

Region 7E Governing Board Meeting
April 28, 2025; 10:00am – 12:00 Noon

Attendees:

Affiliation		Governing Board Members		Directors
Chisago County	x	Kelly Ihrke, 2025 Vice Chair		Robert Benson
Chisago County		Jolene Thorsen		
Chisago County	x	Stacy Johnstone, Consumer Rep		
DHS Liaisons		Abbie Franklin, Pam Sanchez, Andrea Abel		DHS
Isanti County	x	Emily Hawkins, Member & Fiscal Host	x	Jodi Donnay
Isanti County		Ashley Wright, Consumer Rep		
Kanabec County	z	Katie Heacock		Chuck Hurd
Kanabec County	x	Cassie Dahlberg		
Mille Lacs County	x	Jessica Andrich		Char Kohlgraf
Pine County	x	Barb Schmidt		Becky Foss
Region 7E Planner	x	Amanda Stevenson		

Guests: Rori Johnson, Canvas

MOTION: Isanti County made a motion to approve the March minutes, Chisago seconded. Kanabec aye, all members present aye. Motion carried.

Consumer Rep, Stacy Johnstone

- Stacy attended an interesting training course through Odyssey, the Art of Access. The objective of the session was to help people get access to what they want to do and how they need to do it; mentally, emotionally, and physically.
- She will be attending the Power of Human Connection Conference in St. Cloud on May 6.
- In her role at RSI with Community Connection, she is taking on a new client. Another client exceeded the number of service hours because of needing more intense services, so they decided to pause that client until he is healthier.

Director Update, Jodi Donnay. Discussion at the last Director's meeting:

- Budget concerns regarding behavioral health and waivers at the State level
- OCR data request, mostly children's
- Plan to meet with Region 7W in July
- The legislative session ends on May 19 and they need to have a budget in place before that date

Employment Report, Kelly Ihrke

April 2025 Employment Information						
	Chisago	Isanti	Kanabec	Mille Lacs	Pine	TOTALS
Competitively Employed	35	28	12	6	8	89
Not Employed/Not seeking employment/ Receiving RSDI/SSI	111	71	14	32	74	302
Supported Employment	14	9	14	4	3	44
	160	108	40	42	88	435

For comparison purposes:

October 2024 Employment Information						
	Chisago	Isanti	Kanabec	Mille Lacs	Pine	TOTALS
Competitively Employed	34	22	3	9	3	71
Not Employed/Not seeking employment/ Receiving RSDI/SSI	84	72	12	47	69	284
Supported Employment	14	14	1	6	9	44
	132	108	16	62	81	399

Budget Items/Funding Requests

- Regional Flex Fund Requests:
 - Kanabec Co. - \$1,705- storage and moving costs
 - Isanti Co. - \$1,800 (\$200/month for 8 months May- Dec)
 - Mille Lacs- \$567- housing deposit
 - Chisago Co.- \$700- rent
 - Chisago- &912.67 for new bed

MOTION: Isanti made a motion to approve the above listed flex fund requests, seconded by Pine. Kanabec aye, all members present aye. Motion carried.

Amanda noted the Region is currently 14% underspent in flex funds.

- Amount in unallocated: \$21,816.67
- Wellness in the Woods- Warmline Action Alert- Barb suggested they send a formal funding request.
 - On Friday, March 28, 2025, WITW was issued a stop work order because of federal funding cuts. They made the decision to stay open as long as possible.
 - Overall, low utilization in Region 7E (11 calls/0 texts = 0.2% of the total)
 - Chisago: 0
 - Isanti: 8
 - Kanabec: 1
 - Mille Lacs: 0
 - Pine: 2
 - Overall Warmline Call Utilization, January through March 2025: 5,534
 - Overall Warmline TEXT Utilization, January through March: 153
 - Missed calls January through March: 3,337 throughout all shifts. WITW stated this indicates a need for additional funding to increase the number of operators on specific shifts.
- DHS AMHI Budget Revision was approved in March.
- Amanda reviewed underspending and overspending in the budget to date.
 - 416 Brass Transportation – since the Region will likely have substantial funding available due to the ACT contract being cancelled, Amanda recommended the Board consider funding in this Brass code to help folks with their transportation challenges. Amanda will research different options.
 - Katie suggested that we consider doing this as an RFP process. Emily stated that right now we are in a fact-finding situation. Once we determine what we need, then we will draft an RFP.
- March AMHI Statewide meeting/notes:
 - Working towards a direct payment model for implantation in 2027.
 - This means the annual allocation would be received up front, resulting in reduced administrative/contracting requirements, and increased focus on monitoring funds, data, and subcontractors.
 - Actual year-end expenses must be known before January 30th; this is earlier than years past. Q4 expenditure reports, amount to be returned from Q1 cash advance, and 2895s due by 1/30.
 - Amanda will send out an email and letter to Providers advising them of this change. She will send it out now and again closer to the end of the year.
 - AMHI/CSP funds cannot be used to pay co-pays because it will be counted as income for the client:
 - All/any Medical Assistance (MA) program spenddowns
 - All/any Medical Assistance (MA) program co-pays
 - Medicare premiums and co-pays
 - MinnesotaCare premiums and co-pay
 - AMHI/CSP team is continuing to have internal conversations and seeking legal opinions regarding this and related topics (i.e. underinsured). More info to come. No changes to current services are required at this time.
 - Emily noted that the Region will need to advise case managers and Providers of the upcoming changes.
 - **Next statewide meeting June 12, 1:00-3:00pm**
 - Emily and Amanda encouraged all Governing Board members to make an effort to attend the AMHI/CSP statewide meetings.
 - CHP/AHMI meeting discussed that counties need to have a transition plan based on the changes noted above.
 - Katie suggested advocating that DHS will send the info/changes in writing rather than verbally.

