

***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**

**Welcome and Introductions: Jennifer Vaughn (Chair, Acquire), Kathy Hallbeck (Region 5, AMHI, co-chair), Denise Rathey (Wellness in the Woods, Co-chair/treasurer), Melaine Clemmer (CWC), Kelsey Nelson (CWC).**

**Check-in’s-**

**Updates:**

NAMI: Working on a webpage and facebook page up and going. Hearts and Minds: this fall or after 1st of the year. Nami state conference: November 1st: 9-5. St. Paul River Center.

[State Conference - NAMI Minnesota](https://namimn.org/namimn-events/nami-conferences/state-conference/)

REGIONAL LAC: addressed for all LAC’s. In case someone’s sick, someone has full access to meetings and email. Stipend: 55$ for meeting? Bylaws: 20$? Meeting tonight at 6. Sandwiches. Next month: in person, our county presentation. What’s available in our country? Anything that deals with MH.

Off AHMI Site? Information on LAC? Can’t store files.

STATE LAC: New guidebook. Meetings for Region LAC’s: Wednesday August 27 12-1, Thursday Nov 20th, 4-5. Zoom.

AMHI: has own zoom accounts.

Bridgemakers group: Sourcewell, Nancy Itner: Regional MH plan to get everyone together. Technology and Social Cohesion. Mental Health: Working on Stigma, Workforce, central location for trainings. Interested in MH field as a career path.

Stigma: Seeking Safety Group. If were to run into each other in the street and wouldn’t have noticed each other.

CWC: Treatment funds that CWC has. Flex funds, too. Used for pets. CWC works with Northland Pet Lodge. Layover: Lighthouse Beginnings, 10 person, approved to get a place up to 15 days, until they get into facilities. Sept 1st. Going to TX, or into IRTS.

<https://www.lssmn.org/services/youth-homelessness/brainerd/youth-shelter-services-brainerd-area>

Wellness in the Woods: Next Step program. Empower individuals with tools for navigating personal journeys after they leave incarceration or treatment. Coming into society. Matched in organization with lived experiences. 1x a week, zoom, text, or phone, find resources to be successful, for 1 whole year. Self-refer or someone can refer them. Under a grant, Free to them.

[Next Step — Wellness in the Woods | Mental Health Advocacy](https://mnwitw.org/next-step)

Together is Better: Sept 25-26. 1st day Virtual: 930a-1pm. 2nd day: Hybrid. Possible stipends/gas cards for consumers. Possible coverage for training for consumer?

[Calendar of Events — Wellness in the Woods | Mental Health Advocacy](https://mnwitw.org/calendar-of-events)

Free services for MH: Agricultural Mental Health Program: Free MH therapy for farmers, farm families, ag providers, state of MN. Can just call or text providers. Jenny is in this area: 218-820-6626. [Agricultural Services | Acquire Mental Health Clinic](https://acquirementalhealth.com/agricultural-services)

Acquire has interns coming, 218-820-7671

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

Childcare: LSS: out of St. Cloud: Connie Worth: Crisis nursey in CWC: need more people to be able to do it. If you needed someone to watch kids to see MH appointment, make an arrangement that they can find a daycare/childcare provider. Only stipulation is 72 hour.

<https://www.lssmn.org/services/families/crisis-nurseries>

**Crisis Nursery - St. Cloud Area & Crow Wing County Area**
320.654.1090

Pet Care in Crisis?

Beds for teens too.

LSS does have hotel vouchers for people.

Current Mental Health Groups in person??

**Old Business-**

**Bylaws: signed??**

**Relationship Safety Day went well!!**

**Out of the darkness:**

October 11 at 9am, The Pines at Grandview

**Cwc community connect: RESCHEDULED: No Denise**

Sunday October 18: Westgate Mall: 9a-2p

**Lunch and Learns: Location??**

**September: Friday afternoon? 1.5 hours?**

**STIGMA:** breaking down stigma, suicide awareness? Mental Health 1st aid training: intro to it? What it is? How look further if interested in it, 2-days? Faith communities and men: engaging with men, engaging with faith communities. In general: Who does what and what services do what? **Anissa** community?

**November: 1.5 hours: in person**

Neurodivergency: ASD/Autism: Level 2? What is that? **Jenny**

ACES: trainings? Surrounding that? Awareness? **JPK?**

**Library?? Lighthouse Beginnings?**

**New Business**

Mini grant

Other LAC’s: how they are doing?

Tribal/Mille Lacs? Clarify before we ask.

**Sept 21 at 3: In person, Acquire**

**Nov 16 at 3: In person, Acquire**

**ITEMS TO LEARN MORE ON:**

**Adjourn**