



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

January 7, 2021 – 10am-1pm

Attendees:

Cecilia Hughes, Kim Stokes, Michelle Schmid-Egleston, Donna Lekander, Ed Morales, Maleenia Mohabir, Sarah Fuerst, Tom Delaney, Addyson Moore, BraVada Garrett-Akinsanya, Dawn Ammesmaki, Lisa Hoogheem, Jennifer Bertram, Jeff Lind, Kim Baker, Linda Hansen, Michael Gallagher, Stephanie Podulke, Anna Lynn, Claire Courtney, Dave Lee, Alison Wolbeck, Pa Kong Lee, Jennifer Pederson, Claudia Daml, Michael Trangle, Claudette Larson, Sam Smith, Rod Peterson, Rozenia Fuller, Al Levin, Angie Schmitz, Amy Jones, Amanda Larson, Mary Kjolsing, Robert Bosl, Ashwak Hassan, Cynthia Christensen, Kim Strand, Gertrude Matemba-Mutasa, Sen David Senjem, Tanya Carter, Courtney Iverson, Chelsea Magadance, Jeshua Livstrom, Megan Lowe, Melorine Mokri, Ari Dionisopoulos, Tabatha Amundson, Abigail Franklin

Joint Meeting Minutes

Welcome, Approved Minutes, Approved Agenda

Welcome New Subcommittee Members

- Excited to announce membership updates, please reach out and say hello to new members
 - Brand New Members: Corey Harland, Danny Porter, Debra Peterson
 - Returning Members: Kim Stokes and Cecilia Hughes

Telemedicine Study Feedback

Melorine Mokri and Jeshua Livstrom, for DHS, led a conversation to gather feedback for a Telemedicine Study.

Check-in, events of past 24 hours

- Many of us are still processing what happened at the Capitol on 1/6. It is difficult to explain how we are feeling. One word to describe it is “violated.” In shock about how our government is minimizing what happened
- It was the ultimate display of white privilege. If this had been a BLM protest or predominantly BIPOC protesters, how would it have looked? Would there have been more deaths? Would there have been National Guard / greater police presence?
- We need to recognize the existence of privilege and create equity.
- We all need to be healers. Stop the hurt and increase the help
- Statement from Children’s Defense Fund: [End of Innocence about America](#)
- Layla Helwa who created an awesome [power point](#) for teachers to use with scholars to discuss these events
- Many are concerned about how to talk with children about the events; fearful that this violence becomes “normal” in the eyes of children
- Dr. BraVada was on MPR as part of a panel to discuss the insurrection at the Nation’s Capitol. To listen, click on the Listen button below the picture in this [news article](#).

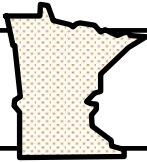


STATE ADVISORY COUNCIL ON MENTAL HEALTH
and Subcommittee on Children's Mental Health

- One thing we must remember - we can NEVER get complacent. No matter how exhausted we are, we cannot accept this and have to work together to change this.
- 846s.org Black Mental Health Matters - This program raises funds for African-American youth to receive therapy in the Minneapolis area. It was started by a young man and his father in response to the George Floyd killing. Please share with your networks.
- Resources for School Staff:
 - [Supporting Marginalized Students in the Context of the 2020 Election: Tips for Educators](#)
 - [Three ways to teach the insurrection at the U.S. Capitol](#)
 - [To Sustain the Tough Conversations, Active Listening Must Be the Norm](#)
 - [Teach For Justice Processing Tools \(for Middle and high school scholars\)](#)
- Resources for Staff and Families:
 - [How to Process a Scary Day](#)
 - [Supporting Marginalized Students in the Context of the 2020 Election: Tips for Parents](#)
 - [How to Talk to Kids About Difficult Subjects](#)
 - [Helping Children Cope with Emergencies](#)
 - [Supporting Children's Mental Health: Tips for Parents and Educators](#)
 - [When Bad Things Are Happening](#)
- National Child Traumatic Stress Network, Resources for the US Capitol Attack
 - The recent attack on the U.S. Capitol has evoked a range of emotions as well as upset our beliefs about safety in our country. In response to this event, the National Child Traumatic Stress Network has developed resources to help children, families, and communities navigate what they are seeing and hearing, acknowledge their feelings, and find ways to cope together. Resources include:
 - [Supporting Children After the U.S. Capitol Attack](#)
 - [Coping After Mass Violence](#)
 - [Pause-Reset-Nourish \(PRN\) to Promote Wellbeing](#)
 - [Parent Guidelines for Helping Youth After Mass Violence](#)
 - [Helping Youth after Community Trauma: Tips for Educators](#)
 - [Helping Teens with Traumatic Grief: Tips for Caregivers](#)
 - [Helping School-Age Children with Traumatic Grief: Tips for Caregivers](#)
 - [Helping Young Children with Traumatic Grief: Tips for Caregivers](#)
 - [The Power of Parenting: How to Help Your Child After a Parent or Caregiver Dies](#)
 - **Disaster Helpline:** SAMHSA has a [Disaster Distress Helpline](#) – call or text **1-800-985-5990** (for Spanish, press “2”) to be connected to a trained counselor 24/7/365.
 - **Additional Resources:** For those that are needing technical assistance or additional resources, please don't hesitate to contact Dr. Melissa Brymer at mbrymer@mednet.ucla.edu.