ECCS, Rori Johnson

- Call volume has diminished since 988 came online. First Call for Help explained that their protocol is to resolve the caller's issue if possible. They are not allowed to ask if the caller wants mobile crisis.
- Travis' Law states when a call comes into 911, they are required to contact the crisis team. Isanti County is doing very well with this. Crisis cannot just go out to a call; they need the person's consent.
- MHIS reporting requires homelessness reporting.
- State mandates that they track how long it takes to respond to a call.
- Primary reasons for the crisis call includes suicidal ideation, depression, anxiety/panic.
- Currently they have three day-staff covering the five counties, one staff person left in December, and they haven't filled her position.
- Starting a family peer in May, hopeful that she can become certified, but the State isn't currently offering training. Rori is hoping to hear back from the State in July.
- Amanda asked if they are considering an office location in the Region. Rori stated they plan to look at a couple spaces. Many providers work from home.
- Rori encouraged case managers and providers to initially refer clients to the 1-800 number rather than 988.
- Barb asked if Rori had any ideas how to increase the number of mobile contacts. What are the obstacles?
 - Call volume during the day is influenced by 988.
 - If the call is during the day, the provider encourages a face-to-face visit but if the caller declines, they can't go.
 - Rori suggested ECCS could meet with the county case managers.
- The age of consent is 16, but if the child is between 10-15, they will still follow what the child wishes. In that case, they ask what they can do for the parent. They will help parents link to services for their kids.
 - Supervisors will let case managers know that mobile crisis can go out to support the parent which can enable buy-in from the child.
- Rori's presentation slides are cropped/copied below:

