

Mental Health Local Advisory Council on Mental Health
12:00- 1:00pm

Via Zoom

Meeting Minutes from October 27, 2021

Rice County Friendship House – Faribault, MN

April 21, 2021 Meeting 12:00 – 1:00pm

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

- Lois Cummings, Chair Management
- Fran Davies, Children's MH Case Management
- Cindy Larson, Adult Mental Health Services Management
- Jese Stam, Children's MH Case Management
- Mike Giefer, Family Member MH Case
- Member Members
- Kelly Debnam, Adult MH Case
- Tamara Domazet, Mental Health Professionals
- Cindy Selvik, Project Intercept Coordinator
- Sarah Hanson, Community Support Services
- Lynda DeVine, Friendship House Coordinator
- Pastor Jeff Sandgren, Faith Community Health Collective
- Christine Kern, LAC County Contact
- Mental Health Collective
- Kent Rommeriem, NAMI
- Jim Purfeerst, County Commissioner
- Cindy Selvik, Chemical Health Services
- Mary Jo Giefer, Friendship House Board President

Attendees: Roberta Erickson, Travis Hensersky, Kathryn Sherrick, Sarah Dull, Bev Gordman, Kathleen Corbett, Kate Langdon, Sara Evert Caitlyn Romberg

- Sarah Hanson, Community Support Services
- NAMI, Kent Rommeriem
- Chemical Health Services

Other Attendees: Community Members: Sue Apling, Cindy Selvik, Misty Zacharias, Caitlyn Ramberg, Leah Hegg, Susan Warrig, Margaret Camplin, Katrina Ludwig, Robert Daun, Elaine Nesbitt, Sara's Galaxy, Kathryn Sherrik, Cindy Barta, Sara Dull

Guest Speaker: Congruency Psychotherapy, Kate Langdon, LICSW, Caitlyn Ramberg, LICSW, and Sarah Evert, LICSW

Ashely Anderson, Northfield Healthy Community Initiative

Topic: Equine Assisted Mental Health

Copies: LAC Membership & Mark Shaw, Social Services Director

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SUBJECT	DISCUSSION	ACTION	TARGET DATE
Call to order	The meeting was called to order by Mark W. at 12:02 p.m. 02 pm		

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Introductions & Announcements	Guest Speakers: Congruency Psychotherapists Kate Langdon, Caitlyn Ramberg and Sarah Evert		
Review & Approval of minutes	A motion was made to approve the minutes of the September 22, 2021 meeting	Bev Sarah 1st, Mary Jo Cindy B 2nd motion carried unanimously	
Additions to the agenda	None		
Announcements	None		
Guest Speaker: Congruency Psycho-therapy Equine-Assisted Mental Health	<p>Guest Speakers Kate, Caitlyn and Sarah introduced themselves and are certified psychotherapist who have many years of experience.</p> <p>Kate Langdon, LICSW: 30+ years working in partnership with families Trained in EMDR (Eye movement desensitization and reprocessing). Equine Assisted Mental Health (EAMH) Certificate from U of Denver</p> <p>Caitlyn Ramberg, LICSW: EAMH Certificate from U of Denver EMDR trained Youth-focus</p> <p>Ashley Anderson, Coordinator at Northfield Healthy Community Initiative (NHCI) Ashley spoke about the work the Initiative is doing in response to the opioid epidemic in the Rice County area. The Rice County Opioid Response Project is a multi-agency, integrated project that provides people with opiate substance use disorder services that will assist them in recovery. One important component to opiate recovery is Suboxone, a prescription medicine that helps alleviate the severe withdraw symptoms associated with opioid use. The Initiative has worked in securing providers who can who can prescribe Suboxone, and now have other providers also working towards the ability to prescribe Suboxone. The Initiative has collaborated with the Rice County law enforcement community and other stakeholders in the area to provide Naloxone or Narcan Kits (medication designed to rapidly reverse opioid overdose) to people in the community they suspect are using opioids in an effort to reduce overdose deaths. Other important work</p>		