Other Updates

- Shout out to Subcommittee member Addyson Moore for doing an excellent job presenting at the MN Consortium for Citizens with Disabilities legislative forum about the needs of individuals with mental health concerns.



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

- Mental Health Awareness Day at the State Fair planning is underway. Meetings are Wednesday at 2pm prior to our full Council/Subcommittee meeting. Let dave.lee@co.carlton.mn.us know if you would like to participate. This is an opportunity to do a great deal of public education about mental health from now through the State Fair.
- There is energy about having listening sessions / healing circles with youth and other populations. Dr. BraVada is planning some utilizing local radio for call in discussions
- [Live More Screen Less](#) = campaign to promote digital wellbeing. MDH is working to connect LMSL with the State Health Improvement Program teams to help consider this as a well-being policy strategy with schools.

Next steps and closing

- Send invoices to mhadvisory.council.dhs@state.mn.us
- Outreach to Cultural Diversity workgroup will partner with Tabatha and the Systems of Care team to plan for statewide listening sessions / healing circles. This will give voice to youth and other populations we may not be hearing from right now and allow us to share information with decision makers at state agencies, legislature, Governor's Office, etc.
- Continue the RFP process involvement planning to solidify the process

Next Council/Subcommittee Meeting:

Date: February 4, 2021
Time: 10:00am-1:00pm
Location: [WebEx Only](#)

Request:

Submit written updates from your Agency/Organization/Community about current mental health activities by 9am on the day of Council and Subcommittee meetings. These written updates will be included in meeting minutes.

Reminder:

More information about the State Advisory Council on Mental Health and Subcommittee on Children's Mental Health, including meeting minutes, reports, and membership lists, can be found online: <https://mn.gov/dhs/mh-advisory-council/>



STATE ADVISORY COUNCIL ON MENTAL HEALTH

and Subcommittee on Children's Mental Health

Updates from state agencies:

DEED / Vocational Rehabilitation Services (VRS):

- VRS opened categories #2 & #3 in December. At VRS, individuals with disabilities are broken up into four categories, with category 1 being persons with high functional limitations to employment to category 4 being persons with no functional limitation to employment. This year, due to steady revenue streams and decreased spending, VRS now has the ability and capacity to serve individuals under categories #2 and #3 who were put on an indefinite waiting list since 2014. Those in category #1 have continued to receive services during the entire time.
- This year marked the 100th anniversary of the Federal Vocational Rehabilitation (VR) Program for people with nonmilitary related disabilities. Highlights:
 - [Vocational Rehabilitation 100 Years Later](#) - The Office of Special Education and Rehabilitation Services (OSERS) web pages highlighting webinars, the history, and success stories in VR.
 - [VR100 Anniversary: A Century of Success](#) - OSERS paid tribute to this historical occasion by showcasing how the VR program helped change the lives of students and adults with disabilities!
 - [The State Vocational Rehabilitation Services Program - The First 100 Years](#) - RSA describes how the State VR program has changed over the past hundred years.
 - [Vocational Rehabilitation: 100 Years of Investing in America](#) - A historical timeline developed by the Council of State Administrators of Vocational Rehabilitation (CSAVR).
- DEED launched the first Immigrant Refugee Affairs Forum as a platform to open dialogue between immigrant and refugee advocates with state leaders. Assistant Commissioner Anisa Hajimumin will be leading [these monthly conversations](#) in discussing ways the state can remove systemic barriers and improve services to this community.
- DEED released information about the top 30 jobs that are in demand now in Minnesota. Among the top jobs are Registered Nurse positions, Certified Nursing Assistants, and First Line Supervisors of Retail Sales Workers. Each Jobs in Demand listing includes: A description with a link to educational requirements and occupation details including a short video, wage range information and a link to current postings for the job in Minnesota. More information available [here](#).
- Labor Market Trends: DEED launched a [dashboard](#) that addresses the following key questions: (1) Which segments of the economy (industries, occupations, and regions) are on the path to recovery and which ones are still struggling? (2) Who is being impacted most in terms of demographic characteristics, and who is more at risk of not being able to return to their jobs in the short-term? (3) Which kinds of customers will be hardest to serve or most in need of retraining services in the long-term? Conclusions: The most vulnerable jobs in the COVID-19 recession are part-time jobs in customer-facing industries and occupations, and the most vulnerable workers are those who worked part-time or seasonally and have lower educational attainment. Individuals with low education and low skill level will also likely have a harder time transferring to other sectors unless they receive retraining services.



