr 2
- [21] www.reallifeconversations.org Website – 1/1/2013 – 9/30/2013

Other Documents:

- [1] Agenda for November 12
- [2] Financial Statement for period ending September 30, 2013
- [3] Request for funds: Grant County request for \$3,260.00 Transitional Housing

[4] Informational Handouts:

- (A) Warmlines and Support Lines Numbers - Noted that the list of Warmlines and Support Lines was included and will be posted on the r4sconversations.org website. These numbers are offered because as of December 31, 2013, the Region 4-South Warmline will be going away.
- (B) Acronyms for Mental Health Services / Terms

[5] Conversations: “Proposed Ideas for Conversations” – Breakdown of costs and recommendations for 2014 Meetings.

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4. Financial Report –

5-A. Budget Summary – Reported that with are spending at 77% with Crisis. The Adult Mental Health Grant is at 75%. Noted that we should be at approximately 88%, but not concerned with our current level because not all bill are in.

[Question] Regarding 18 Transitional Housing. What happens if we don’t spend this entire amount?

[Reply] Unspent funds are returned to the State.

[Q]Can this be reallocated? [R]Noted that we have a request at our meeting today for this line item. Also, once all bills come in we will know better what is in this line item and what is needed in other programs.

5-B. Requests (ACTION NEEDED) -

[1] Request from the Grant County Social Services in the amount of \$3,260.00 for Transitional Housing funds (Line Item #18).

Discussion: *None*

ACTION: Motion made by Joanie Murphy with a second by Deb Stark to recommend to the Region 4- South AMHC Governing Board to approve the request from Grant County Social Services in the amount of \$3,260.00 for Transitional Housing (Line Item #18). Motion approved by VOICE VOTE.

5. AMHC Administrator Report

1. All bills will need to be submitted by December 16th as this will be the final check run for the 2013 budget.

2. Consumer Governing Board Positions open: There will be two open consumer seats starting January, 2014. Steps to do if interested in one of these two seats: (1) Obtain support from your local LAC; (2) Submit (by December 3, 2013 to Kesha) your responses to two questions: (a) Why would you like to serve on the Governing Board? and (b) Experience with Mental Health? Noted that according to the AMHC’s by-laws the consumer representatives cannot be from the same county, so a Traverse Co. position is currently not open.

[Q] Are the Governing Board members listed on the website? [R] Not sure, but we could list these members.

3. “Proposed Ideas for Conversations” – Breakdown of costs and recommendations for 2014 Meetings. Kesha provided two recommendations for ways we could continue “Conversations...” and remain in the \$20,000 budget allowance.

Idea #1: To have 10 Conversations meetings during the 2014 year, with a reduction of the stipends to \$20.00/meeting plus mileage and continuation of providing morning breakfast.

Idea #2: To have 8 Conversations meetings during the 2014 year with the current stipend plus mileage along with the continuation of providing morning breakfast.

Noted that with either option it will be necessary for Conversations to meet in September and October months due to 2015 budget planning and project review. Also Quarterly reporting months are January, April, July and October during the year.

Kesha provided information about the impact on consumers:

[10 meetings x \$20] + [10 x \$20.30 (average mileage check)] = \$403

[8 meetings x \$35] + [8 x \$20.30 (average mileage check)] = \$442.40

Also provided was Conversations Cost Information regarding average costs of stipends per month; postage per month; building rental per month; average monthly facilitator costs and supplies; average monthly food and supply costs; and the fixed costs: fiscal host and Marco printer.

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Proposed that we have a discussion at this time, give people time to process and have a vote on the two options at the end of the meeting.

Discussion: Clarification of the costs, number of meetings we need to get our business done.

Agreed to vote at the end of today’s meeting.

6. State Advisory Council Report –Joanie Murphy: None at this time

7. State Liaison Report – Reported that Paul Heyl has retired. Requested that we would prefer in-person reports from our State Liaison. However, we are open to having their reports done either by a phone-in the day of our “Conversations...” meeting or at minimum provided in written form (e-mail).

8. Region 4-South Adult Mental Health Consortium Governing Board Report – Joanie Murphy reported:

Governing Board Report:

- *At their September meeting the Governing Board reviewed all Budget recommendations and sent these to the Executive Commissioners for final approval.
- *They reviewed the latest audit report. Noted that the AMHC does a yearly audit.
- *Reported that the Governing Board was recommending that all Socialization and Drop-In Center coordinators go through the Peer Specialist Training to become peer specialists.
- *Discussed issues with Milestones for use of bed for respite. Douglas County and Milestones are working this out. Noted that the other four counties are covered by other respite bed providers. Noted that if Douglas County consumers have questions on the respite bed situation, they should contact Mike Woods, Director Douglas Co. Social services.
- *Had a conversation about the restructuring of “Conversations...”
- *Attended a Board Leadership Training sponsored through the West Central Initiative Foundation. The next step of this training is having an individual work with the Governing Board on skills for meaningful and productive meetings.

