

# "Conversations..."

*A meeting of the Stakeholders of the Region 4-South Adult Mental Health Consortium*

**Tuesday, March 11 2014 ~ 9:00 a.m. – Noon**

**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, March 7, 2014.***

**Meeting Packet materials are posted for your review at**

**[www.r4sconversations.org](http://www.r4sconversations.org) website on the Monday prior to the meeting**

## **AGENDA**

- |  |                          |
|--|--------------------------|
| Welcome & Introductions  | 9:00 – 9:20              |
| 1. Approval of Agenda *Additions, *Clarifications, *Changes  | 9:20—9:25                |
| 2. Approval of summary of February 11, 2014 "Conversations..."   | 9:25—9:30                |
| 3. Meeting Packet Information – AMHC Administrator   | 9:30—9:35                |
| 4. Financial Report—   | 9:35—9:40                |
| A. Budget Summary  |                          |
| B. Requests (ACTION NEEDED) AMHC Administrator   |                          |
| C. Recommendations   |                          |
| 5. AMHC Administrator Report:  | 9:40—9:45                |
| ~Including: 2014 "Release of Information" forms  |                          |
| 6. State Advisory Council -Joanie Murphy   | 9:45—9:50                |
| 7. State Liaison Report -  | 9:50—9:55                |
| 8. Region 4-S AMHC Governing Board Report – Nicole Names   | 9:55-10:00               |
| 9. Report from the Improve Group's "Region 4 Mental Health Needs Assessment"   | 10:00—10:15              |
|  | <b>Break 10:15—10:30</b> |
| 10. Work Groups Meet   | 10:30—11:30              |
| *Education & Training      *Employment & Transportation      *Housing  |                          |
| *Project Evaluation & Measurement      *Community Services   |                          |
| 11. Work Groups Report Back  | 11:30—11:45              |
| 12. Updates —Community-Based Adult Mental Health Services  | 11:45—11:55              |
| A. Training and Education & Websites: "Day At Home," <a href="http://www.r4sconversations.org">www.r4sconversations.org</a> AND <a href="http://www.reallifeconversations.com">www.reallifeconversations.com</a> |                          |
| B. Pre-Petition Screening  |                          |
| C. Client Access Transportation  |                          |
| D. Flexible Funding (1) LAC (2) Counties   |                          |
| E. Socialization / Drop-In Centers: (1) Douglas Co. (2) Grant Co. (3) Pope Co. (4) Stevens Co. (5) Traverse Co.  |                          |
| F. Supportive Employment:  |                          |
| G. Transitional Housing:   |                          |
| H. Region 4 Housing:   |                          |
| I. ICRS /ACT   |                          |
| J. D.B.T. Service  |                          |
| K. LMHC Supervision  |                          |
| L. Nursing Support   |                          |
| M. Milestones (IRTS-Intensive Residential Treatment Services)  |                          |
| N. Crisis Response   |                          |
| 13. Announcements  | 11:55—                   |
| 14. NEXT Agenda - April 8, 2014  | —12:00                   |

**ADJOURN**

**NOON**

**PLEASE NOTE:** Cancellations for "Conversations..." meetings will be listed on the following: KKFM(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. *Note: A "Conversations..." weather-related cancellation is based on when the West Central Area School district is either 2 hours late or is closed.*