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	<p>the Opioid Project is undertaking includes</p> <ul style="list-style-type: none"> • Rice County Mobile Opioid Support Team: A mobile team that is activated to quickly respond to those in need of opiate recovery services. These services include rapid access to treatment and access to the use of emergency funds for medication, transport and housing • Rice County Family Recovery Support Program Provides support to parents wherever they are in their recovery journey • Upcoming expansion of bilingual chemical health support program • Chemical & Mental Health Fellowship Program: In response to the need for diversity in the chemical health, mental health or social work field the NHCI has partnered with the Northfield Community College Collaborative to offer fellowship for students of color to enter the chemical health, mental health or social work field. <p><u>2</u> Sarah Evert, LICSW: Social Work experience at Hennepin County, in schools, and in medical settings</p> <p>The Congruency Group provided the LAC with an introduction to Equine Assisted Mental Health (EAMH). EAMH :</p> <ul style="list-style-type: none"> ■ Grounded in theoretical frameworks <ul style="list-style-type: none"> ■ CBT, DBT, EMDR, somatic, attachment, neuroscience/polyvagal theory. ■ Mechanisms of Change <ul style="list-style-type: none"> ■ Non-traditional setting in nature ■ Regulation through relationship ■ Opportunity for touch and movement ■ Activation of social engagement ■ In-vivo practice of skills <p>The Congruency Group firmly believes that nature and animals help both adults and children with healing from traumatic experience and offers teachable moments in dual contexts. EAMH is available to both youth and adults. In addition to EAMH, The Congruency Group offers traditional psychotherapy in an office setting. Locations include: Montgomery, MN: Non-traditional environment Inclusion of horses</p>		

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SUBJECT	DISCUSSION	ACTION	TARGET DATE
	<p>Minnetonka, MN: Traditional, in-office therapy 394 and Hopkins Crossroads</p> <p>22</p>		
<p>Regional Crisis Services Video Virtual Day on the Hill</p>	<p>legislatures.</p>	<p>Tabled to January meeting, 2022.</p>	
<p>NAMI Report</p>	<p><u>Kent Rommeriem – The NAMI in Northfield has been approved as an affiliate.</u> People in the Rice County area who are interested in joining the Northfield Chapter are asked to sign up. A \$5.00 donation fee to NAMI is required.</p> <p>Kent reported on the Northfield area NAMI meeting was held via Zoom on March 18, 2021 to determine the service area, unmet needs and specific plan to register an affiliate. Kent reported a good turn out, and the group is moving forward. The next NAMI meeting will be held on April 8 via Zoom, and the Friendship House will put the meeting time and date in their Newsletter.</p>		
<p>Children’s Mental Health Report</p>	<p>Fran reported that CMH case managers have resumed face to face visits. The need for CMH services has increased and an additional CMH case manager has been approved for hire in 2022.</p> <p>NA</p>		
<p>Adult Mental Health Report</p>	<p><u>Kelly</u> reported AMH case managers have been doing face to face visits with clients and things are overall going well in AMH.</p>		
<p>Regional Management Team Report</p>	<p>There are leadership changes with the <u>South Central Community Based Initiative</u>:</p> <p>Sue Rynda has retired from her position as Le Sueur County Director of Social Services.</p> <p>Mark Shaw is retiring from his position as Rice County Director of Social Services effective January, 2022.</p> <p>Jamie Hayes has resigned her position as Program</p>		

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	<p>Manager of the South Central Community Based Initiative and has taken the position as Le Sueur County Director of Social Services.</p> <p>We wish everyone well in their new adventures.</p>		
Other	NA		
Next Meeting	<p>The nextNext scheduled meeting is on January 26, 2022 at April 21, 2024 12:00 noon via zoom.</p>		
Adjournment	A motion was made to adjourn the meeting.	<p>Cindy B Cindy B 1st, Travis Kathryn 2nd, motion carried unanimously</p>	

The Rice County Mental Health Local Advisory Council meets [via Zoom at Friendship House, 310 NW 1st Avenue in Faribault from 12:00 p.m. to 1:00 p.m.](#) on the fourth Wednesday of January, February, March, and April. We celebrate The LAC breaks Awareness in May. The LAC breaks Month. Please join us for speakers and activities. We break for the summer months and meets again in September and October, then breaks break for the holidays in November & December. Please call Mark or Lynda at 507-333-5840 for Zoom information to attend the LAC.

Respectfully Submitted,

Lynda DeVine [Lynda Devine](#)