

***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

**June 20, 2022**

**1:00PM virtual meeting AGENDA**

**Welcome and Introductions:**

**Present:** Jennifer Vaughn (chair, Acquire Mental Health Clinic), Tina Theisen (Case manager, LSS), Arlene Selander (Nystrom, outreach), Mike Patras (CWC Agent), Sera Aker ( Nystrom), Sheena Prizler (Todd-Wadena Agent), Anastasia Ramig (Peaceful Mind Mental Health), Gary Sprynczynatyk (BCBS)

**Updates:**

**Trainings-**

Summer Lunch and Learn: 4th Thursday of the month, Putting Trauma Informed Theories into Practice, 1130-1: virtual training. See flyer. (Thanks Sheena!)

**Involvements- NA**

**LAC county update- NA**

**Other agency updates:**

**Peace of Mind**: LGBT groups: 8 week increments, closed group, new one in next couple of weeks. Make referral from Peaceful Mind website: [Peaceful Mind Mental Health](https://peacefulmindmentalhealth.com/)

**Blue Cross:** Gender Services Webinar, supporting transgender/nonbinary clients. Over noon hour: next Thursday June 29th, go over general terminology, trying to discuss gender services with consultant, help members in finding appropriate care, physicians, navigating insurance process and having those covered. Another training will be in September. Will send invite via membership list.

**Acquire**: Kids Count Group: Tuesdays from 1130AM-1PM. Kids 10+ who have experienced adoption, foster care, or kinship. Support group, starting 6/21 and ending 8/23. Open group. Can email: [intern@acquirementalhealth.com](mailto:intern@acquirementalhealth.com), or call 218-820-7671

**TWCC**: Men’s DB program. Flyer attached. Offer women’s DV programming that follows Turning Points curriculum, 1 session offered then discontinued. Working on a program based on Moving On Curriculum. Will update.

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

Later appointment times.

Annastasia at Peaceful Mind: has 1 day, Mondays where sees clients into evening. Has some availability.

Gas prices and Medical transport: not able to transport to appointments.

Blue Ride for Blue plus member: 48-hour notice. Rides: human services director authorizes, any employee can help set appointment for blue plus member to get a ride.

Other supports too, Gary will email. BCBS: Behavioral Health appointment scheduling assistance, warm line, Wellness in Woods peer support online, DR on demand: available 24/7, MH: 7AM-11PM. Learn to Live: on Demands, self-paced, CBT: 13-64.

Shortage of drivers, Clients not showing up? Get several chances but can’t afford to not pick someone up.

County, volunteer drivers? Not sure but we don’t think there are volunteer drivers for CWC at the moment.

Interfaith Caregivers and Faith in Action (Cass County): Older adults/volunteers, use them when struggling with transport. If volunteers available.

Humana has transport?

SUD Programs: clients state their ride cx and they can’t make appointments. Is it them, is it the ride?

Mental health has exploded and everyone is full.

Reimbursement rates have not increased. Therapists are struggling, underpaid…Waitlists are not based on reimbursements at Nystrom, Peaceful Mind, or Acquire (can’t speak for other agencies but probably not, based on need). But the low reimbursements rates = People not wanting to go into the field? Shortage of therapists? Therapists leaving the field? Contact lobbyists?

Providers wanting telehealth? Telehealth companies hiring better than the area so therapists leave.

Providers MH: seeing too many people in a day, self-care time, needing time with family

Places of employment: need family friendly policies: where people can leave for therapy.

HEROES PROGRAM: [Heroes Program - Emergency Responders, Mental Health Therapy (heroesprogrammn.org)](https://heroesprogrammn.org/) and a facebookpage: Heroes Program

\*\*Different than Northern Pines: Theirs is: Front Line Care Grant. Destiny Brown\*\*

Started in 2019, trying to find donations and grant money. Services right now are provided at Acquire at the moment until there is more funds. Amber Rosier (Acquire), President, and Mike Patras (CWC Probation), Vice-President, Kayla O’Bryan (CWC Probation) secretary, Kristi Oliver, Treasurer. Jennifer Vaughn (Acquire) founder and executive director, Jennifer Lee (Acquire) executive director.

Has had several responders utilize.

Marie Ridgeway is providing services for CWC employees and has connected with Amber.

Anyone interested in joining a board meeting, email [info@heroesprogramMN.org](mailto:info@heroesprogramMN.org) Next board meeting: July 13 at 6PM: at Acquire Mental Health 4682 Wilderness Ct, Brainerd

CW energize? CW energize mental fitness groups, Thursday AM, starts at 745AM. Send out flyer?

Stigma, diagnosis, confidentiality: make it ok, safe talk?

Cuyuna Patches: [Cuyuna Monthly Patches For A Cause – GHOST PATCH](https://ghostpatch.com/collections/cuyuna-monthly-patches-for-a-cause)

Military: there are services not connected with VA

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

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

**Projects?**

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

**Collaborating on grants.**

**Adjourn**

**Upcoming meeting dates: August 15th at 1:00**