CanvasHealth.org

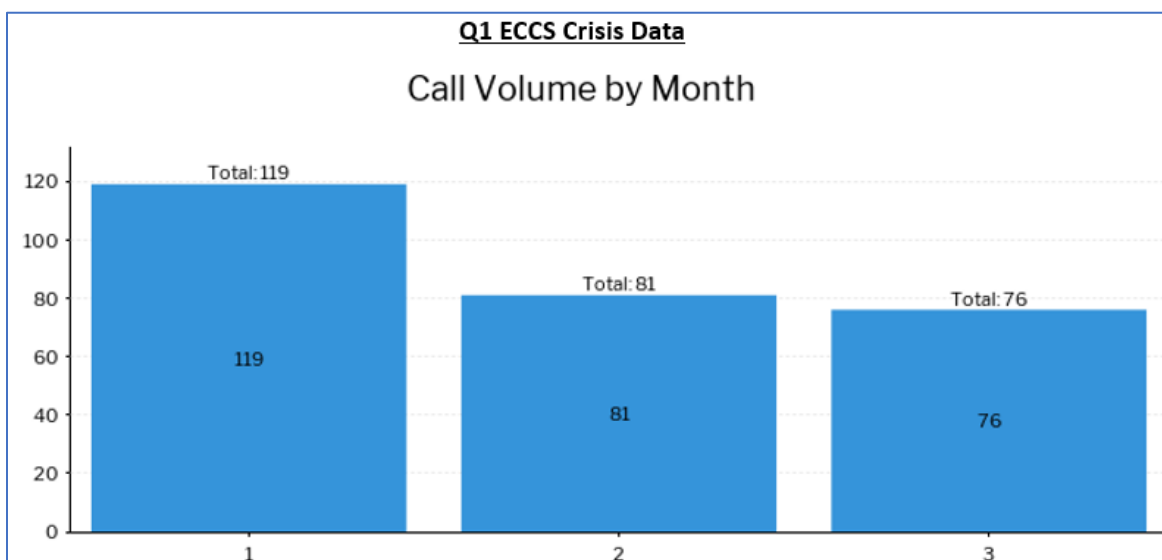
 canvas HEALTH

ECCS Mental Health Crisis Response Report

• January 2025 to March 2025

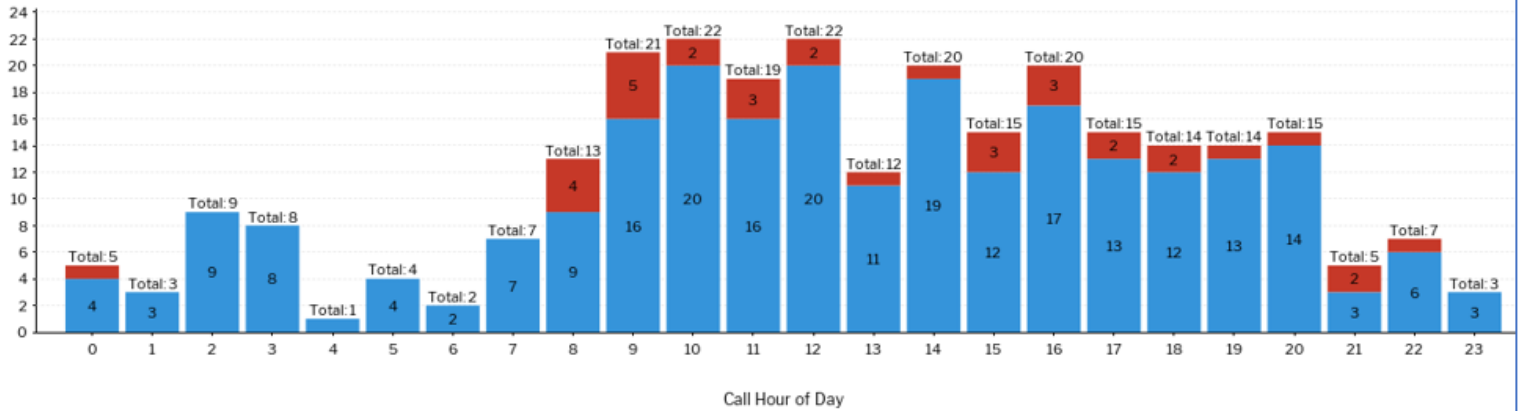
Call Data

- Answered 276 calls
- 31 Responses (not all responses ended in an assessment)



Q1 ECCS Crisis Data

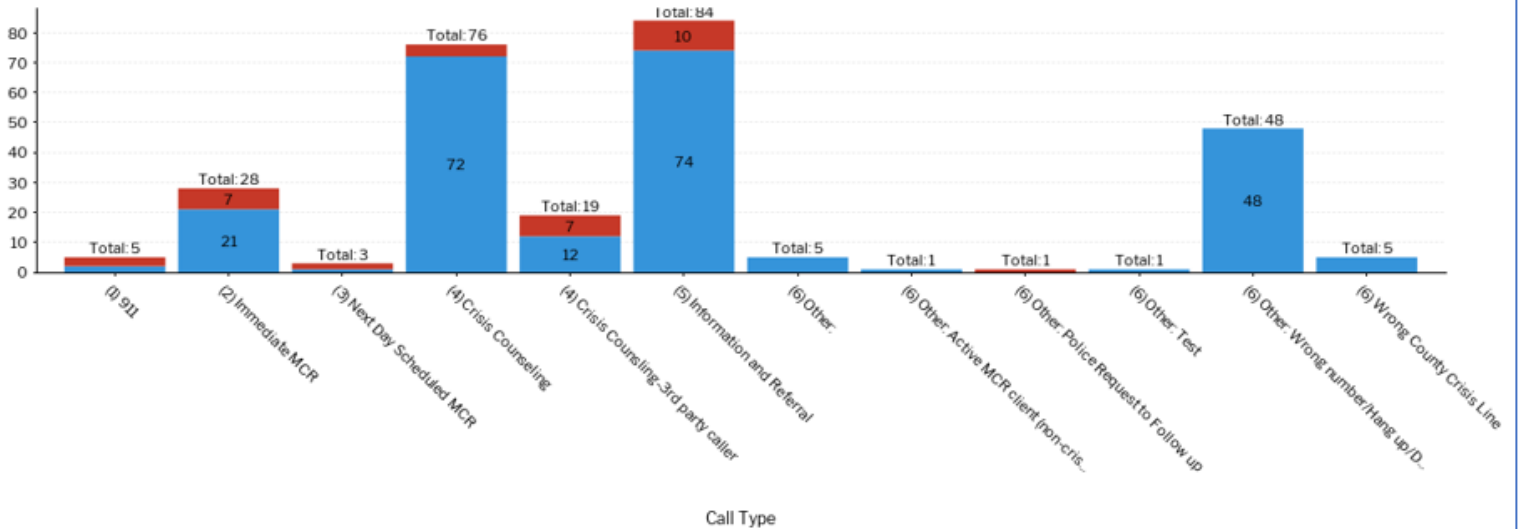
Call time of day



Age Group of Individual in Crisis: ● Adult (18+) ● Child (0 through 17)

