

## ADVISORY COMMITTEE MINUTES

**DATE: WEDNESDAY, MAY 14, 2025**

**TIME: 4:30pm to 5:30pm**

**LOCATION: VIRTUAL ONLY**

**AGENDA:**

**I. Convene (Dr. Marcia Brower, Vice Chair) @4:33pm**

**II. Introductions/Role call (Chair)**

Association	Member Name	In Attendance
Dentists Concerned for Dentists	Dr. Chuck Wilkinson	
MN Academy of Nutrition and Dietetics	Lindsay Heidelberg	
MN Ambulance Association	Joe Newton	X
MN Academy of Physician Assist.	Tracy Keizer	
MN Assoc. of Marriage and Family Therapy	Calvin Hauer	X
MN Assoc. of Naturopathic Physicians	Dr. Crystallin Montgomery	
MN Chiropractic Assoc.	Dr. Lisa Hellerud	X
MN Dental Assoc.	Dr. James Omlie	
MN Health Systems Pharmacists	Bruce Benson	X
MN Medical Assoc.	Stephanie Lindgren	
MN Nurse Peer Support Network	Katy Callaway	X
MN Nurses Assoc.	Nathanel Lew	
MN Occupational Therapy Assoc.	Karen Sames	X
MN Optometric Assoc.	Georgiann Jensen Bohn	X
MN Organization of Leaders in Nursing	Lucy Furlong	
MN Organization of Registered Nurses	Nicki Gjere	X
MN Pharmacists Assoc.	Sue Anderson	X
MN Podiatric Medicine Assoc.	Dr. Kari Prescott	
MN Psychological Assoc.	Ann Schissel	X
MN Veterinary Medicine Assoc.	Dr. Marcia Brower (Vice)	X
National Assoc. of Addiction Professionals, MN	Sandy Clark	X
National Assoc. of Social Workers, MN Chapter	Michael Arieta (Chair)	
Public Member	Joanne Kronstedt	X
Public Member	Hafsa Askar Mohamed	

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- III. **Review: Minutes from February 12, 2025 (Chair) Approve 1<sup>st</sup> Bruce Benson 2<sup>nd</sup> Sue Anderson**
  - IV. **Review: Proposed agenda (Chair) Approve 1<sup>st</sup> Sue Anderson 2<sup>nd</sup> Sandy Clark**
  - V. **Public comments (Chair): None**
  - VI. **HPSP Updates (Kim Navarre, HPSP Program Director) Notice of Appointment from every association**

### **Referral Trends and Caseloads**

In April 2024, HPSP received its highest number of referrals since at least 2020. The average caseload per team member is currently in the mid-80s.

### **Referral Sources**

Third-party reports have increased, likely reflecting the impact of this year's outreach efforts. Notable outreach activities included engagements with medical students at Mayo Clinic, the M Health Fairview system, Minnesota Children's Hospital, the Minnesota Social Services Conference, and the Optometry Association Conference.

The number of self-reports has remained consistent compared to previous periods.

Referrals related to board eligibility and orders have risen this year. Eligibility determinations continue to be the most common type of referral received.

### **Diagnosis Trends**

The most frequently observed diagnoses among participants include Alcohol Use Disorder, Anxiety, Depression, Post-Traumatic Stress Disorder (PTSD), Attention-Deficit/Hyperactivity Disorder (ADHD), and Cannabis Use Disorder. Notably, only two of these six diagnoses are substance-related.

### **Medical Director Contract**

The contract for the Medical Director of HPSP is up for renewal. The process to select a new or returning consultant is currently in the submission evaluation stage.

### **Conference Participation and Insights**

Participation in conferences has facilitated cross-state licensing connections and collaboration with other organizations.

HPSP attended the Federation of State Physician Health Programs (FSPHP) Conference, with Kim and Pang representing the program. Kim found a presentation on dental practices

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particularly beneficial, highlighting the unique challenges faced by solo practitioners. She plans to share these insights with HPSP staff in the fall. Pang attended sessions on risk management, emphasizing the role of HPSP as a supportive component within large health systems' risk management strategies.

Currently, Tracy, Valerie, and Lisa are attending the National Organization of Alternative Programs (NOAP) Conference.

Looking ahead, Kim is scheduled to attend both the NOAP and FSPHP conferences next year to continue learning and building relationships with counterparts in other states.

#### VII. **Presentation: Treat Yourself First (Rochelle Perry, CNP)**

**Overview:** Founded in 2024 by the Minnesota Medical Association, with support from the Minnesota Department of Health, the Treat Yourself First Coalition is a group of Minnesota-based professional associations working together to end the fear and stigma that many healthcare professionals experience when in need of mental health services and support.

**Mission:** Our mission is to create a supportive, stigma-free environment where healthcare workers can prioritize their well being without fear of judgement.

**Scope of Problem:** Burnout from stress of patient care, combined with stigma of seeking MH Support. Even before the pandemic, 35-54% of nurses and physicians, and 45-60% of medical students and residents reporting symptoms of burnout, according to the National Institutes of Health.

A 2017 study published in *Mayo Clinic Proceedings* found that overall, about 40% of physicians reported reluctance to seek formal medical care for treatment of a medical condition. Advanced Practice Registered Nurses (APRNs) and pharmacists also struggle with concerns about being perceived as weak or unable to handle the stresses of the job.

**Website:** <https://www.treatyourselffirst.org/> Here you can find resources, including a section for HPSP and several other resources for providers. The list is extensive and can be broken down by profession, too. You can also find mission statement, stake holders, statistics on various Healthcare Providers.

There is a page called the Coalition Toolkit Page – this has various flyers, social media posting templates, header JPGs, LinkedIn JPGs, Print-Ready PDFs, etc.

#### VIII. **Discussion: Legislative updates (Chair)**

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1) Board of OT and OT Association has legislation and compact moving forward

**IX. Discussion: Association reports (Chair)**

1) OT Conference upcoming

**X. Adjourn: (Chair) @ 5:28pm**

**XI. Next Meeting: August 13th 4:30pm-6pm Office of Cannabis Management to speak Board Office 335 Randolph or WebEx link to come**

**PLEASE RSVP**

Please call Kim 612-548-3126 or email her at [kimberly.navarre@state.mn.us](mailto:kimberly.navarre@state.mn.us) to verify whether you will need an accommodation to fully participate in the meeting.

**FUTURE DATES**

August 13, 2025

November 12,  
2025