# Intensive Community Rehabilitation Services

For Periods Ending February 28, 2014

	<u>Current Month</u>	<u>Year to Date</u>	<u>Budget</u>	<u>Variance from Budget</u>	<u>% Earned or Expended</u>
<b>Revenues:</b>					
ICRS ARMHS	\$ 5,183.18	\$ 35,105.45	\$ 170,000.00	\$ (134,894.55)	20.65%
ICRS TCM	7,594.00	30,269.64	185,000.00	(154,730.36)	16.36%
AMHI For NON MA	11,265.60	14,856.18	120,000.00	(105,143.82)	12.38%
Crisis Coverage	-	8,244.36	60,087.00	(51,842.64)	13.72%
Other Insurance/ Revenue	-	-	100.00	(100.00)	0.00%
Self Pay/Spend Downs	113.25	216.25	1,500.00	(1,283.75)	14.42%
<b>Total Revenues</b>	<b>\$ 24,156.03</b>	<b>\$ 88,691.88</b>	<b>\$ 536,687.00</b>	<b>\$ (447,995.12)</b>	<b>16.53%</b>
<b>Expenses:</b>					
<b>Program Staff Costs--</b>					
Mental Health Professional	\$ 1,391.22	\$ 3,397.58	\$ 17,000.00	\$ (13,602.42)	19.99%
Mental Health Practitioners	16,276.79	42,188.69	240,000.00	(197,811.31)	17.58%
Registered Nurse/Practitioner	7,144.82	17,087.38	90,392.68	(73,305.30)	18.90%
ICRS On Call	1,931.12	4,760.93	20,334.00	(15,573.07)	23.41%
	<b>\$ 26,745.95</b>	<b>\$ 67,434.58</b>	<b>\$ 367,726.68</b>	<b>\$ (300,292.10)</b>	<b>18.34%</b>
<b>Contract Staff Costs--</b>					
Psychiatric consultation	-	-	-	-	#DIV/0!
	-	-	-	-	#DIV/0!
<b>Administrative Costs--</b>					
Team Leader	\$ 2,887.94	\$ 7,014.08	\$ 36,860.03	\$ (29,845.95)	19.03%
Administrator	-	-	-	-	#DIV/0!
	<b>\$ 2,887.94</b>	<b>\$ 7,014.08</b>	<b>\$ 36,860.03</b>	<b>\$ (29,845.95)</b>	<b>19.03%</b>
<b>Total All Staff Costs</b>	<b>\$ 29,633.89</b>	<b>\$ 74,448.66</b>	<b>\$ 404,586.71</b>	<b>\$ (330,138.05)</b>	<b>18.40%</b>
Staff Orientation/Training	-	-	2,000.00	\$ (2,000.00)	0.00%
<b>Mileage--</b>					
Staff Mileage	\$ 2,383.36	\$ 5,063.74	\$ 36,000.00	\$ (30,936.26)	14.07%
Client Transportation	-	-	200.00	(200.00)	0.00%
	<b>\$ 2,383.36</b>	<b>\$ 5,063.74</b>	<b>\$ 36,200.00</b>	<b>\$ (31,136.26)</b>	<b>13.99%</b>
Rent	\$ 990.68	\$ 1,981.36	\$ 12,000.00	\$ (10,018.64)	16.51%