Q1 ECCS Crisis Data

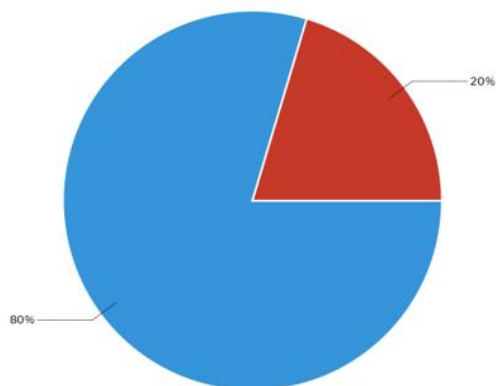
Call Types



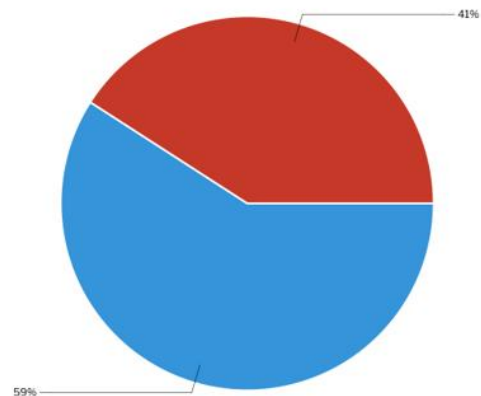
Age Group of Individual in Crisis: ● Adult (18+) ● Child (0 through 17)

