

Minutes

Mental Health Advisory Council

Tuesday, July 11, 2023, 2:30 – 4:30 pm, Meeting Via ZOOM

Attendees:

Members:	☒ Carl Harju*	☒ Sandra Greninger*
☒ Cathy Elfstrand*	☐ Dallas O'Dell*	☐ Tammi Dahlman*
☐ Stephanie Barnes*	☒ Breanna Heintzelman*	☒ Kaylee Knight*
☒ Caroline Malone*	☒ Bradley Gangnon*	☐ Commissioner Jeanne Holland*
☐ Christine Morris*	☐ Kelly Hildre*	☒ Mark Daleiden*
☐ Shauntel Fett*	*=MHAC Member (15 Members) <i>(Need minimum of 8 for quorum)</i>	

HHS Staff Attendees: Tarynn Anderson, Gretchen Backer, Diane Erkens, Michelle Miller, Jill Pooler

Other Attendees: Sara Blanchette, Dana Seelen, Hannah-Ruth Patterson, Tom Feddema, Stacy Doyle, Gary Sprynczynatyk, Jackie Desmarais-Finke, Pat Budke, Jane Wilka-Pauly

1. Welcome and Introductions
2. Approval of the Agenda (any additions)
 - a. No additions
 - b. Motion made by Brad G., Second by Breanna H., Motion carries
3. Approval of MHAC Minutes from March and May 2023
 - a. Motion made by Brad G., Second by Cathy E., Motion carries
4. Sub-committee reports
 - a. MAPP – Public Health Representative
 - b. Suicide Prevention Grant Update – Keith B.
 - The grant has ended as of June 30th, 2023. We are hoping to be accepted by the Minnesota Department of Health with a larger federal suicide prevention grant from SAMHSA. Should find out if we are accepted in August.
 - End-of-the-Grant Reports:
 - a) 29 suicide prevention trainings completed with over 430 participants between July 2021 to June 2023 (started the position in the middle of the Grant)
 - b) Gathered feedback forms and surveys from the suicide prevention trainings to better inform and improve our offered trainings.
 - c) Health Promotion Coordinator (HPC) certified to do 3 different suicide prevention trainings (QPR, safeTALK, CALM)
 - d) In addition to the 3 different suicide prevention trainings, the HPC offered or connected with other mental well-being training, such as 8 Dimensions of Wellness, Bounce Back Project (Resiliency Skill-building), and Trauma-Informed.
5. Unmet Needs and Possible Solutions Discussion
 - a. Need for affordable therapy providers for children/family
 - Possible solution – Bridging Hope offers a few free sessions, FYCC received a grant from United Way to assist with sessions in STMA, BHM, and Monticello districts.

6. Discussion of how our committee is enhancing support for people with mental health needs in our community – Jill Pooler
 - a. Recap:
 - Outreach Worker idea was developed in MHAC which allowed the county to obtain a Mental Health Outreach Worker
 - “Wright Mental Health” is a subcommittee that developed off this group which created “Anti Stigma” posters that went around the community
 - MHAC allows resource and information sharing to take place efficiently
 - Presentations from outside entities that come in and discuss mental health topics and services that attendees otherwise wouldn’t have known about
 - b. Ideas for the Future:
 - Finding more mental health mentors throughout the community available to those in need of contact
 - Teen Crisis Center for teens in crisis situations in Wright County
 - a) What role would Wright County MHAC play in this idea?
7. Meeting structure discussion – Jill Pooler
 - a. Virtual/in person/hybrid format
 - Initially went virtual due to COVID but remained virtual due to increase in attendance and efficiency
 - Voting members in favor of in person meetings moving forward:
 - a) Brad G.
 - b) Kaylee K.
 - c) Cathy E.
 - d) Sandy G.
 - e) Breanna H.
 - Wright County staff to review rooms availability moving forward for MHAC meetings
 - b. Frequency of meetings
 - c. Time and date
 - d. Frequency of attendance required
8. Action Items
 - a. Volunteers needed for the Homelessness Task Force – Carl Harju
 - Tarynn – Wright County Youth Services
 - Tom Feddema or an agent – Wright County Probation
 - Kaylee Knight
 - Brad Gangnon
9. Information sharing
 - a. Nystrom and Associates – Dana S.
 - Nystrom offers Children’s Therapeutic Skills and Services (CTSS), which is a version of ARMHS for 18 and under
 - b. Co Responder Program – Diane Erkens
 - Pilot started on 06/08/2023, social worker with Deputy 2 days a weeks
 - a) In the month of June, 10 co-responder contacts with 6 follow up contacts
 - b) Positive feedback at this point
 - c. BCBS – Gary Sprynczynatyk
 - Inquired on the “Angst” video – Diane E. confirmed the community has been able to view the video in locations throughout the area
 - d. Family Resource Center – Michelle Miller

- In the process of planning with WCCA and putting in a grant request to develop a hub for families, resources, support, build connections, etc.
- e. Medica Behavioral Health – Jane Wilka Pauly
 - Pre-purchased psychiatry and medication assisted treatment appointments through Medica Behavioral Health
 - Optum Express Access Appointments via LiveAndWorkWell.com
 - a) Various case management programs
 - b) Variety of telehealth options
 - c) Independently licensed staff available 24/7
- f. Blue Cross – Gary S.
 - The Blue Plus Healthy Rewards program moved to a digital platform effective June 1, 2023 with information going to members via texts and emails on June 29. Members must enroll in this new program and set up an account at [Participant Sign In | Bravo Wellness](#). Members complete healthy activities, and a claim is submitted. After the provider submits a claim, eligible members will receive a reloadable Mastercard Debit card with their first reward. These three vouchers: Prenatal – Post-Delivery – and Chlamydia Screening – will remain paper vouchers and available without setting up an account. Go to: [Reward Program from Blue Plus | Blue Cross MN](#) to print out those three remaining paper vouchers and for information on these and other incentives related to preventive care. There is a \$25 Mental Wellbeing reward for a follow-up visit within 7 days of hospital discharge for mental illness stay.
 - Members can get a FREE Smartphone (or keep own phone (SIM Card) at: www.safelink.com 1-800-723-3564. Enter PromoCode: BCBSMN

Motion to adjourn by Cathy E., Second by Sandy G., Motion carries. Meeting ends 3:32 pm.