REGION 4 SOUTH ADULT MENTAL HEALTH CONSORTIUM

ADULT MENTAL HEALTH - GENERAL	2012 Budget	2013 Budget	2014 Budget	Actuals	Subtotal	2014 Actuals	Update	Percent
1. Training Committee, including day on hill	\$ 7,830.00			\$ 7,830.00		\$ -	\$ 7,830.00	0.00%
2. Web site - www.r4conversations.org	\$ 1,700.00			\$ 1,700.00		\$ 634.98	\$ 1,065.02	37.35%
3. Public Relations, incl realifeconversations.com	\$ 1,000.00			\$ 1,000.00		\$ -	\$ 1,000.00	0.00%
4. Peer Specialist Training	\$ 7,500.00			\$ 7,500.00		\$ -	\$ 7,500.00	0.00%
5. Conversations	\$ 20,000.00			\$ 20,000.00		\$ 527.01	\$ 19,472.99	2.64%
402-Community Education and Prevention	\$ 38,030.00			\$ 38,030.00		\$ 1,161.99	\$ 36,868.01	3.06%
5. Prepetition Screening/Hearing	\$ 52,000.00			\$ 52,000.00		\$ 9,727.60	\$ 42,272.40	18.71%
409 - Prepetition Screening/Hearing	\$ 52,000.00			\$ 52,000.00		\$ 9,727.60	\$ 42,272.40	18.71%
6. Client Access Transportation	\$ 7,200.00			\$ 7,200.00		\$ -	\$ 7,200.00	0.00%
416 - Transportation	\$ 7,200.00			\$ 7,200.00		\$ -	\$ 7,200.00	0.00%
7. Flex Funding LAC	\$ 4,050.00			\$ 4,050.00		\$ -	\$ 4,050.00	0.00%
8. County Flex Funding	\$ 20,000.00			\$ 20,000.00		\$ -	\$ 20,000.00	0.00%
418 - Client Flex Funds	\$ 24,050.00			\$ 24,050.00		\$ -	\$ 24,050.00	0.00%
9. Douglas Co Socialization/Drop In Center	\$ 16,263.00			\$ 16,263.00		\$ 3,514.69	\$ 12,748.31	21.80%
10. Grant Co Mental Health Club	\$ 1,500.00			\$ 1,500.00		\$ -	\$ 1,500.00	0.00%
11. Pope Co F.U.N. Bunch	\$ 11,099.00			\$ 11,099.00		\$ 1,487.54	\$ 9,611.46	13.40%
12. Pope Co Drop In Center (Community Partners)	\$ 22,777.00			\$ 22,777.00		\$ 6,218.82	\$ 16,558.38	27.30%
13. Stearns Co Drop In Center/Socialization	\$ 34,883.00			\$ 34,883.00		\$ 9,151.47	\$ 25,731.53	26.23%
14. Traverse Co Socialization	\$ 9,833.00			\$ 9,833.00		\$ 6,525.83	\$ 3,307.17	66.37%
15. Incentive Program - PCS managed	\$ 2,200.00			\$ 2,200.00		\$ 260.00	\$ 1,940.00	11.82%
16 Traverse County Support Group	\$ 250.00			\$ 250.00		\$ -	\$ 250.00	0.00%
17. Traverse County Drop In Center	\$ 11,800.00			\$ 11,800.00		\$ -	\$ 11,800.00	0.00%
434- Other CSP	\$ 110,605.00			\$ 110,605.00		\$ 27,188.15	\$ 83,416.85	24.58%
18. Douglas County Employment-Decline Program	\$ 5,122.00			\$ 5,122.00		\$ -	\$ 5,122.00	0.00%
19. PCS Supportive Employment (Gr,Pope,St, Tr)	\$ 40,000.00			\$ 40,000.00		\$ -	\$ 40,000.00	0.00%
437 - Supported Employment	\$ 45,122.00			\$ 45,122.00		\$ -	\$ 45,122.00	0.00%
20. County Transitional Housing	\$ 26,017.00			\$ 26,017.00		\$ 3,260.00	\$ 22,757.00	12.53%
21. R4 Housing Project #1, Project #2	\$ 150,000.00			\$ 150,000.00		\$ 37,500.00	\$ 112,500.00	25.00%
22 Deposit Assistance	\$ 2,500.00			\$ 2,500.00		\$ 5,000.00	\$ (2,500.00)	200.00%
443 - Housing Assistance	\$ 178,517.00			\$ 178,517.00		\$ 45,760.00	\$ 132,757.00	25.63%
23. Intensive Community Rehabilitative Services	\$ 100,000.00			\$ 100,000.00		\$ 9,089.60	\$ 90,910.40	9.09%
24. Intensive ARMHS Services	\$ 2,500.00			\$ 2,500.00		\$ -	\$ 2,500.00	0.00%
446 - Basic Living/Social Skills/Comm Intervention	\$ 102,500.00			\$ 102,500.00		\$ 9,089.60	\$ 93,410.40	8.87%
26. D.B.T. Service	\$ 3,600.00			\$ 3,600.00		\$ -	\$ 3,600.00	0.00%
27. LMHC Supervision	\$ 9,035.00			\$ 9,035.00		\$ -	\$ 9,035.00	0.00%
452 - Adult Outpatient Psychotherapy	\$ 12,635.00			\$ 12,635.00		\$ -	\$ 12,635.00	0.00%