Q1 ECCS Crisis Data

Conversion Rate Adults

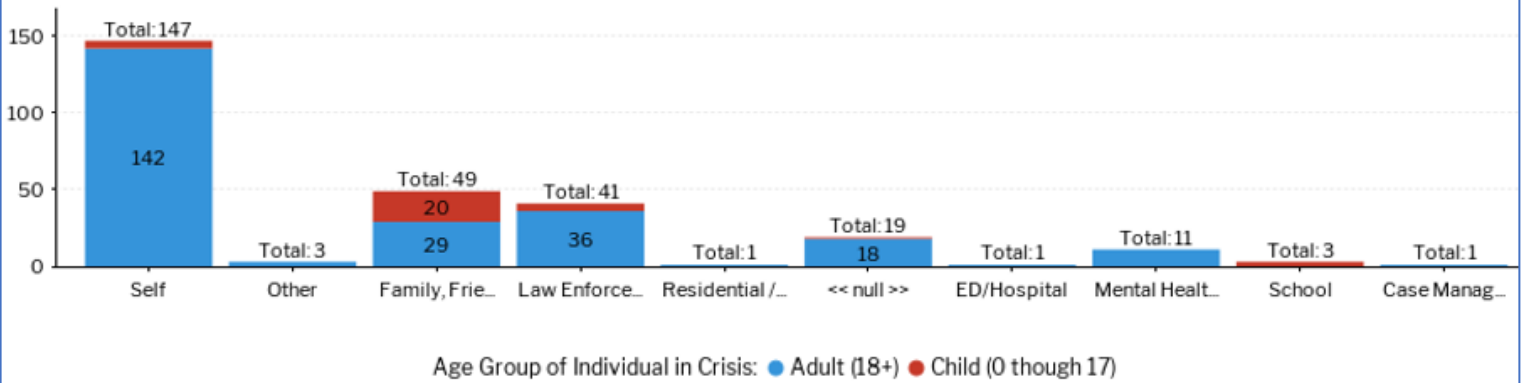


Conversion Rate Children



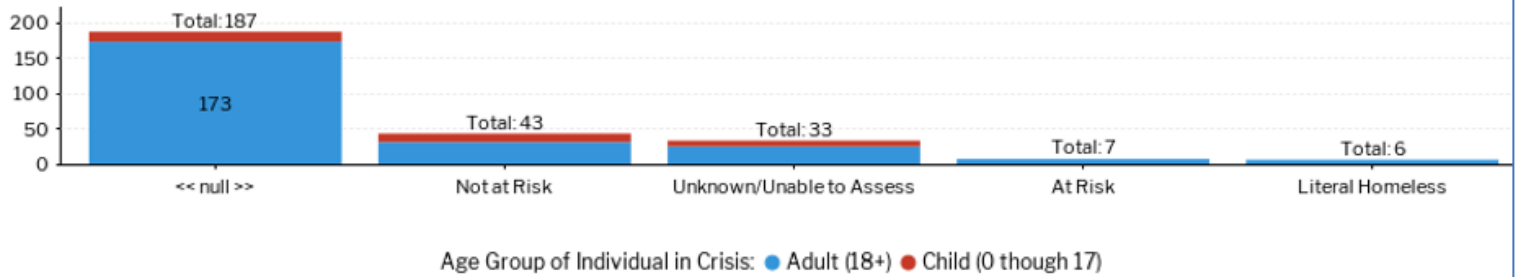
Q1 ECCS Crisis Data

Relationship to Person in Crisis



Q1 ECCS Crisis Data

