

***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

**1:00 Meeting: 2/20/2025**

**Welcome and Introductions:**

**Present:** Jennifer Vaughn (Acquire, chair), Janet Karnes (Todd County LAC, AMHI, regional lac chair), Kathy Hallbeck (CWC resident, Region 5, NAMI), Brad Vold (BCBS), Denise Rather (Vice Chair, Wellness in the Woods), Rachel Zetah (CWC, adult), Heather Stanley (Regional LAC)

**UPDATES**

**State LAC**: Town hall meeting: Suggested to do succession planning.

**Region 5:** Extra meeting last month. Formed workgroups: Succession work group. Promotion work group: who we are. Rebuilding relationship with commissioners.

Had representation from every single county in the region. Also looking at how to do their meetings: how long? When? How Often?

Can every county get their stuff on the county board website or resource guidebook.

**NAMI: NA**

**AMHI:** Minigrants coming up in March. Working on housing workgroup at AMHI. Working on a meeting: legal aid. Meeting sometime at: Light House Beginnings. Flyer?

Peer support: In person training: May. Working on applications.

Surveys: County they are from. Add to booths and tables. Sort results by county. QR Code?

**CWC: NA**

**NEW BUSINESS**

**Meeting date:** Change for weekends? For consumers? Keep weekly day time one, alternating months.

**Post Agenda and meeting minutes:** also record meetings? Certain amount of anonymity. Possibly okay for Lunch and Learns? State LAC meeting was records and people reluctant to talk. Down load guidebooks, ect to website.

**Godaddy:** No need to be HIPAA complaint, own email, own Microsoft.

**Trainings-**

**Involvements-**

MH day on the hill: Feb 20th: NAMI will pay for a bus if 10 people can go. January 31st deadline to ride with on the bus.

Attached is an invitation to the LAC Workgroup Townhall on Wednesday, February 5, 2025, from 3:30-5:30 pm at the Elmer L Anderson Human Services Building, 540 Cedar Street, Saint Paul, MN, 55101, room 222 and virtually with the meeting link:  
<https://minnesota.webex.com/meet/mhadvisory.council.dhs>

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

**OLD BUSINESS**

**Mini grant:**

Contributed to Region LAC

Table, chairs, weights, pop up

Tablecloth, banner

Logo

Website, Facebook, Instagram

CLC/Run for the Lakes

Lunch and learn

Ad Items: brochures, flyers, chapstick, pens, journals

**Walks:**

**Run for the lakes:** May 2-3

**CLC 5k: April 26 at 9:** Kelsey, Kathy?

**Lunch and Learns**: Kelsey, Jenny Before the meeting at 1. Acquire, Sarah Harmon at Skipped Parts. April 17, October 16? Cost for fair: ask Tammy: august

Our own event: wait for Cultivating Communities

**Bi-Laws:** Denise and Kathy have worked on them. Have them posted. Robert’s Rules. Preferable that you Live and work in CWC? Other LACS? Sunday March 9 at 1.

**Safety:** One to lead and one to monitor.

**Unmet needs**: Later in the Year.

**Events:** Regional catches the fair? Mini events/walks: CWC we do?

CWC FAIR: Collaboration with CWC?

Upcoming?

Get Fit Fair, NP: Health and Wellness Fair?, CWC Fair, Relationship Safety Alliance, Pride, WeARE events, Out of the Darkness, Cultivating Communities, BLADE walk

**ITEMS TO LEARN MORE ON:**

**Adjourn**

**Lunch and learn and food**

**Saturday meetings? Survey?**