	2016 Budget	Changes	Revised Budget	Subtotals	Unpaid Expenses	Unpaid Balance	% Spent
28. Nursing Support	\$ 3,600.00		\$ 3,600.00		\$ -	\$ 3,600.00	0.00%
454- Outpatient Medication Management	\$ 3,600.00		\$ 3,600.00	\$ 3,600.00	\$ -	\$ 3,600.00	0.00%
29. Intensive Residential Treatment - Program	\$ 22,200.00		\$ 22,200.00		\$ -	\$ 22,200.00	0.00%
474 - Adult Residential Treatment	\$ 22,200.00		\$ 22,200.00	\$ 22,200.00	\$ -	\$ 22,200.00	0.00%
30. ICRS TCM	\$ 20,000.00		\$ 20,000.00		\$ 5,200.00	\$ 20,000.00	26.00%
491-Adult Rule 79 Case Management	\$ 20,000.00		\$ 20,000.00	\$ 20,000.00	\$ 5,200.00	\$ 14,800.00	26.00%
31. Administrator budget	\$ 84,781.00		\$ 84,781.00		\$ 17,790.64	\$ 66,990.36	20.98%
32. Attorney costs	\$ 8,000.00		\$ 8,000.00		\$ -	\$ 8,000.00	0.00%
34. Payroll Processing Auditor Office	\$ 2,700.00		\$ 2,700.00		\$ -	\$ 2,700.00	0.00%
35. Audit @ 50%	\$ 5,000.00		\$ 5,000.00		\$ -	\$ 5,000.00	0.00%
36. Fiscal Host (70,800)	\$ 33,650.00		\$ 33,650.00		\$ -	\$ 33,650.00	0.00%
Total Administration for basic grant	\$ 134,131.00		\$ 134,131.00	\$ 134,131.00	\$ 17,790.64	\$ 116,340.36	13.26%
<b>TOTALS: GENERAL GRANT</b>	\$ 750,590.00	\$ -	\$ 750,590.00	\$ 750,590.00	\$ 115,917.98	\$ 634,672.02	15.44%
<b>CRISIS SERVICES GRANT</b>							
37. Crisis Stabilization Beds - Program	\$ 6,000.00		\$ 6,000.00		\$ -	\$ 6,000.00	0.00%
38. Crisis Stabilization Beds - GRH	\$ 1,200.00		\$ 1,200.00		\$ 86.49	\$ 1,113.51	7.21%
435 - Adult Residential Crisis Stabilization	\$ 7,200.00		\$ 7,200.00	\$ 7,200.00	\$ 86.49	\$ 7,113.51	1.20%
39. Crisis Assessment and Intervention - Team expense	\$ 215,000.00		\$ 215,000.00		\$ 12,288.89	\$ 202,713.11	5.71%
431 - Adult Mobile Crisis Services	\$ 215,000.00		\$ 215,000.00	\$ 215,000.00	\$ 12,288.89	\$ 202,713.11	5.71%
40. Crisis Manager budget	\$ 102,395.00		\$ 102,395.00		\$ 12,831.70	\$ 89,563.30	12.53%
41. Payroll Processing	\$ 1,800.00		\$ 1,800.00		\$ -	\$ 1,800.00	0.00%
42. Fiscal Host	\$ 7,541.00		\$ 7,541.00		\$ -	\$ 7,541.00	0.00%
Total R4 staff and support for crisis grant	\$ 111,736.00		\$ 111,736.00	\$ 111,736.00	\$ 12,831.70	\$ 98,904.30	11.48%
<b>TOTALS: CRISIS SERVICES GRANT</b>	\$ 333,936.00		\$ 333,936.00	\$ 333,936.00	\$ 25,205.08	\$ 308,730.92	7.55%
<b>REVENUES:</b>	\$ 1,084,526.00	\$ -	\$ 1,084,526.00	\$ 1,084,526.00	\$ 141,123.05	\$ 943,402.94	13.01%
<b>Receipts as of 2/28/14</b>							
43. ADULT MH INITIATIVE - GENERAL	\$ 750,590.00						
44. CRISIS SERVICES GRANT	\$ 300,936.00						
45. TOTAL DHS ADULT MH GRANT AWARD	\$ 1,047,726.00					\$ 1,047,725.00	0.00%
46. CRISIS SERVICES EARNED INCOME	\$ 39,000.00					\$ 29,468.35	24.44%
<b>TOTAL PROJECTED REVENUES</b>	\$ 1,086,725.00			\$ 9,606.54		\$ 1,077,118.46	0.88%



# Community Partners Informer



V

The Local Advisory Council Meeting will take

Volume 161

The Mental Health Newsletter for Pope County's Drop In Center February 2014

GLENWOOD HOME.

## FUN Bunch News

The monthly planning meeting and lunch for FUN Bunch will be on Wednesday, March 5<sup>th</sup> at 11:00 a.m. The lunch outing to China Panda in Glenwood last month went great, with 22 people attending! Two events have been set up for March. Taco Night in Westport will be on March 12<sup>th</sup>, and Buck Burger Night in Villard will be on March 24<sup>th</sup>. Be sure to come to the March planning meeting to get all the details on these two outings. Come join us as we plan the next couple months! Any questions or to sign up for an event, call Karen at 320-554-3272.

## Center Announcements

**Just a reminder that if school is closed, the Center is closed, if it's due to the weather.**

**If school is two hours late or closed, LAC is canceled.**

The Center is open the second Saturday of the month from 10:00 a.m. to 2:00 p.m. with Potluck at noon. This month that falls on the 8<sup>th</sup> of March.

Our Movie Afternoon will be on Friday, March 21<sup>st</sup> at 2:00 p.m.

We will be playing BINGO on Game Day the 4<sup>th</sup> of March at 2:00 p.m. There are prizes.

Sharon Booen will be doing a class on decorating and painting clay pots. The class will be on March 5<sup>th</sup> after the FUN Bunch meeting. You can paint and make the pot into a flower pot, or turn the pot upside down on the saucer and make it into a doll or your own idea! Remember to give her a few dollars for supplies if you participate.

Sharon will also be hosting the 2<sup>nd</sup> annual St. Patrick's Day Party on Saturday, March 15<sup>th</sup> at 10:00 a.m. There will be a St. Patrick's Day meal at noon and BINGO and other activities to participate in as well.

For questions and concerns about things involving the Center, you may call Shelly at 320-424-2716 or use the ICG Box.