Homelessness from Call Logs

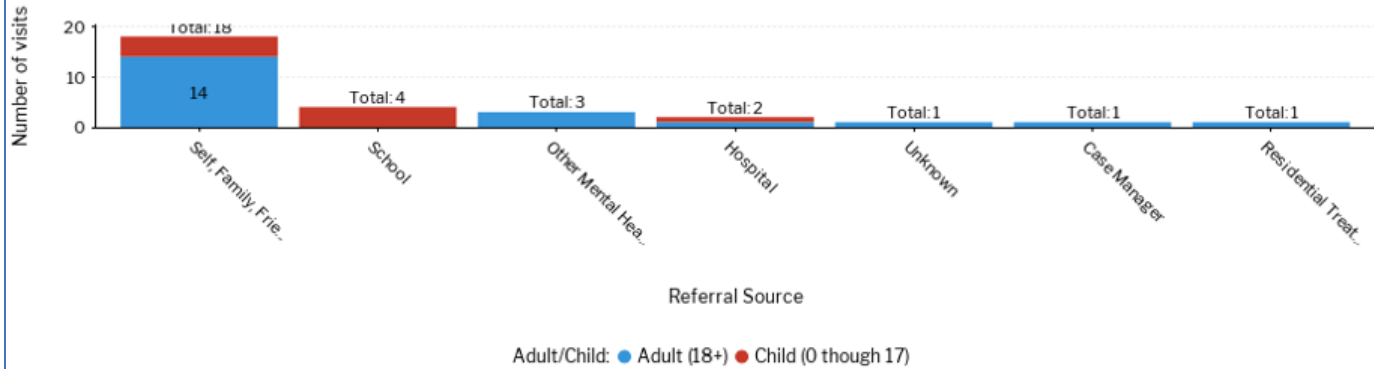


Mobile Crisis Assessment Data

- 30 Crisis Response Assessments
- 21 Adults and 9 Children

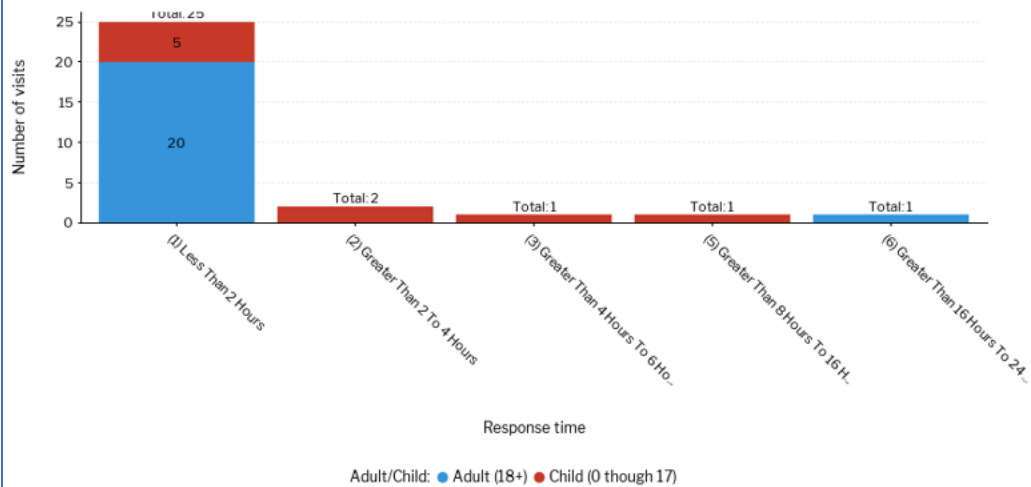
Q1 ECCS Crisis Data

