

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 April 20, 2010

Dead Lake Room, Government Services Center

Attendance: Tammy Friederich (OTC Human Services); Sarah Kampa (PATH-3); Shannon Erickson (Special Ed Director-5); Carrie Beithon, Tracy Ross, Charlie Olson and Janet Athens (Community Representatives); Nate Larsen (Lakeland Mental Health Center-7); Cori Brown (OTWCAC-50); Kevin Sonstebo (FF Police Department-4); and Jane Patrick (Collaborative Coordinator).

1. The meeting began with introductions.
2. Jane distributed the magnets that were purchased by the group to share the website link about resources. The group discussed ways to distribute the magnets. Ideas included the Caring Connections Home Visit post partum packets, and through Public Health and early childhood screening. The group also discussed the possibility of including them in school newsletters and report cards. Additional ideas for distribution included providing them to school counselors, pediatricians, emergency rooms, school-based mental health folks, and through the partner agencies at the table.
3. Brown Bag Lunches – The “Stressed out Students” session offered by Beth Monke at the Fergus Falls High School on March 22 went really well. Janet attended Beth’s session and said it was very helpful to her as a teacher in the school. We were invited by the school to try and set something up again for next year. Janet agreed to check the school calendar and let Jane know the dates for the 2010-11 school year for in-services. The group will also look at setting up Kathy Simpson next fall in Fergus Falls for the bipolar sessions.
4. The group discussed the issues of bullying in the local schools which was raised at our last meeting. Nationally teen suicides are higher as a result of bullying. Det. Sonstebo from the Fergus High School indicated that locally there is a lot of cyber bullying occurring such as through texting and Facebook. The group discussed changes with bullying since the previous generation. The group felt that these days there is a lack of responsibility by students and a lack of expectations for parents to hold students accountable for their actions. There is also a lack of respect for teachers and authority in general by both parents and students. Schools believe that continual training is needed for school staff to address this issue. Technology related and cyber bullying affects children and their relationships more deeply because it is written and can be posted on-line and shared with 100s of people at one time. The group also discussed how programs such as Tae Kwon Do can teach children self discipline and respect.
 - The group developed a plan for addressing bullying which included:
 - Brown Bag sessions and other training for parents, teachers and students;
 - Asking schools what they are currently doing and update the list that we have to be used as a resource for schools;

- Ask parents (through a Survey Monkey) across the county through school mailings on letters at the top of page;
 - It would be really impactful to have a parent speaker sharing information about suicide from a personal perspective on how bullying affects children; and
 - In school cameras help a lot because schools can prove what actually happened and then hold students accountable.
5. Jane shared information about the Collaborative's Annual Meeting which is scheduled for June 8th from 6 – 8 p.m. in Parkers Prairie. The group discussed options for how to represent children's mental health and agreed that it would be very appropriate to ask Beth Wallman Zimmerman to share information about the new Mobile Crisis Program. The group will also highlight the website and their activities to promote resources, as well as the Brown Bag Lunches hosted throughout the year.
 6. The LAC received an invitation from the Adult LAC to participate in a Mental Health Fair at the Government Service Center on Thursday, May 13th. Tracy Ross volunteered to staff the booth from 9-11 a.m. that day. Jane will ask the partners to provide resources to have available at the booth. The group can also use free information from Ann Boerth at DHS and through the NAOMI website. Jane will send newspaper letters to the editor. The group also discussed making a presentation to the County Board on behalf of the Children's Mental Health LAC. Charlie Olson agreed to represent the group and highlight the activities conducted throughout the year.
 7. A copy of the current FY10 Budget was shared. Jane highlighted the training budget dollars remaining and encouraged members to make referrals for families or consumers that might benefit from training but that may have financial concerns about the affiliated costs.
 8. Charlie shared information about activities on the State Mental Health Advisory Council. Specifically, Charlie shared information about the new website they are working on, including the fact that the website steering committee reviewed the information and said that the State LAC could fund it within their own dollars. This is great news as we can now expect to see it live shortly. The State is endorsing the Positive Behavior Intervention (PBI) model and will be encouraging schools state-wide to adopt a PBI model, as well as offering support and training to schools.
 9. Jane shared a copy of the FY11 Work Plan which was presented to the CEO Group on March 1. Jane reported that the plan was tentatively approved pending final approval by the Governance Board at the June 8th Annual Meeting.
 10. May 18 & 19 is the consumer and science network conference in Minneapolis. Charlie will be presenting to consumers on the new statewide website. Charlie noted that consumers can get scholarships to attend by talking to Fonda Knutson from the adult LAC.
 11. **The next LAC meeting will be held from 3:30 – 5PM on Tuesday, May 18, 2010 at the Government Services Center in Fergus Falls.**
 12. Agenda items for next month:
 - Shannon Graves
 - Bullying follow-up