**NOTICE:** The local Warm Line no longer exists now in 2014. There is a list of alternate numbers to call at the Drop-In-Center, ask Shelly for a copy.

Western Community Partners Board of Directors  
President: Larry Kittelson, Vice President: Gloria Johnson,  
Claudia Liljegren, Cody Rogahn, Nicole Names, Corrina Rost, Jeffrey Ozanne Ex-Officio Members: Karen Schulz, Shelly Leonard Also sitting in Jeff James/Solutions

Community Partners Drop In Center  
Open Monday through Friday  
9:00 am to 4:00 pm  
The 2<sup>nd</sup> Saturday of the month from 10:00-2:00  
Potluck at noon  
102 1<sup>st</sup> St NE #2

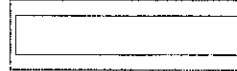
Glenwood, MN 56334  
320-634-0888

Newsletter Editor: Shelly Leonard

For information on local mental health services, go to the  
Region IV South Mental Health Initiative website:  
[www.r4s.conversations.org](http://www.r4s.conversations.org)

## What is Self Esteem ?

Self esteem is your opinion of yourself. High self esteem is a good opinion of yourself and low self esteem is a bad opinion of yourself.



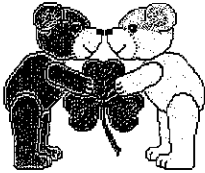
Your self esteem depends on many questions:

- Is your job worthwhile? Do others respect what you do? Do you?
- Do you believe you are successful?
- How do you see yourself (your self image or view of you)?
- How do you feel about your strengths and weaknesses?
- Are you comparing yourself to others and ignoring the unique value that you have?
- What do you think of your social status?
- How do you relate to others?
- Can you make your own decisions? A lack of choices leads to low levels of self esteem.

Try this amazing hypnosis audio - Building your self esteem and unleash the power that you have from within. Today! There are hundreds more hypnosis downloads for you to check out and all are highly recommended and very reasonably priced.

### What is Low Self Esteem?

Low self esteem comes from a poor self image. Your self image is based on how you see yourself. Do you think you are a good, reliable, hardworking, honest or friendly person? Do you like what you see when you look in the mirror or do you believe others look better and dress better than you?



High self esteem is the opposite of the above! If you have a high level of self esteem you will be confident, happy, highly motivated and have the right attitude to succeed.

## The Importance of Self Esteem

Self esteem is crucial and is a cornerstone of a positive attitude towards living.

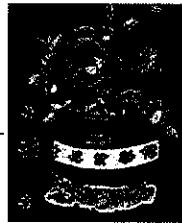
It is very important because it affects how you think, act and even how you relate to other people. It allows you to live life to your potential. Low self esteem means poor confidence and that also causes negative thoughts which means that you are likely to give up easily rather than face challenges. In addition, it has a direct bearing on your happiness and well being. Read more about why self esteem [is so important to you](#).



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Comment [2]: <--StartFragment-->

Low self esteem also depends on other factors like your job. For example, do you value the job you do? Does the job you have help you be happy with who you are? Do the others in your office respect you?



Comment [1]: <--StartFragment-->

Low self esteem feeds your negative thinking and causes you to believe the criticism others make of you. Do you take what others say and not speak up? This can cause you to lose confidence so it is vital to end negative thoughts if you want to build your self esteem.

Want to discover how you can build your esteem, confidence and inner power in order to achieve success? Then you have to see my [free CD "A More Confident You"](#)

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What is High Self Esteem?



**March 2014**  
**Activity Calendar for Community Partners Drop-In-Center**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 10:30 Lady's IMR Group	4 BINGO Game Day 2:00-4:00	5 11:00 a.m. FUN Bunch planning meeting Sharon's Class 1:30 IMR Group	6 1:00 Support Group	7	8 Center Open 10:00-2:00 Potluck at noon
9 Daylight Savings Time begins	10 10:30 Lady's IMR Group	11 Conversations  Game Day 2:00-4:00	12 1:30 IMR Group Taco Night in Westport leave Center at 4:30	13 9:30 LAC Mtg Glenwood Home 1:00 Support Group	14	15 <i>St. Patrick's Day Party 10:00-2:00 cating at noon</i>
16 	17 10:30 Lady's IMR Group  <i>St. Patrick's Day</i>	18 B-Day Party 3:00 p.m.  Game Day 2:00-4:00	19 1:30 IMR Group	20 1:00 Support Group	21 Movie Afternoon 2:00	22
23/30	24/31 (both days) 10:30 Lady's IMR Group Buck Burger in Villard	25  Game Day 2:00-4:00	26 1:30 IMR Group	27 1:00 Support Group	28	29