

LAC/LCC April 2018

Meeting Minutes

In Attendance:

DA. LL. GS. NR. DN. NK. SL. JJ. SH.

Introductions – There have been no new nominations for a LAC chair so DN led the meeting. Sign in sheet was passed around and introductions were made.

Minutes from April meeting -

- Proper rules for LAC group were discussed.
- March meeting minutes were reviewed and approved by LL.
- New business –
 - Prioritized LAC goals for 2018 –
 - Advertise the LAC more to grow consumer presence. Newspaper ads, case managers promote it, ARMHS workers encourage their clients participate...
 - Invite speakers more frequently. Dietician, pharmacist, mental health providers to explain their roles (case manager, ARMHS, medication managers, etc), Cambridge ministerial association, opioid addiction/NARCAN training...
 - Partner with local LACS. Have Isanti County consumers attend a Chisago County meeting, partner with other LACs to bring in speakers...
 - Discussed use of available funds.
 - Heartland tokens, ad space in newspapers, pay for key speakers, update community brochure, create and distribute an acronym sheet related to mental health and services (ex. ARMHS – adult rehabilitative mental health services)
 - Reviewed and approved 2017 brochure to be reprinted for 2018. Need to change crisis numbers.
- SH provided information on new crisis line numbers available in some areas of the state. The new text line can be used by sending MN to 741741 through text message.
- GS spoke of an Allina grant she received aimed at education on healthy eating, social connections, and physical health. She will be designing a course that will include cooking at Spirit River Community Church, doing chair yoga with a qualified instructor and teaching stress management through the Taking Care of You curriculum. She anticipates it will start in the fall and serve 15 people. The group brainstormed ideas on how to find potential participants – warm line calls, ER referrals, case manager or ARMHS referrals
- LL shared that the Goodwill Easter Seals will be at the Workforce Center on May 7th from 1-3 to discuss how working affects SSI, SSDI and medical assistance.
- SH shared that the State Advisory Council reports to the legislature every 2 years and has given a recommendation for additional resources to be given to DHS to enhance LACs. SH stated some money could be used to make a directory of LACs.
- The PRTF (psychiatric residential treatment facility) for children with mental health needs that are greater than can be addressed in residential treatments will not be opening in Forest Lake. Other locations are being pursued.

- Gift card incentives continue for consumer attendance. There were 2 consumers in attendance at this meeting and therefore the drawing was for 1 gift card. The winner was DA.

May 8th agenda:

- **Introductions.**
- **Approval of April minutes.**
- **Discuss proper rules for LAC group.**
- **New business**
 - **Elect a new LAC chair**
 - **Speaker for upcoming meeting**
 - **Designate a person to attend Chisago County meeting?**
- **Upcoming events – May is Mental Health Month**
- **Gift drawings.**

Respectfully submitted,

DN NR

**NEXT MEETING will be on Tuesday, June 12th, at 2:00PM, at Isanti County Family Services
1700 E Rum River Dr S, Ste A, Cambridge, MN 55008**