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

DHS:

No update submitted

Department of Corrections (DOC):

No update submitted

Governor's Office:

- We are in the process of setting the Governor's budget and have taken your recommendations into consideration. More information about what was included will be shared before the February Council/Subcommittee meeting.
- Access to mental health services was a priority issue for the Walz-Flanagan Administration long before COVID. We know that Minnesotans are dealing with unprecedented challenges, and in many ways it is taking its toll on the mental health and well-being of Minnesota's children and families. Increased trauma and challenges to mental well-being due to isolation, worries about the health of family and friends, economic struggles, and other concerns have been compounded by access to mental health services becoming more complex than before.
- To support agencies in their efforts of expanding services, Governor Walz and Lt. Governor Flanagan directed \$3 million dollars in federal Coronavirus Relief Funds to the Minnesota Department of Human Services (DHS), in collaboration with the Children's Cabinet and the Minnesota Department of Education (MDE). These funds are available to support the mental health needs of children, youth, and families during the COVID-19 pandemic. DHS created a process to distribute funds to school-linked mental health providers and other mental health providers who serve children and families with young children. Funds may be used to mitigate service interruptions, prioritize in-person services, purchase critical care supplies, cover public health-related training costs, and address the behavioral health needs of communities of color and Native communities related to the current public health emergency. Additionally, the Governor prioritized a \$1.2 million donation to the state to support mental health providers reaching families.
- Earlier this year, the DHS issued \$1.68 million in grants to 11 community agencies for crisis counseling services to help people struggling with stress and anxiety due to the pandemic. The agency allocated an additional \$700,000 in grants to Community Mental Health Service providers to deliver immediate relief to providers impacted by the COVID-19 pandemic.
- Under the Governor's Emergency Executive Order 20-12, the Minnesota Department of Human Services (DHS) has temporary authority to waive or modify requirements so that Minnesotans can continue to access essential programs and services safely and without undue delay during the pandemic. These waivers allow mental health providers and others to focus on serving people during the COVID-19 pandemic rather than on compliance with statutory requirements. More information on this and other waivers can be found [online](#).
- It's important that Minnesotans have access to the mental health care resources they need to stay well during this challenging time. The COVID-19 pandemic is causing a tremendous amount of stress, fear and anxiety for many people. Mental health and well-being must continue to be a priority. A list of resources can be found on mn.gov/covid19. DHS' ["Coping with COVID-19"](#) website also provides information on how to stay healthy and manage stress during the



STATE ADVISORY COUNCIL ON MENTAL HEALTH

and Subcommittee on Children's Mental Health

pandemic, as well as connections to resources for individuals who are experiencing a crisis or who need additional support.

MDE:

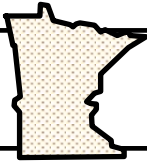
No update submitted

MDH:

- The universal national suicide hotline number 9-8-8 will begin July 2022. The National Suicide Hotline Designation Act will allow individuals seeking help to dial the three digit number and be directed to the hotline, currently the lifeline is accessed through the 10 digit 1-800-273-8255.
- MN is in the early stages of planning what 9-8-8 will look like here in MN. There will be an initial 9-8-8 coalition meeting in February. Reach out to tanya.carter@state.mn.us if you want to participate in the 9-8-8 planning.
- Minnesotans now have access to in-state National Suicide Prevention Lifeline call centers, this allows Minnesotans access to in-state resources. The National Suicide Prevention Lifeline is a network of more than 160 call centers around the country. Callers are routed to a call center near them based on the first five digits of their phone number. The following Lifeline centers are fully operational for Minnesota residents: Carver County, Greater Twin Cities United Way, FirstLink, and First Call for Help.
- Kognito At-Risk for K-12 educators continues to be available free of charge for teachers and school personnel. Kognito At-Risk for K-12 educators meets the educator suicide prevention training requirement per MN statute 122A.187 as determined by district. More information available [online](#).

