



Minutes

Mental Health Advisory Council

Tuesday, January 11, 2022, 2:30, Zoom

Attendees:

Members:	<input checked="" type="checkbox"/> Carl Harju	<input checked="" type="checkbox"/> Commissioner Mark Daleiden
<input checked="" type="checkbox"/> Cathy Elfstrand	<input checked="" type="checkbox"/> Eric Nagel	<input checked="" type="checkbox"/> Sandra Greninger
<input checked="" type="checkbox"/> Stephanie Barnes	<input type="checkbox"/> Mary Sodergren*	<input checked="" type="checkbox"/> Tammi Dahlman
<input type="checkbox"/> Tina Sklors*	<input type="checkbox"/> Katie Zehowski	<input checked="" type="checkbox"/> Caroline Malone
<input checked="" type="checkbox"/> Dallas O'Dell	<input type="checkbox"/> Samantha Bavage	*= excused absence

HHS Staff Attendees: Diane Erkens, Gretchen Backer, Keith Bennett

Other Attendees: Sara Blanchette, Krissy Eich, Bethany Oberg, Mary Jeanne, Meg Moynihan, Pat Budke, Dana Seelen, Stacy Doyle, Jennifer Jiang, Michelle Swenson

1. Welcome and Introductions

- a. Jim Becker submitted resignation on 12/28/2021.
 - Gretchen Backer to check on sending "Thank You" letter to Jim Becker for his service on the MHAC.

2. MN Department of Agriculture

- a. Senior Advisor on Strategy & Innovation – Meg Moynihan
 - "Supporting Farmers in Stress" power point presentation
 - Department of Agriculture focuses on engagement and collaboration
 - www.minnesotafarmstress.com
 - (a) Free copies available: 651.201.6012
 - (b) Printable in PDF form online
 - Minnesota Farm and Rural Health Line
 - (a) 833.600.2670
 - ◆ Text: farmstress to 898211
 - ◆ Email: farmstress@state.mn.us
 - Dedicated Farmer Counselors/Therapists
 - (a) Monica McConkey (218.280.7785) and Ted Matthews (320.266.2390)
 - ◆ Meet 1:1 with farmers and farm families
 - ◆ No insurance, no paperwork, no charge
 - (i) Funded by MN Legislature
 - Minnesota Farm Advocates
 - (a) Peer farmers since 1984
 - (b) Farmers volunteering to help other farmers work through things on the farm
 - ◆ 651.201.6311
 - safeTALK: Preventing Suicide in Agricultural Communities
 - (a) altered safeTALK to focus strictly on the agricultural communities
 - "Men's Sheds"

- (a) Activity clubs for senior men, started in Australia
 - (b) Self-directed, shown to decrease loneliness/isolation, increases health outcomes
 - ◆ Dept of Ag is working on establishing this type of group for agricultural aging men community
- 3. Approval of the Agenda (any additions)
 - a. Motion made by Sandra G., second Cathy E., motion passes
- 4. Approval of MHAC Minutes from 11/09/2021
 - a. Motion made by Carl H., second by Mark D., motion passes
- 5. Sub-committee reports
 - a. MAPP –
 - No one present at meeting, no update to group
 - b. Suicide Prevention Grant Update – Keith B.
 - QPR and safeTALK trainings at Wright County through suicide prevention grant
 - (a) QPR can be virtual if that option is needed to have community members attend
 - Connect with Keith Bennett if you want to get a safeTALK set up
 - (a) Keith.Bennett@co.wright.mn.us
- 6. Unmet Needs and Possible Solutions Discussion
 - a. No additions
- 7. Action Items
 - a. No action items
- 8. Information Sharing/Other
 - a. Salvation Army, Love Inc., Big Woods and 100 Women Who Care – Eric N.
 - Group works to provide assistance for those facing homelessness in the local community, short term housing option to assist getting people out of the cold
 - b. FYCC Program – Sandy G.
 - 10 Strategies for Parenting Children/Teens with ADHD: January 20, 2022
 - (a) www.myfycc.com
 - c. WCCA – Eric N.
 - Looking for referrals for caregivers of people with dementia
 - (a) Have funding available for robotic cats to provide a companion for individual with dementia
 - d. CAMHI – Bethany O.
 - Safe Talk Suicide Prevention Training
 - (a) Limited number of those allowed to attend
 - (b) Social distancing will be participated during training
 - ◆ Bethany to send flyer to Gretchen B. to distribute to group
 - Working with Mentally Ill and Dangerous Clients
 - (a) Bethany to send flyer to Gretchen B. to distribute to group
 - e. Buffalo Strong Day – Diane E.
 - February 9, 2022, Clint Malarchuck speaking and his wife
 - (a) 6:00 pm: resource fair
 - (b) 7:00 pm: speaker starts
 - (c) Virtual option is also available – streaming live on Buffalo Strong Facebook page
 - Gretchen B. to send out Buffalo Strong Day flyer to group
 - f. Blue Cross Blue Shield – Jennifer J.
 - Providing the robotic cats for senior dementia clients as well
 - Community Resource Link is now called Find Help

- (a) Links to basic needs via zip codes
- Behavior Health Scheduling Assistance now
 - (a) Help to find in network provider
 - (b) Accessing meaningful care to Blue Plus members
 - (c) Scheduling assistance
 - ◆ Call member services and ask to be sent to a behavioral health manager
 - ◆ Jennifer J. to send information to Gretchen B. to distribute to group

No quorum to end meeting – ended at 4:05