

Local Advisory Council on Mental Health
September 22, 2021 12:00- 1:00pm
Via Zoom
Meeting Minutes from April 28, 2021

Membership: (☒ = Attendance at today's meeting)

- | | |
|---|--|
| <input checked="" type="checkbox"/> Lois Cummings, Chair | <input checked="" type="checkbox"/> Fran Davies, Children's MH Case Management |
| <input type="checkbox"/> Cindy Larson, Adult Mental Health Services | <input checked="" type="checkbox"/> Jese Stam, Children's MH Case Management |
| <input type="checkbox"/> Mike Giefer, Family Member | <input checked="" type="checkbox"/> Kelly Debnam, Adult MH Case Management |
| <input checked="" type="checkbox"/> Tamara Domazet, Mental Health Professionals | <input checked="" type="checkbox"/> Mark Wisdorf, Friendship House Coordinator |
| <input checked="" type="checkbox"/> Sarah Hanson, Community Support Services | <input type="checkbox"/> Lynda DeVine, Friendship House Coordinator |
| <input checked="" type="checkbox"/> Pastor Jeff Sangren, Faith Community | <input checked="" type="checkbox"/> Christine Kern, LAC County Contact |
| <input checked="" type="checkbox"/> Kent Rommeriem, NAMI | <input type="checkbox"/> Jim Purfeerst, County Commissioner |
| <input checked="" type="checkbox"/> Cindy Selvik, Chemical Health Services | <input type="checkbox"/> |
| <input type="checkbox"/> Heidi Banks, Friendship House Board Pres. | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |

Attendees: Sue Apling-Karow, Caitlyn Ramberg, Margaret Camplin, Zack Besky, Sara Dull, Cindy Barta, Kathryn Sherrick

Guest Speaker:

Lindsey Reece, DHA, NBC-HWC, Health Educator
 Rice County Public Health

Topic: COVID-19 Information & Update

Copies: Membership; Mark Shaw, Social Services Director

SUBJECT	DISCUSSION	ACTION	TARGET DATE
Call to order	The meeting was called to order by Lois at 12:01 pm		
Introductions & Announcements	None		
Review & Approval of minutes	A motion was made to approve the minutes of the March 24, 2021 meeting.	Sarah 1st, Cindy B 2 nd motion carried unanimously	
Guest Speaker: Lindsey Reece, Rice County Public Health, COVID-19 Information & Update	Lindsey said that Rice County Public Health posts a daily Covid-19 update and provides resources for further information on the website: http://www.co.rice.mn.us Vaccines help prevent disease and they help fight diseases. Some people can experience side-effects from vaccines but vaccines cannot make people sick with the disease. The goal for fighting COVID-19 is to		

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	<p>make a vaccine that is safe and effective.</p> <p>How was a vaccine developed so fast? Remember HIV? HIV is a virus that attacks the immune system. When developing a treatment for HIV, a system was put in place that sped up the process for COVID-19 vaccines.</p> <p>The vaccine helps people not get sick and it helps people get less sick. It is completely free and recommended for all adults. It is estimated that protection lasts up to eight months but it could be longer. Much research is still being done.</p>		
<p>Mental Health Awareness Activities in May</p>	<p>Eric Lundin will talk with Gordy on Positivity to highlight Mental Health on May 20th at our local radio station KDHL. Eric is an enjoyable speaker and has been doing this spot for several years. Tune in at 9:30a.m.</p> <p>We are hosting the annual Mental Health Awareness Walk on May 26, 2021, starting at Buckingham West and ending at Buckingham West. Speaker Mark Hedenstrom is planning a talk: "Try One New Thing." An Ice Cream Social will follow the walk and the talk. All are welcome to join us</p>		
<p>Report to the Rice County Board of Commissioners: LAC Identified Gaps in Rice County Mental Health Services</p>	<p>Children's Mental Health reports a gap in all children's services: psychiatry, residential treatment, bilingual services etc. Fran & Jese said services were limited before the pandemic and now services for children are lacking on every level. Adult Mental Health reports a need in psychiatry. Appointments can be scheduled but in 45+ days. Transportation is another gap as Rice County is rural, bus schedules are limited, and there are times when even a taxi is unavailable.</p>		
<p>NAMI Report</p>	<p>Kent reported that on 4/8/2021 he joined with the St. Paul office to develop a 10-15 question survey for all of the people who have attended NAMI. Student interns from St. Olaf and Carleton Colleges will look at the information to help determine the needs in Rice County.</p> <p>It is hoped that NAMI groups will be held in-person soon.</p>		
<p>Children's Mental Health Report</p>	<p>Natalia Marchan-Gallardo is the newly hired Children's Mental health case manager. She is bilingual in Spanish and English and a welcome addition to the team.</p>		

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	Currently the demand for Children's Mental health case management is high and caseloads are rising.		
Regional Management Team Report	No report		
Updates	<p>Pastor Jeff Sangren is pastor at Our Saviors Lutheran Church and has attended the LAC for about 1 year representing the faith community in Rice County. He enjoys connecting people with services. Church services are limited to 200 participants at this time. Masks are required and there is no singing. Small support groups are meeting. People are anxious to meet socially as it has been a long time.</p> <p>Caitlyn Ramberg is a Licensed Independent Clinical Social Worker/psychotherapist working in Montgomery. She works with youth and adults and offers Equine-assisted therapy.</p>		
Next Meeting	<p>The Annual Walk for Mental Health Awareness will be held on 5/26/2021 in lieu of a formal LAC meeting. Please join us at Buckingham West at 12 noon. We will be masked and social distanced.</p> <p>The next scheduled meeting is on September 22, 2021 at 12 noon via zoom.</p>		
Adjournment	A motion was made to adjourn the meeting.	Cindy 1 st , Jese 2 nd , motion carried unanimously	

The Rice County Mental Health Local Advisory Council meets via Zoom on the fourth Wednesday of January, February, March, April and May. The LAC breaks for the summer months and meets again in September and October, then breaks for the holidays in November & December. Please call Mark or Lynda at 507-333-5840 for Zoom information to attend the LAC.

Respectfully Submitted,

Chris Kern, LAC County Contact