Minnesota Housing Finance Agency (MHFA):

No update submitted



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

Workgroup Minutes:

Family Systems, Prevention, Intervention, & Supports

Integrated Care & Access

12/15/20

Members present: Dave Lee, Cynthia Christiansen, Mary Kjolsing, Sam Smith, Claudia Daml, Rodney Peterson, Michael Trangle

1. The minutes were approved with the correct date and the correction that Courtney Iverson was the member with a compelling story to share instead of Kim Strand.
2. Reviewed the talking point for Parity and Access. Suggestions included making 2 points: a) the parity law only applies to health plans that **choose** to offer mental health benefits (and currently the ACA/Obamacare incents many plans to offer it). It does not apply to short term health plans, Medicare, MA plans or companies that self insure themselves. b) Mary Kjolsing verbally sharing her story is **much** more compelling than just reading it. It highlights the consequences of lack of inpatient psych beds in human terms (refusal to commit someone who needs it, transferring patients across the state and the subsequent inability to keep the family engaged and work on reentry, the raising of the metro bar for commitment to imminent serious danger).
3. We reviewed the talking points for telehealth and suggestions were made
4. Sam and Claudia will send out the workforce/loan forgiveness talking points to the workgroup by the end of today.
4. We agreed that after today's meeting we will switch our focus from making the talking points perfect and instead support each other in our efforts to get legislators and other leaders to support the recommendations.
5. Rodney Peterson has reached out to his legislator who in turn has helped him communicate with the new Chairman of the House Behavioral Health Committee. They are setting up a meeting to discuss our priorities. Depending on Rep Fischer's comfort level we may also invite Dave Lee, Michael Trangle and others.

Tentative Agenda for Jan 19, 2021 8-9 Parity & Access Meeting

1. Minutes
2. Admire (but no edits) to talking points mentioned above
3. Updates and suggestions regarding our efforts to get legislators/leaders to support our recommendations
4. Discussion about efforts to increase inpatient and other mental health resources in the East Metro (Sam Smith)



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

5. Update from Racial Equity Workgroup (Sam Smith)

Local Advisory Council

Date: JAN 6 2021

Chair: PASTOR ROZENIA HOOD FULLER, MDIV

Attendees: ROZENIA FULLER, KIM STRAND

Workgroup Goals: OPEN DISCUSSION ABOUT SACMH 2020 WORK ACCOMPLISHED

Agenda / Current Tasks: SACMH DIVERSITY/EQUITY REP- AMHI IMPORTANCE / ACCESS TO LAC E-GUIDE BOOK- 2020 SACMH LAC RECOMMENDATIONS REVIEW LEGISLATIVE ASK?

Discussion: LISTED ABOVE

Decisions made: LISTED BELOW

Action items:

| Action Steps | Person Responsible | Due Date |
|---|--------------------|----------------------------|
| CHECK IN WITH GROUP MEMBERS | PRF | SACMH LAC FEB 2021 |
| REVIEW SACMH 2020 GOV RECOMMENDATIONS | PRF | SACMH LAC FEB MEETING 2021 |
| DHS LETTER LAC RECOMMENDATION FOLLOW UP | TBD | |
| REVIEW GUIDE BOOK | PRF | FEB MEETING 2021 |

Mental Health & Juvenile Justice

Date: 12/16/2020

Chair: Cici Hughes

Attendees: Cici Hughes, Linda Hansen, BraVada Garrett-Akinsanya, Jeffrey Lind

Workgroup Goals: Decide on talking points for legislator contacts

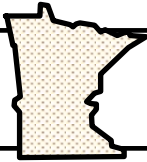
Agenda / Current Tasks:

Discussion: Discussed bringing Regina Acevedo, the DHS staff who is overseeing the Mental health screening grants to talk with our workgroup in the future. Linda Hansen is organizer/contact.