Executive Commissioner Meeting Report:

- *Decided that just the chairperson of the Governing Board would attend these Executive Commissioner Meetings in the future. Previously all Executive members attended these meetings.
- *Reviewed Larson-Allen audit – no issues
- *Approved 2014 Region 4-S Adult Mental Health consortium Plan and Budget and will submit to MN DHS.
- *Talked about “Conversations...” restructuring discussions.

9. “Day At Home” Updates: Held Friday, October 11, 2013: Jed Stump reported: 89 people were present. Five legislators were invited to attend, with all showing up for some part of the day. Only two were present for the afternoon session. All of the local newspapers were invited to attend, but none were present. Philip Drown prepared and submitted a news release of the event. People noted that they had seen this article in their local newspapers. Noted that videos of the various portions of the “Day At Home” are on the www.r4sconversations.org website.

Discussion and comments followed: [Comment] Last year it felt we could give more information because the legislators were there and we could talk with them. [Reply] In 2012 we had a terrific turnout, probably because it was an election year and all candidates were there.

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[C] Only two legislators were present for the 2013 afternoon session. [R] In 2014 we will try to get legislators to attend just the afternoon session

[C] The Education & Training Committee has all the evaluations and will be reviewing these for ideas to tweak and improve the “Day At Home” event.

General comments: The event was awesome!” “Thanks to the planning group! This is an important event!”

ADDED: Table Discussions about the two Proposed Ideas for Conversations - Process:

- A. Small group at tables – 10 minutes
- B. Report back to large group – 10 minutes – Each table reported back:
 - Lean toward 10 meetings – consistency from a consumer’s point of views
 - 8 meetings – Not: February, March, June, August
 - 8 meetings – Noted (+) Consumer stipends would be about the same
(+) We could still get our business done.
 - 8 meetings – Questions: Would we meet in October? Do we need to take into consideration that this is the month that “Day At Home” event happens? Comments: Have August and September meetings and do budget and plan earlier.
 - 8 meetings – Not: November, December, January
 - No consensus - some at the table preferred 8 meetings and others preferred 10 meetings.
 - 8 meetings – Considering that sometimes we currently get done earlier than the set Noon ending.
 - 8 meetings – Not February, March, May, December
 - 8 meetings.
- C. Vote – by ballot “Conversations...” Meetings in 2014 RESULTS:

8 meetings	= 35 votes
10 meetings	= 1 vote
NA	= 1 vote

10 Education Component – None

11. Improve Group Needs Assessment Process for Region 4 RE: Adult Mental Health

Two representatives from the Improve Group were present to describe the process of the Needs Assessment for Adult Mental Health and Children’s Mental Health in the nine counties in Region 4: Becker, Clay Otter Tail, Wilkin [BCOW] and Douglas, Grant, Pope, Stevens, and Traverse (Region 4-S AMHC). The Improve Groups is doing interviews with mental health providers and staff. They are conducting focus groups with consumers and caregivers in each of the nine counties (1 focus group per county). They are also doing some interviews with special population groups, including Somali and senior groups. The goal is to reach as many people as possible on the topic of adult and children’s mental health.

At the meeting on November 12, the Improve Group provide printed surveys for consumers to complete and turn in before leaving the meeting. Discussion: [Q] What are the outcomes? [R] Results will be reported to the County Social/Human Services Directors to identify helpful services, current issues, and creative suggestions to overcome barriers. Clarification given that if you have done a focus group, or have already had an interview, you do not need to do another survey.

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12. Updates-Community Based Adult Mental Health Services:

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- B. Employment – Prairie Community Service; Douglas Co. Social Services.
- C. Housing – include Bridges-like and Shelter Plus Care.
- D. Crisis Response.
- E. Aftercare Services: (1) Intensive ARMHS and (2) Aftercare Nurse.
- F. Milestones.
- G. ICRS Team.
- H. Community Behavioral Health Hospitals.
- I. Safety Net – including Flexible Funds.
- J. Warm Line
- K. Training and Education & Websites: www.r4sconversations.org AND www.reallifeconversations.com: Day At Home
- L. Pre-Petition Screening.
- M. “Baby Think It Over” electronic dolls

13. Announcements AND Final Comments:

- (1) Additional comments regarding the 2014 “Conversations...” meeting schedule: * Skip February and March *Skip October with focus on “Day At Home” *Prefer having November & December meetings to have stipends at the end of the year.
- (2) Reminder that the December checks will include both the November “Conversations...” stipend and the December “Conversations...” stipend.
- (3) Clarification requested on the Crisis Team and community –based option. [R] More information will be coming about this.
- (4) ICRS will be transitioning back to ACT in early 2014 – More information to come
- (5) NAMI website <http://www.namihelps.org/blogs/mental-health-parity-regulations-released.html> has information on the final regulations to implement the Paul Wellstone and Pete Domenici Mental Health Parity and Addiction Equity Act which were released on Nov. 8. The rules will help ensure that health insurance benefits for mental health/substance abuse disorder care are treated equally to benefits for other medical conditions and not subject to additional restrictions.

14. NEXT Agenda for December 10, 2013 “Conversations...”

- (1) Election of consumers (2) to the Region 4-S Adult Mental Health Consortium
- (2) Presentation/Report from ICRS and Crisis Response programs