Assessment Referral Source



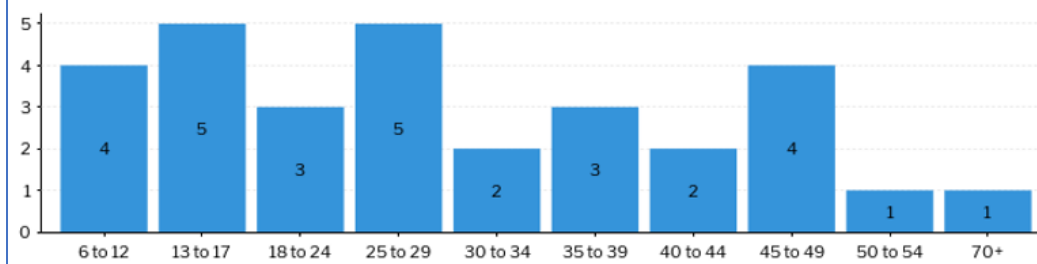
Q1 ECCS Crisis Data

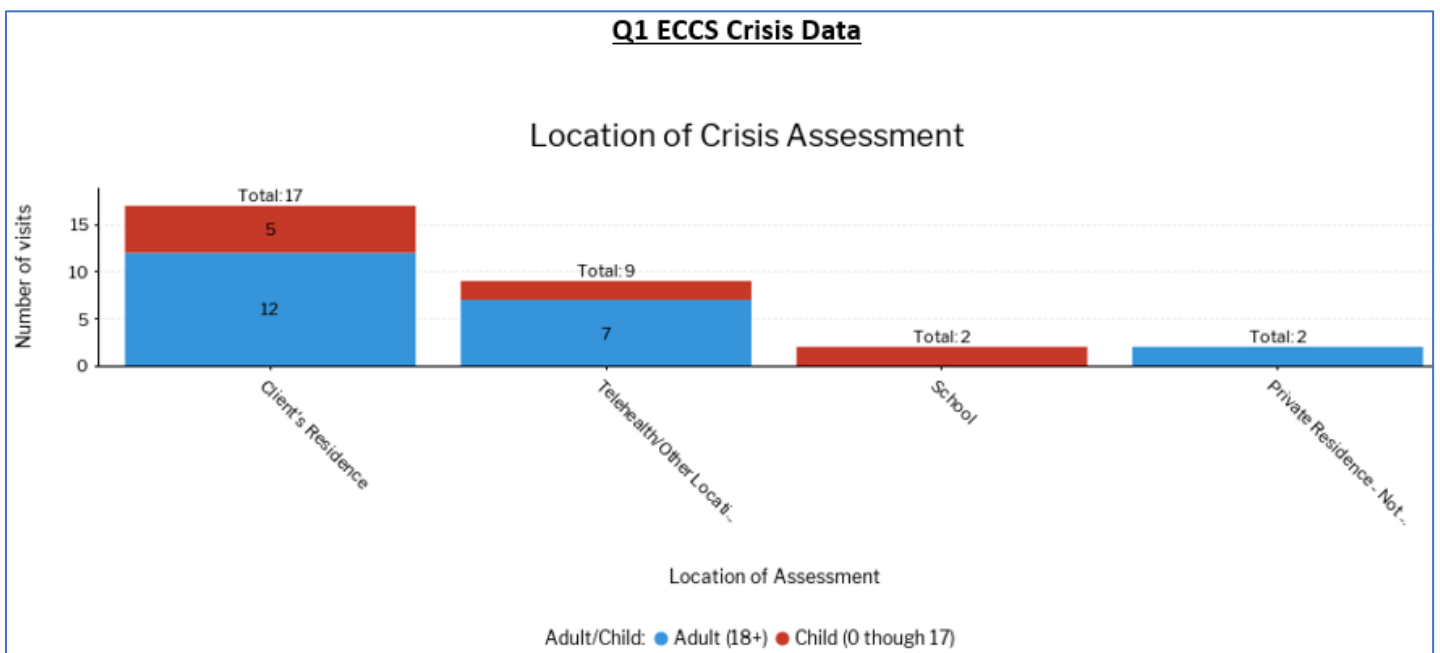
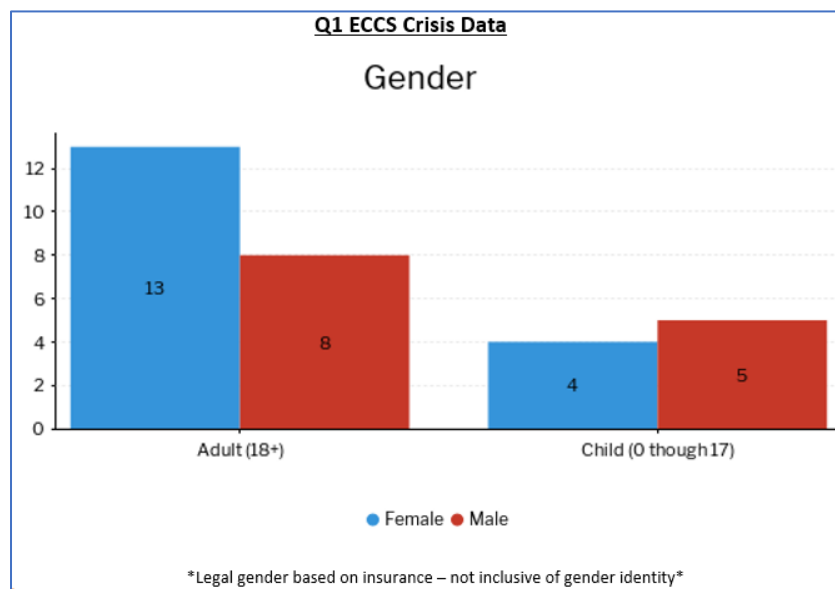
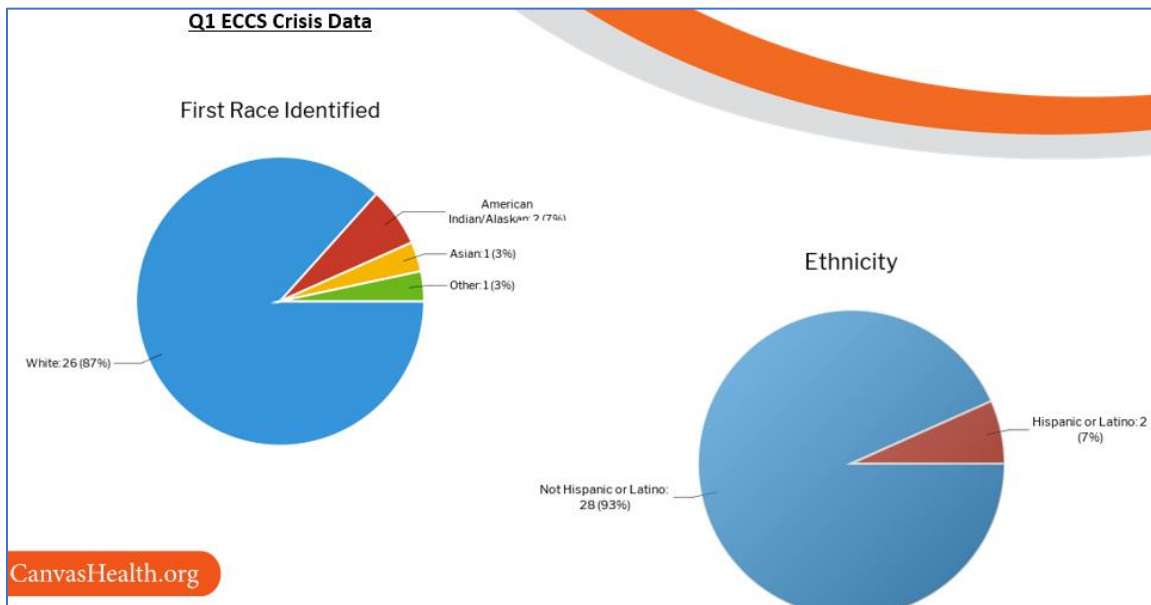
Response Time to Assessment



