

Otter Tail Family Services Collaborative

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Working Together...

Serving Families

... Improving Lives

Children's Mental Health Local Advisory Council Meeting Minutes

3:30 – 5:00PM January 19, 2010

Dead Lake Room, Government Services Center

Attendance: Tammy Friederich (OTC Human Services); Shannon Erickson (FFASEC- 5); Deborah Anderson (Voc Rehab – 5); Mark Lysne (Generations, Inc.-3); Carrie Beithon, Tracy Ross, Charlie Olson, Janet Athens (Community Representatives); Beth Wallman Zimmerman (Mobile Mental Health Crisis Program-5); Nancy Becker & Nate Larsen (Lakeland Mental Health Center-6); Kevin Sonstebo (Fergus Falls Police Department – 3); and Jane Patrick (Collaborative Coordinator).

1. The meeting began with introductions. A special welcome was extended to two new work group members. Kevin Sonstebo is a police liaison at the Fergus Falls High School and employed by the Fergus Falls Police Department. Also joining the group was Nancy Becker the chemical and mental health specialist located at the Fergus Falls High School and employed through Lakeland Mental Health Center. Jane shared information about the group's intention to grow and expand their membership to include more consumers and more community agency representatives.
2. Nate Larsen agreed to chair the meeting. Nate asked for a review of the minutes of the November 17 meeting. The minutes were approved by consensus.
3. Jane Patrick shared an overview of the 2009-10 LAC Budget. A total of \$554 has been expended of the total \$3,000 allocation. The group will likely expend all of their allocations for consumer stipends with our new membership. Dollars are available for training and for consumers to attend training if financing is a challenge. The group was encouraged to explore training opportunities which might benefit our partners and/or our consumers. Nancy Becker indicated she might have a funding request for CD training which she will present at the next meeting.
4. Beth Zimmerman shared an overview of the Adult and Children's Mobile Crisis program. Beth shared that a total of nine referrals were made between October 26 – December 28, with five of them being from Otter Tail County and four from Clay County. In all nine situations, the client was able to remain in the home. The program is at the point of doing mass promotion within the entire region. This service is available to all adults and children experiencing a mental health crisis free of charge. No adults have received the service yet at this point. Most calls are averaging a 30 minute dispatch time to the home, and 1.5 hours of face-to-face intervention time. Beth would like to do more presentations around the region to get information out about the program.

5. Brochures and magnets were discussed. Beth will check with the Mobile Mental Health Crisis team to see if it is okay for our LAC to develop and promote the local resources and include the crisis number. Mobile Mental Health is also making magnets and we don't want to duplicate their efforts. However, the group discussed the fact that promotion and awareness comes in many forms and that each program or project will reach different target audiences. A suggestion was made to make the crisis number more general to indicate it is for people with an emergency mental health crisis, rather than promoting it as one specific program.
6. Brown Bag Lunches were discussed. The group agreed to host a second session with Kathy Simpson at the Fergus Falls High School after school in February. Jane will continue to work on setting this up with Kathy. The group discussed how to get the word out to more parents. Janet agreed to check with the Fergus Falls School to see if they would be willing to share information about the sessions with their parents via emails and/or posting it on their website. A suggestion was also made to get the information to the City of Fergus Falls for including in their monthly newsletters. The group decided to focus on identifying strategies to get the information out more to parents as part of the FY11 Work Plan. Ideas for the April session including building on stress awareness, child abuse awareness and/or autism since the month of April has been dedicated to awareness for those topics. The group also reviewed the evaluation responses. A suggestion was made to do a drug session at the start of the next school year. Other suggestions for topics included self-injurious behavior or anger management. Tentative Brown Bag Lunch schedule:
 - February – Kathy Simpson (LMHC) Bipolar in Fergus Falls
 - March 11 – First Responder Training for those dealing with children in crisis situations (Ottetail and Fergus Falls)
 - April - Stress Awareness Seminar (second choices noted above)
 - May - Mental Health Month – what can we do?
 - July - ???
 - September – mental health /drug use/meth
 - November – self injurious behavior??
7. The group briefly discussed tentative FY11 Planning. Ideas for next year included:
 - Developing more resources to distribute to parents/communities
 - Identify & implement strategies to connect with parents to provide awareness for programs and share resources (advertising ideas through email, phone books, school websites,
 - Continue brown bag lunches
8. Charlie Olson provided an update on the activities of the State Mental Health Advisory Council. They have been primarily working on a new website which will eventually become available to all LACs throughout the state. Charlie shared a brief review of the site and its unique capabilities to locate local information and resources. The group agreed it will make a great resource for families and will be a piece we want to use when working on the task to get more information out to families.
9. **The next LAC meeting will be held from 3:30 – 5PM on Tuesday, February 16, 2010 at the Government Services Center in Fergus Falls.**