

STATE ADVISORY COUNCIL ON MENTAL HEALTH
and Subcommittee on Children's Mental Health

August 3, 2023

Virtual Meeting

<https://minnesota.webex.com/meet/mhadvisory.council.dhs> Access Code: 1469517060

Attendance

Council: Alison Wolbeck, Amy Jones, Angela Schmitz, Beth Prewitt, Britt Olean, Claire Courtney, Claudia Daml, Cynthia Christenen, Damir Utrzan, Dave Lee, David Nathan, Eric Grumdahl, Jennifer Springer, Jode Freyholz-London, Mary Kjolsing, Patrick Rhone, Rakesh John, Rod Peterson, Shanna Langston, Sierra Grandy, Susan Hasti Total = 22 (quorum = 17)

Subcommittee: Addyson Moore, Alyssa Greene, Cici Hughes, Corey Harland, Danny Porter, Dave Johnson, Debra Peterson, Eric Grumdahl, Erin Marrone, Holly Hanson, Jen Bertram, Kim Stokes, Lisa Hoogheem, Michael Gallagher, Nicole Frethem, Tom Delaney Total = 16 (quorum = 12)

AGENDA

I. Welcome, grounding and housekeeping, – Co Chair, Claudia Daml, 10:00 - 10:08 started at 10:13

- Meeting start delay due to members needing to transfer to new meeting link
- Claudia introduces self as acting chair and apologizes for the inconvenience
- Claudia reads respectful meeting guidelines
- Mute microphone when not speaking
- Respectful meeting guidelines:
- Verbal interruptions during the meeting are not allowed. Please utilize the chat function and “raise hand” feature to engage in the discussion. Appointed members of the Council and Subcommittee will be acknowledged to speak. Open and respectful dialogue is highly encouraged. Fighting words, obscene speech, and true threats are absolutely prohibited. Persons who engage in such prohibited conduct will be given a warning; if the conduct continues, the chat feature will be disabled and/or the person will be removed from the meeting. By remaining in the meeting by WebEx or phone, you are agreeing to follow these guidelines.
- If you want to ask a question: Type your question into the chat box or raise your hand
- Be sure to say your name before speaking so everyone knows who is talking
- This meeting is being recorded for notetaking purposes

II. Land Acknowledgement – ~~Lisa Hoogheem~~ Claudia asks for volunteer member, 10:08 – 10:10

- Read by Dr. David Nathan
- We, the members of the State Advisory Council on Mental Health and Subcommittee on Children’s Mental Health, acknowledge that the wealth of this country was built on stolen



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land and with enslaved and underpaid labor of African American, Native American, and Immigrant people. We acknowledge that the recent global uprising, which was sparked by the murder of George Floyd here in Minnesota, paired with the COVID-19 pandemic, makes for a time of profound uncertainty, shame, fear, and distrust. We also recognize that despite those feelings, we all must actively challenge the impact of our own implicit biases and how they may influence our decisions as individuals and leaders.

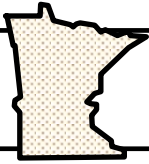
- Furthermore, we recognize that racism also expresses itself in policies and practices that either target or erase BIPOC communities and erect barriers to their prosperity. Therefore, we pledge to be vigilant in monitoring the formulation of policies and practices that produce harm to vulnerable populations. We also commit to being open to other people's truths as we acknowledge the resilience, creativity and generosity of the human spirit and we hold firmly to a persistence of Hope.
- With these issues in mind, we commit to dismantling systemic and structural racism by initiating and supporting policies, practices, and the allocation of resources that promote diversity, equity, inclusion, and shared power.

III. Member Roll Call via Padlet including workgroups – Roll Call, Sara Nelson 10:10–10:15 (10:20)

- Roll call for attendance is important to ensure group has quorum for voting procedures
- Sara Nelson adds Padlet link to the chat with instructions for people to register attendance and to add their name, preferred pronouns, whether they are a member or guest and which workgroup they belong to
- Debra Peterson, Children's MG Subcommittee – is joining by phone

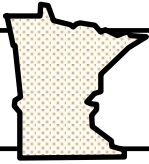
IV. Member Introductions, Cici Hughes, 10:15 – 11:00 started at 10:23

