

***Crow Wing County Local Advisory Council***

***On Mental Health***

*Lutheran Social Service of MN Building*

716 E Street, Brainerd, MN 56401

Phone (218) 828-7379

 **April 18, 2022**

**1:00PM virtual meeting AGENDA**

**Welcome and Introductions:**

**Present:** Jennifer Vaughn (Chair, owner of Acquire), Jason Ost (CWC community services), Pat (CWC community services), Annastasia Ramig (Peaceful Mind and St. Joseph’s), Arlene Sealander (Nystrom), Jessi Weinhandl (Wellness in the Woods), Mary Marana (Crisis Line), Kelle Rossina (CWC), Christine Smith (Acquire), Gary Sprynczynatyk (BCBS), Dawn Shequen (CWC Community Services)

**Tell Me Something Good ☺**

Stopped snowing for a second.

**Updates:**

**Trainings-**

BCBS: Gender affirming care: trainings, dates selected. One end June. What would be most important to learn about gender affirming care? Gender affirming: Terminology, what to do to best support? What to do with parents who don’t support?

**Involvements-**

**LAC county update-**

Pat: update from CWC:

* restructuring: added supervisors in family services department.
* Pat will be doing: Children’s MH, truancy, cross-over corrections/diversionary tract.
* Additional Children’s MH worker was added.
* Transitional youth and independent living skills. EX: kids going to college, getting jobs, proper documentation.
* Lots of referrals. Lots of suicidal youth, running youth, aggressive behaviors, nowhere to place skills.

Gary from BCBS

* Telehealth/virtual: Learn to live and Doctor on Demand, also community resource link: Find Help. If the group is interested in demo on Dr on Demand can arrange that.
* Racial and health equities funding available.
* Blue ride: transport: CWC: Has access. Enables county people to get access to Blue ride without forms, or having member sitting there.
* Blue Plus Behavioral Health Appointment Scheduling Assistance line: 651-662-5545 or 1-800-711-9862 - - ask for a BH Case Manager to help find a provider, schedule

Wellness in woods:

* Funding to help support new moms virtually. 1 day a week. Running 1030-1130 during nap time.
* Going to be starting sessions 2x a month for women in recovery for abuse.
* LBGT support: telehealth: services all of MN: billable through insurance. 1 for teens, 1 for adults. 8 weeks with Aftercare group. Evenings. If has therapist, send/referral DA. Simple intake process. Go to website: [https://peacefulmindmentalhealth.com/](https://nam11.safelinks.protection.outlook.com/?url=https%3A%2F%2Fpeacefulmindmentalhealth.com%2F&data=04%7C01%7Cjennifervaughn%40acquirementalhealth.com%7Cbde8b6d73d4e4a2efdba08da216a18bc%7C672db6c94ee4440a85b4468e02968ae8%7C1%7C0%7C637859037589080309%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0&sdata=EtOqSo8qmNAH5R%2FOF4RrVg6hbd%2B0ovTGdY00AUDgvM4%3D&reserved=0)

Acquire

* Starting a PTSD psychoeducational group that will run through summer. For people with, parents, partners of those with trauma. More details to come.
* Starting a Domestic Abuse Survivors group, virtually
* Heroes Program for 1st responders: Law, Fire, Dispatch, EMT/EMS

**Area Unmet Needs Discussion: (transportation, housing, child care, other)**

**Old Business- what does everyone want out of LAC?**

Pat: children’s MH: back in the day, face-to-face. 20-30 people every month. Check in and share new things happening at agencies, different resources, ect. Used up hour just giving small updates. Lots of networking. Cross sharing info/services. Especially transition youth. Increase membership.

In person takes more time, benefits to zoom. Maybe every other time doing in person?

Including MCO: rick Jackson? Or Yact?

More committed attendance

No restriction on who can attend: community members, consumers.

**Agenda? What do you want to see on it**:

In Ottertail: they work on projects as a group> bridge gaps in community. For example: they saw a lack of LGBT resources: goal was to get a couple of resources available to community. Getting people not just services providers who can bring ideas. We reviewed their agenda. Very detailed, somewhere in the middle probable best.

Adding: NAMI: Make It Okay? Smiles for Jake? The Jail? Psychiatrists? Other agencies?

Collaborating on grants. Letters for support/ways to collaborate, representing/providing input to county boards: what’s working good, what’s not working good. For mutual consumers.

May is MH month: what can the county do?

Consumer: what can they offer?

Needs a “shot in the arm”: strategies to get people to the table.

Old agenda was: check in, resources, trainings, new topics

Regional LAC: rep for CWC to talk about all unmet needs in all the counties: what solutions/problem solving people have used/what’s worked. EX: Door hangers for all counties. Individuals that live in apartments: have a door hanger. I’m okay. Or someone can check on. Back of hanger = resources

**Adjourn**

**Upcoming meeting dates: June 20th at 1:00**