



**MINUTES OF GOVERNING BOARD MEETING**  
**Northwestern Mental Health Center, Crookston, MN – September 8, 2017**

**MINUTES**

**Members present:** Brad Bergstrom, Jeff Bisek, Randy Bruer, Jason Carlson, Jim Guetter, Sarah Kjono, Catherine Johnson, Chris Kujava, Rob Lovejoy, Shauna Reitmeier, Shawn Yates, Ken Yutrzecka

**Absent:** Maureen Hams, Kathleen Johnson, Lon Jorgensen, Kristi Nelson, Andrew Larson

**Others present:** Faye Auchenpaugh; Colleen MacRae; Sarah Reese, Polk County Public Health

1. **Call to Order:** Meeting was called to order at 10:00 am by Randy Bruer, Chairman.
2. **Agenda: M/S/C:** (Carlson/Yates) to approve the agenda with additions of eHealth update and mental health safety net program.
3. **Approval of minutes of May 5, 2017: M/S/C:** (Kujava/Carlson) to approve.
4. **Financials and Bills:**  
**Action: M/S/C:** (Kujava/Bergstrom) to approve payment of July 2017 invoice for facilitator services and Colleen MacRae services for December 2016 – May 2017. Reitmeier abstained.
5. **Sanford Health Children’s Health and Fitness Initiatives:** Donna Hardie, program development coordinator, gave a brief overview of this program that is available to all agencies and school districts free of charge. This Sanford initiative is one of the partners in the 21<sup>st</sup> CCLC grant recently awarded to four Collaborative schools.
6. **eHealth Update:** Reitmeier reported on the Northwestern Mental Health Center (NWMHC) grant is coming to a close the end of September and posed a broad question to the governing board. Since there will be opportunities over the next 6-18 months for looking at health outcomes as a region, would the Council of Collaboratives consider having a permanent committee or group inclusive of all members for continuation beyond the life of the eHealth grant in a coordinated, collaborative way without creating an entirely new collaborative group? Discussion will continue at future board meetings.
7. **Mental Health Safety Net grant:** NWMHC will be applying for this grant (due October 30, 2017) to provide free or reduced-cost mental health care to low-income patients under the age of 21 with family incomes below 275 percent of federal poverty guidelines who do not have health insurance coverage.
8. **Grant Opportunities and Reports:**
  - **Workplace Safety Grant Program** – Bruer will send information on this to Auchenpaugh for distribution to all members. This program awards funds up to \$10,000 on a 1-1 match for projects designed to reduce the risk of injury and illness to their workers. To qualify, an employer must have workers’ compensation insurance and come under the jurisdiction of Minnesota OSHA.
  - **Seed Grant Funding for Minnesota Clean Energy Projects** – MacRae will send information to Auchenpaugh for distribution to Collaborative members. Applications will be made on a community basis for energy efficiency measures like lighting and HVAC, and renewable energy technologies like solar and wind. Deadline October 20, 2017.
  - **21<sup>st</sup> Century Community Learning Centers** – Our proposal was awarded at full funding for the districts of Stephen-Argyle, Fosston, Waubun and Win-E-Mac. One change for Cohort 7 is that at the end of the first three years the grant may be extended for an additional two years; at the end of those two years, the grant may be extended for a final two years – making for a total of seven years. Funding for Year 1 is \$569,071 with small increases each successive year for staff raises. Approximately \$4,000,000 in total.
9. **Mental Well-Being and Resilient Communities:** Kujava and Sarah Kjono reported on the Bounce Back Project in Buffalo and Monticello, MN. The goal is to have a similar project in each county by May or June 2018 that can be used at schools and workplaces. Bounce Back is a unique collaborative of physicians, nurses, hospital leaders, and staff who have come together for a single purpose – to impact the lives of individuals, communities, and organizations by promoting health through happiness. Numerous studies have shown using simple tools to help retrain minds to focus on the positive can increase feelings of well-being and decrease

feelings of depression. These tools can open the possibility for greater social connections, improved sleep, enhanced memory, and stronger immune system functions.

10. **“Family Navigator Workgroup” update:** The committee has consulted with the Wilder Research group and distributed copies of their proposal to support the development of a Family Navigator service delivery model. Suggestions are to think about a pilot project serving fewer than all seven counties with the rationale that we would have a greater chance of getting funding dollars of approximately \$2 million for each school in a smaller two-year pilot. The downside is that the Governing Board would have to be willing to delay this project in the remaining schools and counties for another two years. The workgroup will be asking the Governing Board for approval at the October meeting of \$6,000 in 2017 and \$6,000 in 2018 to fund Wilder’s proposed scope of work.
11. **Opiate Abuse:** Sarah Reese presented a prescription monitoring program on opiate use and its relationship to mental health. Data includes the crude rate dispensed per 1,000 county residents, with Polk County having the highest rate in Minnesota. Reese will send the report to Auchenpaugh for distribution to Collaborative members.
12. **Next meeting: October 6, 2017, 9:30 am, NWMHC Community Room.**
13. **Meeting Adjourned at 11:45 am. M/S/C (Yutrzenka/Kujava)**

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Faye Auchenpaugh, Facilitator