Discussed talking points

Decisions made: *Enhanced rate for treatment of highly acute youth*

1. Aggressive youth with Mental Health issues are still not being served in Minnesota



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

2. These youth continue to be placed out of state and in correctional settings which are at higher cost to the counties.
3. CABHS and MN PRTF's not taking these youth
4. These youth's behaviors are directly connected to their mental health and or cognitive deficiencies.

Grant program to reduce residential care recidivism rates

1. When youth go to the RTC they do okay it is when they go back into their community that they regress. We have not done a good enough job supporting them back in their own communities.
2. We need coordination before and after discharge from residential care to reduce recidivism.

Action items:

| Action Steps | Person Responsible | Due Date |
|--|--------------------|----------------------------------|
| Schedule Regina Acevedo to a future JJ workgroup meeting | Linda Hansen | Will discuss more at Jan meeting |

Next meeting:

Date: 1/20/2021

Time: 10:00 am

Location: webEx

Mental Health & Schools

Outreach to Cultural Diversity

Date: 12/16/2020

Workgroup Name: Outreach to Diverse Communities

Chair: BraVada Garrett-Akinsanya, Ph.D.,LP

Co-Chair: Jode Freyholtz-London (submitted minutes)

Attendees: Sam Smith, Mary Kjolsing, Tabatha Amundson, Lisa Hoogheem, Jazzy DeMeglio, Linda Hansen, Jennifer Bertram, Ashwak Hassan, BraVada Garrett-Akinsanya, David Nathan, Jode Freyholtz-London

Workgroup Goals:

- I. Discussed Open slots from the Recovery Supports group and the LAC group.
- II. Reviewed expectations of the group.
- III. Reviewed additional issues of importance to the group.



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

- a. Continue to invite public members to the group. Today's Guest- Jasmyn "Jazzy" DiMeglio - is from Representative Rena Moran's office brings her expertise from the legislature in how to create a legislative bill. How do we create talking points when in the midst of our legislators? Historically we have observed a lack of diversity voices guiding the legislative process. Ideas?
- IV. Additional Issues are more difficult for members of the BIPOC community regarding mental health, physical health and COVID-Identifying specific issues and push preventative services.
 - Basic needs are not being met through communities to navigate a complex system
 - Workforce funding tied to recruitment and retaining culturally specific service providers in the mental health workforce
 - Listening sessions and invitations to the impacted communities for input from people with a lived experience
 - How do youth of color receive support without providers from their community?
 - Legislative awareness to the needs of BIPOC communities
 - Technology barriers
 - Bringing people to the table. How do we do that?
 - In home, child welfare workers are not representing BOIPOC communities
 - Identify supports other than therapy to provide support
 - Why is it so hard to articulate the concerns and the measures to support? They don't affect everybody equally.
 - Recognizing what racial equity really means and have ongoing conversations and actions

How do we give our ideas and conversation legs?

Thank you for leadership BraVada!!!!

Action items:

| Action Steps | Person Responsible | Due Date |
|--|-----------------------|------------|
| Invite Jeff Hayden to our next meeting | B. Garrett-Akinsanya | 01/04/2021 |
| Generate Minutes | Jode Freyholtz-London | 12/30/2020 |

Next meeting:

Date: January 20th 2021

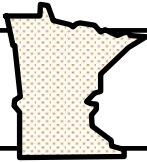
Time: 2:00pm

Location: WebEx Virtual Platform

Recovery Supports

Date: 12/21/20

Chair: Angie Schmitz



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

Attendees: Claire Courtney, Rod Peterson, Gary Travis (DHS-BHD)

Workgroup Goals: No new goals established. See notes from November meeting.

Agenda / Current Tasks: Determine if this group should carry forward into 2021 and what goals to address.

Discussion: Rod was the only non-state employee attending the meeting. After waiting 13 minutes, the group determined there were not enough members to hold a meeting. No direction was given to this group in terms of continuation by the leadership of the SACMH at the December meeting. It is agreed that the topics of this group: Housing Supports, Peer Supports and Employment are critically important, however, it is not clear if these topics could be absorbed into other existing work groups. Membership of this work group has been low for the past few years and has included several DHS-BHD staff members. Additional Council membership may be necessary for this group to continue.

Decisions made: Recommendation: The SACMH leadership should carefully consider the total number of work groups that should meet in 2021 and endorse or charge the various workgroups with topics to address.

Next meeting: January 18, 2021 *Time:* 10 a.m. *Location:* WebEx

State Fair Planning: