

ABHI Children's Mental Health Initiative Meeting Summary (draft)

ICS Branch: **Existing Resources**

Meeting Date: **April 2, 2022 9:00 a.m.**

Participants:

- Jenny Markwardt – mentor with Check and Connect
- Brittany Anderson – mental health worker with Grand Portage Reservation
- Leon Flack – Community and Provider Liaison for Mental Health and Substances Use Disorder Services at UCare; sitting in for Mika Baer who will be regularly attending
- Michael Strasser –health system process engineer, semi-retired/volunteer, participating on Clarity groups, working with CHUM implement housing stabilization services program and Board member of Bob Tavani House.
- Stacy Durgin Smith – public health educator for Aitkin County; facilitator for Community for Awareness and Prevention of Suicide (CAPS)
- Sonya Wildwood – located in Duluth, an outpatient therapist in private practice (ages 6-25), formerly worked with The Hills for many years, co-chair for local advisory council for southern St. Louis County
- Annmarie Florest – Clinical Director for Range Mental Health Center.
- Mary DeVany – Associate Director for Great Plains Telehealth Resource and Assistance Center (gpTRAC)
- Lisa Perkovich – Check and Connect Supervisor for mentors in 29 schools.
- Jenny Markwardt –currently a Check and Connect Mentor in Mountain Iron
- Kaylee Cahill Mathews – therapist in Lake County
- Stacey Hawkins – Cook County Commissioner
- Rachel Gischia – Lakeview Hospital and Medical Clinics in Lake County
- Amy Brownell – Public Health Educator for mental health and suicide prevention in St. Louis County
- Anna Clough – St. Louis County Public Health

Participants introduced themselves and identified their reason for attending or areas of specific interest related to this working group. Comments included:

- Even as a longstanding county staff, there are services that I'm discovering that I didn't know existed. If I don't know they exist, then it's likely that others don't know about them either.
- Concerned with people who fall through the gaps
- Have been in Duluth for several years and there are still resources I don't know about. One of the goals of the LAC is to identify local resources and to help develop a resource hub
- Resource connections will be so important, especially in light of the work force shortages.

- gpTRAC offers resources to those seeking to expand utilization of telehealth, working in several areas in northeastern Minnesota so eager to be a resource
- I sit on Family Services Collaborative Board, which is identifying resources and seeking to fill gaps. Even though I have been a school administrator for many years, I cannot adequately identify what resources are available.
- Still uncertain about available resources; want to learn to help my clients
- Eager to learn more about Public Health and Human Services

Brief overview of ABHI Children’s Mental Health Initiative.

- This is one of 8 work groups/ICS branches being convened. While each group will determine its own focus and work plan, there will likely be cross over between groups. We are not seeking to create additional silos but to promote communication between groups and integrate efforts
- Intent is to support core values of accountability, communication coordination, innovation and action in responding to mental health crisis.
- Initial meetings for each branch will be facilitated to help create action plan and reach consensus on initial goals, objectives and activities. Groups will transition to leadership from within (co-leaders preferred)

Action Plan Discussion

While Zoom format allows greater participation across distance, it can be clunky for developing collaborative work plans. A survey monkey survey will be distributed to work group members, with responses synthesized and shared for group discussion to help build the work plan and create a common understanding around goals, scope, actions, etc. Discussion today was intended as initial brainstorming about elements to consider in identifying the scope and intent of this group. Key thoughts shared included:

- Will there also be an evaluation of how those resources are doing? Are they effective? As example, the mobile crisis unit has been inactive and has switched over to HDC. How is it going? How are people finding these resources? Are resources helpful?
- It would be nice to have a one-stop shop website for our entire region. If people have a provider they aren’t happy with, they can find alternates. It would be helpful to have information about areas of expertise, searchable database, GIS mapping. We need to find a way to make it easy for people to find what they need (not just individuals in the community but also other providers seeking to refer people)
- The connection between community resources and school districts is so important. They often don’t have the paid positions that they need but have kids in crisis. How do we leverage partnerships to meet kids needs in communities?
- As a process engineer, appreciate not wanting to boil the ocean. We want to break it down to an equation that we can solve. We need to go thru each of our key items and nail down a

problem statement for each one, so we can identify our focus for each area that's already been identified.

- Discussion about the huge scope of integrating mental health and primary care. If we chose to work in this area, we need to be very specific about what we want to address
- In working with students, they struggle with accessibility. Because we don't have services to assist youth with homelessness, when they are couch surfing, they don't have the accessibility to reach out and utilize existing services. Service may be available, but they are not accessible to some (no minutes on cell phone, no Wi-Fi connection) so connections are difficult to make.
- It was noted that UCare is filling positions for housing navigators within their mental health and substance abuse areas. While a health plan is not frequently thought of as a resource, they are expanding their resources and have triage lines available as well as care navigators and care coordinators.
- WeAreResourceful.org is a new United Way initiative being developed. The focus is on reduced price and free resources, so not all private resources will be listed. This is a tool available throughout the Midwest (multiple states) that connects people to resources.
- Maslow's hierarchy of needs is coming into play more and more. How far do we cast our net as far as mental health resources? If someone does not have food or shelter, they will not be able to address trauma in therapy. How do we help connect people to ALL available resources that could be helpful?
- Thinking about provider access and technology access, as we think about scarcity of providers, how can telehealth help expand access to services? How do we improve access to the connectivity to access the services in areas where broadband is scarce?

Next steps

Survey Monkey will be shared with all group participants. Responses will be summarized and shared with the group for discussion at the next meeting to help begin building an action plan.

Future meetings

The next meeting will be held via zoom on **Friday, April 29th at 9:00 a.m.**. Future meetings will ideally be held bi-weekly through early June, to support development of a work plan prior to the summer when it's more difficult to bring people together.

Communication

A written summary will be provided for all meetings. Meetings will be recorded to facilitate accurate discussion summaries and to capture participant feedback, but links will not be made public. They will be available for viewing upon request for 30 days following a meeting by a group participant unable to attend a meeting.

Participants consented to sharing of email addresses to support communication between group members. Email addresses of those present at today's meeting are included below.

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