- Please include your name, position on Council or Subcommittee, work you are involved in and a fun fact about yourself
- Cici Hughes – Subcommittee, recently retired business Subcommittee
- Dave Johnson – Subcommittee member
- Alison Wolbeck – from Moorehead, consumer of MH services and involved with local advisory community; used to drive a semi-truck
- Addyson Moore – former recipient of services, full time carer of daughter with autism who will be adopted next week
- Alyssa Green – Subcommittee and MDH MH systems planner manager with pediatric MH access program; loves to travel with partner and dog
- Amy Jones – not responding at this time
- Angie Schmitz – representing family members; mother of 4 adult men
- Beth Prewett – clinician in Grand Rapids working with kids and families; canoes in BWCA and bikes; has new puppy
- Breanna Bertozzi – on MDH adult MH initiative
- Britt Olean – lives in Isanti as District Social Worker for Anoka schools; scuba dives
- Claire Courtney – vocational rehab services with DEED; German folk dancer



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- Claudia Daml – psychologist and supervisor at Washburn Center for Children, on State Advisory Council; rower
- Corey Harland – City of Mpls Police oversight; launching non-profit for diversion and truancy services
- Cynthia Christianson – Rushford MN; bee keeper and farmer
- Dan Porter – parent on Subcommittee; 3 adopted children 8, 10 and 21; professional development chair for MN School Psychological Assn; going to Alaska on cruise with kids next week
- Dave Lee – Dir of Carlton County Public Health & Human Services
- David Nathan – Psychologist for Alina Health; bike rider
- Damir Utrzan – Council member; Horowitz Health; performance management council; left arm is entirely tattooed
- Eric Grumdahl – Assistant Commissioner for Behavioral Health Housing and Dept of Human Health Services; member of council and subcommittee; always wanted to try skulling
- Erin Marrone – subcommittee representing corrections dept; works as mental health professional in corrections; wishes they were up north
- Heather Prior – not in attendance
- Holly Hanson – Subcommittee – DOC in Redwing; lived in Shanghai for couple years
- Jen Springer – Council and on Children's Subcommittee; works on non-profit for people with developmental disabilities and on board of Henn Co; currently pregnant with second child
- Jennifer Bertram – Subcommittee as advocate; independent consultant supervision for licensure; has 2 children with dual citizenship (Australia)
- Jode Freyholtze-London – lives in Todd County; Executive Director of Wellness in the Woods for peers; on Council and serves on MN certification board for substance use; has 39 grandchildren
- Lisa Hoogheem – parent of two boys with mental health issues; works at Ramsey mental health collaborative; chair of Subcommittee; going to Pink concert
- Mary Kjolsing – Council; psychiatric nurse for 40 years; now working with new program in Wilmar part of United Way diaper collection and distribution services
- Michael Gallagher – Subcommittee – hospital administrator in Wilmar; just returned from UP vacation with kids
- Mikki Maruska – DHS working with Local Advisory Councils; was a speed skater
- Nicole Frethem – County Commissioner and Subcommittee; fosters animals
- Patrick Rhone – new committee member; president of MN Board
- Rakesh John – Health Services Advisory Committee; learning tennis for first time
- Rod Peterson – Council; Dodge County Commissioner and attorney; retired from army reserves as colonial and brigade commander
- Sara Nelson – DHS Council support and open water swimmer
- Shanna Langston – Dept Of Corrections and Director of Behavioral Health; have Yorkipoo who keeps her busy

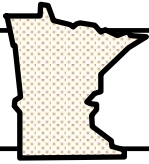


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- Sierra Grandy – new Council member and as consumer; law student at U of M; NAMI board; costume director for musical starring all law students
- Susan Hasti – new Council member as family doctor; semi-retired and working PT at Henn County Family Residency Program as faculty; mental health issues in family; middle son is getting married in Tokyo next week
- Tanya Carter – MN Dept of health; downhill skier
- Tom Delaney – MN Dept of Education; Subcommittee; Behavioral Health Planning Council; Arabian horse owner
- Triasia Robinson – co-owner for HCB person and new Council member; currently pregnant
- 218 on phone: Kim Stokes – near Canadian border; family with lived experience; Subcommittee; welcomed new granddaughter
- 320 phone: Deb Peterson – Subcommittee; Midwest Special Ed Coop; license DHH; BH consultant; dog trainer
- Neil Elavsky – work on restoration of county MH councils and free speech at councils; working on favorite chilly dog recipe
- Amy Jones – member of Council; works with school boards (see chat)

V. Council Chair Nominations and Vote – Claudia Daml, 11:00 – 11:25 started at 10:51 48 attendees

- Dr. Trangle is not leading meetings any longer due to not being reappointed; someone else has taken this position; he was a valued member of council who will be missed; Claudia is acting chair
 - Chair description has been sent out via email and will be put into chat and Claudia reads
 - Current term is already 1 year in so this term will be for 1 year
 - Attend all scheduled SACMH meetings
 - Monthly SACMH/Subcommittee meeting
 - Monthly SACMH/Subcommittee meeting debrief
 - Monthly Council/Subcommittee leadership meeting
 - Monthly Council preparation/planning meeting
 - Monthly before Council final prep meeting
 - Monthly workgroup meeting participation
- Assume lead facilitator role for SACMH meetings:
Forward facing representation of the SACMH to the office of the governor, legislature, and other state agency leaders. Tasks may include attending and facilitating meetings, communicating positions of the SACMH to others as requested; and elevating SACMH goals to relevant entities through such means as the building of relationships, writing letters/articles, attending meetings, being interviewed, or testifying.
Regular communication and coordination with the Vice Chair, Subcommittee leadership, and administrative support staff on topics such as the following: managing logistics and administrative aspects of meetings and council/subcommittee functions, discussion of the needs



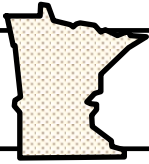
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- Workgroup meetings are also important to participate in as they lead to Governor's recommendations delivered once every two years
- Nominations are open: Dave Lee nominates Claudia Daml; Cici seconds this but is subcommittee member; Alison Wolbeck seconds as Council member; asking again for nominations; any more nominations; Rod moves to cease nominations and vote unanimously for Claudia; Alison seconds;
- Voting on nomination by roll call by Toni
- Alison Wolbeck Y
- Amy Jones Y via chat
- Anna Lynn
- Angie Schmitz Y
- Beth Prewitt Y
- Britt Olean Y
- Claire Courtney Y
- Claudia Daml Y
- Cynthia Christianson Y
- Dumer Ut Y
- Dave Lee Y
- David Nathan Y
- Eric Grumdahl Y
- Elie Hanson Y
- Jennifer Springer Y
- Jode Freyholtz-London
- Mary Kjolsing Y
- Erin Sutherland
- Patrick Rhone Y
- Rakesh John Y
- Rod Peterson Y
- Sierra Grandy Y
- Triasia Robinson Y
- Claudia becomes new Chair and is congratulated by members
- Shannah Langston votes Y via chat and Susan Hasti asks if she can vote Y
- Claudia promotes Vice Chair role which is similar to Chair but involves less facilitation and direct contact; positive way to take leadership in this space and understand all the work of the Council
- leadership roles can be labor-intensive; will also be considering adding logistics workgroup to help support the work of the leadership on a monthly basis
- Jen Springer is interested in learning more
- Rod is open to position as well but acknowledges he has less grasp on mental health issues than others; understands political and financial aspects
- All skills are valuable
- Jode Freyholtz-London is also interested



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- Claudia asks for nominations: Rod nominates self, Jode nominates self; Claudia calls for seconds; David Nathan seconds for Jode; Alison Wolbeck seconds for Rod; this will also be a 1-year term; Jode is willing to support Rod who has time for the role; last call for nominations;
- Given two nominations, Claudia calls for nominees to introduce selves and why they would like this role
- Rod Peterson – County Commissioner for 14 years; attorney with limited experience with mental health appointed as defense attorney for people being incarcerated for mental health issues; experience comes from County Commissioner as Human Services Board Member and Chair of Association of Mn Counties for Human Services for 3 years where many issues involved mental health; on this Council for 6 years and have found work exciting and interesting; understands how to run meetings; has MA in strategic studies; arbiter certification to help people come to resolution; consensus-driven rather than pushing own agenda; would also support Jode in position
- Jode freyholtz-London – also supports Rod; worked in behavioral health field as detox coordinator then in vocational rehab for 15 years; went through own mental health and substance use experience; in recovery since 2009; personal experience in being advocate to providing services and understanding importance of peer support; does so with own non-profit, advocating for changes in rural and diverse communities in MN; legislative impact this Council has including people with lived experiences; valued letting legislators know importance of peer support resulting in funding; important connection with decision making; representatives came to recent board retreat to learn more about peers; serves on MN certification board for MN; turned 65 this week; now handing over training to colleagues to focus on leadership
- Claudia calls for votes which Toni takes roll call for
- Alison Wolbeck – Rod
- Amy Jones –
- Angie Schmitz – Rod
- Beth Prewitt – Rod
- Britt Olean – Rod
- Claire Courney – Jode
- Claudia Daml – withholds for tie breaker
- Cynthia – Jode
- Damir Urtzan – Rod
- Dave Lee – abstains
- David Nathan – Jode
- Eric Grumdahl – abstain
- Jennifer Springer – Jode
- Jode Freyholtz-London – abstain
- Mary Kjolsing – abstain
- Patrick Rhone – Rod
- Rakesh John – Rod
- Rod Peterson – Rod



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- Sierra Grandy – Jode
- Susan Hasti – Rod
- Triasia Robinson – Rod
- 10 votes for Rod and 5 for Jode Freyholtz-London; Claudia congratulates Rod on becoming Vice Chair for the Council and thanks both for stepping forward for this position

VI. Voting to approve May's and June's Meeting Notes – Lisa Hoogheem, 11:25 – 11:30

- Lisa asks for motion to approve; Jen Springer motions for both and Dave Lee seconds for both
- Toni takes roll call votes after Claudia makes motion to approve both and Jen Springer seconds
- Alison W – Y
- Amy Jones – Y
- Angie Schmitz – Y
- Beth Prewitt – Y
- Britt Olean – Y
- Claire Courtney – Y
- Claudia Daml – Y
- Cynthia – Y
- Damir Urtzan – Y
- Dave Lee – Y
- David Nathan –
- Eric Grumdahl – Y
- Shannah Langston rather than Holly Hanson – votes Y
- Jennifer Springer – Y
- Jode – Y chat
- Mary Kjolsing – Y
- Patrick Rhome
- Rakesh - abstain
- Rod Peterson – Y
- Sierra Grandy – Y
- Triasia Robinson – Y
- Approved with vote of 18
- Cici asks if subcommittee should vote on joint notes; it is pointed out Subcommittee will only vote for their own, separate meeting notes
- **Claudia wants to discuss this at a later time**
- Wonder if roll call could be taken in alphabetical order – Susan Hasti – list is alpha by first name
- Alison Wolbeck says Rozenia is waiting to join this meeting in the waiting room and that she forwarded the correct meeting link to her

VII. Voting for Subcommittee Co-Chairs – Claudia Daml, 11:30 – 11:35



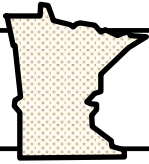
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- Final vote this morning
- Current chairs, Cici Hughes and Lisa Hoogheem have both been nominated to continue their positions; Claudia calls for new nominations
- Cici says nominations and seconds have been approved in previous meetings
- Claudia asks twice again for nominations for Subcommittee Chairs;
- Claudia closes nominations and asks if Cici or Lisa want to say anything to members
- Cici says in interest of time she recommends moving on and encourages members to reach out if there are any questions
- Patrick Rhone needs to leave the meeting early
- Only Subcommittee members will be voting
- Addyson Moore
- Allysa Greene – Y for both
- Cici Hughes – Y for both
- Cori Harland – Y for both
- Dan Porter – Y for both
- Dave Jonson – Y for both
- Deb Peterson – Y for both
- Erin Marrone – Y for both
- Jennifer Bertram – Y for both
- Kim Stokes
- Lisa Hoogheem – Y for both
- Michael Gallagher – Y for both
- Nicole Fretham –
- Holly Hanson
- Tom Delaney – abstains
- Eric Grumdahl – Y to both
- 12 votes so both roles are passed; congratulations to Cici and Lisa!

VIII. Break – 11:35 – 11:45 begins at 11:42

IX. Workgroup updates and conversation – Cici Hughes, 11:45 – 12:00 meeting convenes at 11:49

- Mental Health and Juvenile Justice – Cici – met this morning; typically meet before large group meeting monthly; discussed mental health and police and whether group wants to add to group or propose to larger group; focused on mental health and violence; Dr. Utrzan recommends mental health and first responder
- Rod – knows commissioner on JJAC – started off and wants to ensure this group has voice on their team
- Dr. B has names and asks Sara to reach out to her
- Family Systems – Anna Lynne not here
- Integrated Care and Access – Mary Kjolsing – met in June and did not meet in July; discussed mission and vision statements being developed; talked about new member



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orientation; wanted to wait until new members are assigned to determine date and time of future meetings; next meeting Aug 15, 8 am

- Local Advisory Council – Alison Wolbeck – coordinates work of LACs across the state; meeting Wednesday before Council meetings at 3:30; focused on getting information in from LACs on who they are and what they are doing; will be looking for common trends across state for report to Governor; Mikki Maruska adds they want to create channel of communication with LACs and counties and with this Council and Subcommittee; also hoping to get web resources available on the new 365 site
- Mental health and Schools – Lisa taking over for Amy – workgroup addressing legislative changes of MDE and others; sharing resources to improve mental health in schools across the state; have regular speakers; want to encourage new members to join
- Outreach to Diversity and Communities – Dr. B –
- Recovery Support – Angie Schmitz – didn't meet past month; meet last Wednesday of each month 3:00-4:00; attendance has been low so encouraging new members to join; see chat Recovery Supports Workgroup

Purpose:

Review policy, advocate for evidence-based programs and endorse the effective/efficient use of state funding in critical recovery areas such as housing, employment and community support programs

Advocate for an increase in available, affordable and supportive housing

Sustain and expand Individual Placement & Support (IPS) supported employment program throughout the state

Expand the use of Peer Specialists throughout the state

Explore ways to promote community support and social relationships for people of all ages with mental illness; Recovery Supports Group: angieschmitz19@gmail.com

- MH Day at State Fair - Dave Lee works in partnership with NAMI MN; looking for people to volunteer Aug 28th during the day; thanks Sara for sending out link for members to sign up for shift; have 49 different tables set up from providers of mental health services; have full stage events; MN Indian Council Affairs and others doing drumming and dancing; welcomes new members
- Cici reminds new members they must participate in one workgroup and explains recommendations are made every 2 years by the Council and Subcommittee on workgroup outputs
- Dr. Damir Utrzan requests descriptions of each workgroup
- Claudia says this will be addressed in new member orientation
- Sara says website signupgenius will send members email link to sign up for workgroups <https://www.signupgenius.com/go/10C084EACAE2FA7FDC70-state/121107487>
- Members check spam email and email Sara if you don't receive an invite from signupgenius
- new workgroup = logistics to assist leaders in work such as working on updating website



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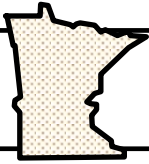
- tech background and people who speak/write well are encouraged to help with website development
- also using 365 site to track attendance at workgroup meetings
- leadership also working on mission and values of this group for orientation
- information will be distributed to group
- Dave Lee reminds that Mental Health Awareness is a dedicated Day at the State Fair; also mentions work on designing t-shirts to sell at event; designers are people with mental health experience; this year's design was from a recommendation from Alison Wolbeck; orders are now closed for t-shirts
- More discussion on choosing workgroups in next month's meeting

X. Mental Health Legislative Network Updates – Claudia Daml, Update from Elliot Butay, NAMI, and Kristy Graume with legislative session summary 12:00 - 12:30 starts at 12:09

- Sara says due to time constraints will go on to state agency updates

XI. State Agency Updates – Lisa Hoogheem, 12:30 – 12:40 (12:09)

- Dept of Corrections – Shannah Langston – partnering with NAMI and Oak Park Heights on new legislation to be implemented plus involving stakeholders within the system
- Busy time but good work
- Dept of Human Services – Eric Grumdahl – welcomes to Advisory Council and Subcommittee new Dept Dir for Mental Health Diane Neil; Diane has been in position 3-4 weeks and comes from working in non-profit as clinical and executive director; has been on other side of policy and is parent; raised in NY and became teacher where she saw need for adolescents and parental support; moved to Florida during privatization; looked at cultural inclusion; then worked with adults and abuse prevention; moved to MN 15 years ago; MN is a very open place; learned about restrictions as well; excited about this opportunity to increase access and put structures in place; as an adoptive parent, works with high-risk juveniles; wants to listen, figure out what's needed and then make it happen; looking forward to working with these groups on continued growth, access, etc. Invites people to reach out to her
- Eric welcome Diane and says it shows behavioral health is building out team and staffing to respond to current mental health crisis and opportunities moving forward
- Diane will be hiring Children and Family Mental Health Manager and Adult Mental Health Manager which will be posted soon; encourages members to promote these roles to suitable candidates
- Overjoyed and overwhelmed by legislative outcomes and visible working on implementation; 400 items to be implemented; hiring staff to assist and working on prioritization; want to be open, transparent and clear
- **Requests future agenda time** to discuss grant funding; BHDH received 46% increase in grant funds representing opportunities for state to fund critical services; wants input on other ways to think about financing BH services to minimize negatives of grant funding;



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- DHS and MDE have partnered on interagency work to improve access to mental health and substance use care for young people including school-based options; this work is reinforced at federal level through policy and new technical assistance center; welcome Diane to team; Diane.neal@state.mn.us
- Dept of Education – Tom Delaney
 - piggy backing on Eric's comments about partnering on school-based services for children w MH; annual school BH conference: Nov 1 – 3 at Cragun's in Brainerd; registration link will be available within the week and will be shared with members; Here's the link to the conference at Craguns <https://mn.gov/dhs/slmh/>
 - 20 new school districts participating in collaboration; from national Ctr on model for comprehensive school mental health services; providing technical assistance to grow into model and continue growing over time; will keep expanding;
 - MN's work being highlighted as funding and sustainability leader in grants from DHS for local implementation and increasing access and effectiveness of school-based services; will share brief with members when available
- Dept of Health – Alyssa Greene
 - Pediatric Mental Health Access Program including Psych Assist Line through Prairie Care; giving videos and handouts to school nurses to support students with MH concerns; calls currently high during summer; professionals can use line to consult with other professionals; Mental Health Collaboration Hub launched in April to find treatment for students boarding in ERs; treatment has been found for 100 children to date; would love to share info on this in future meeting; wants to expand the Hub; will apply for one-time funding for this;
- DEED – Claire Courtney
 - Sent written update to be included with minutes
 - DEED/VRS Highlight: Caring Career Workforce Challenges. The number of people working in home, community- and facility-based care remains well below pre-pandemic levels, while the need for such caregivers continues to rise. That's why DEED, the Minnesota Department of Human Services, and other state, regional and local workforce development and other professionals are engaged in the Follow Your Heart to a Caring Career campaign right now to help raise awareness about employment opportunities in direct care.
 - DEED has Follow Your Heart to Caring Career campaign to encourage people into direct services field <https://www.careerforcemn.com/CaringCareerEmployerResources>

XII. Updates from Members – Cici Hughes, 12:40 – 12:50

- none



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XIII. Membership and DHS Updates –Sara Nelson, 12:50 – 12:55

- Sara mentions orientation meeting on Aug 22nd from 9 -12 and is on sight only with no remote attendance option; invites other members who didn't get an orientation to join
- Will highlight workgroups and how to get involved
- Kristy Graume will introduce legislative process
- Will also be highlighting council and subcommittee member expectation such as notifying absences through chairs and co-chairs
- It is also important to attend workgroups and to notify a workgroup chair if unable to attend as attendance will now be tracked
- Invite will go out next week
- Secretary of State website details are being updated; if your position, employer or email has changed, **please log into and update information on Secretary of State**
- Eric mentioned new grants available through DHS; member input will be sought; want to create profile of members showing areas of expertise; Sara will send document with 9 questions for **members to complete** and collect this information; Aug 20th is return by date; this information will also be available on the new website
- Alison completed training and hasn't gotten information on Sharepoint site; link listed in training once it is completed
- Links for training will be sent to members in a roll out schedule

XIV. Closing and adjourn – Alliant Facilitator, 12:55 - 1:00 (12:43)

Thank You!

The next State Advisory Council and Subcommittee on Children's Mental Health is
September 7, 2023, 10:00 – 1:00

August meeting minutes and resources from guest speakers will be emailed to members