Q1 ECCS Crisis Data

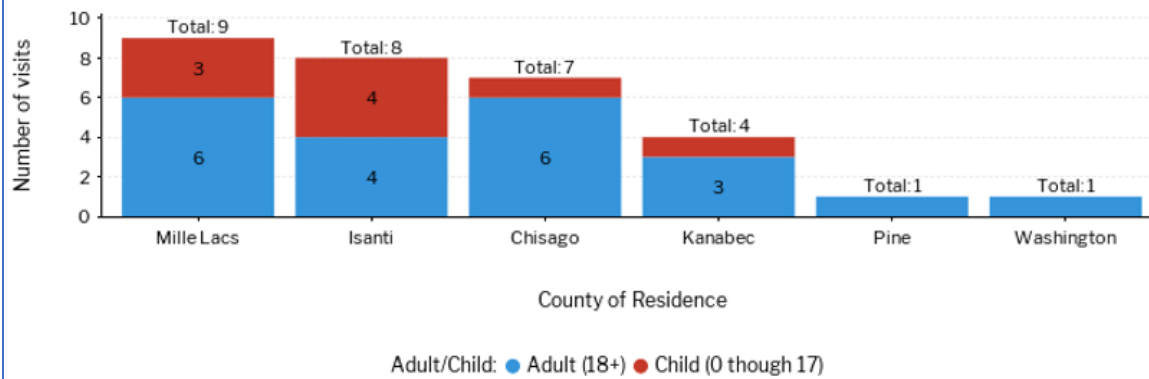
Age Range





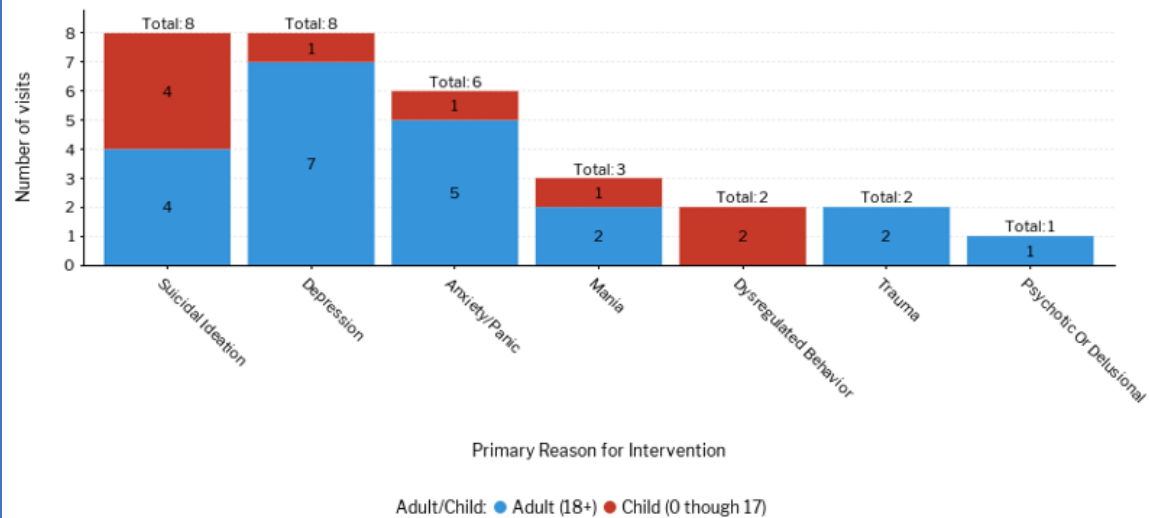
Q1 ECCS Crisis Data

Assessment by County of Residence



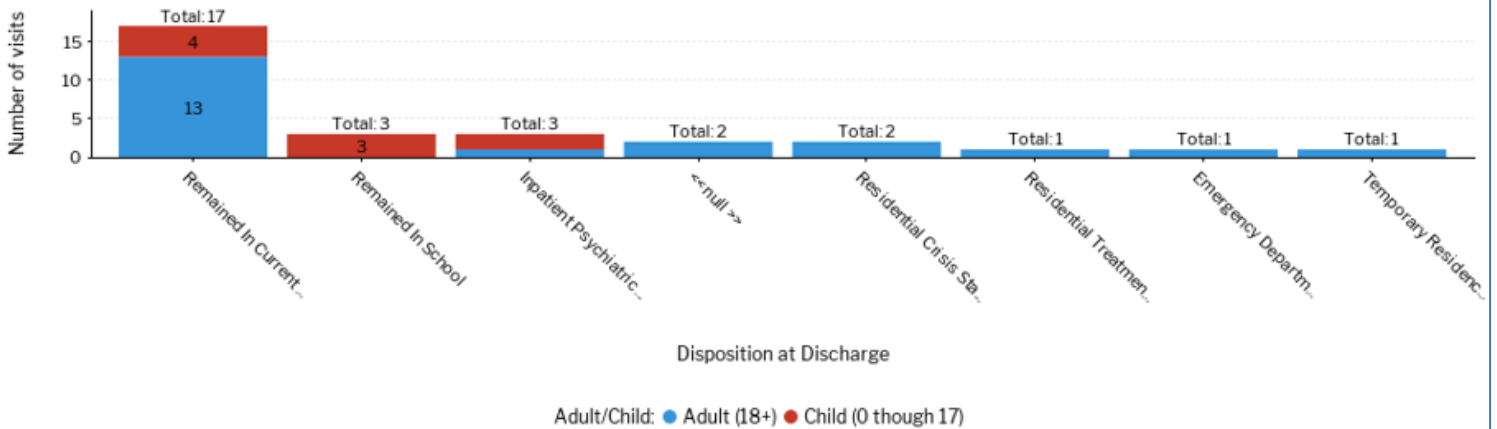
Q1 ECCS Crisis Data

Primary reason for crisis response



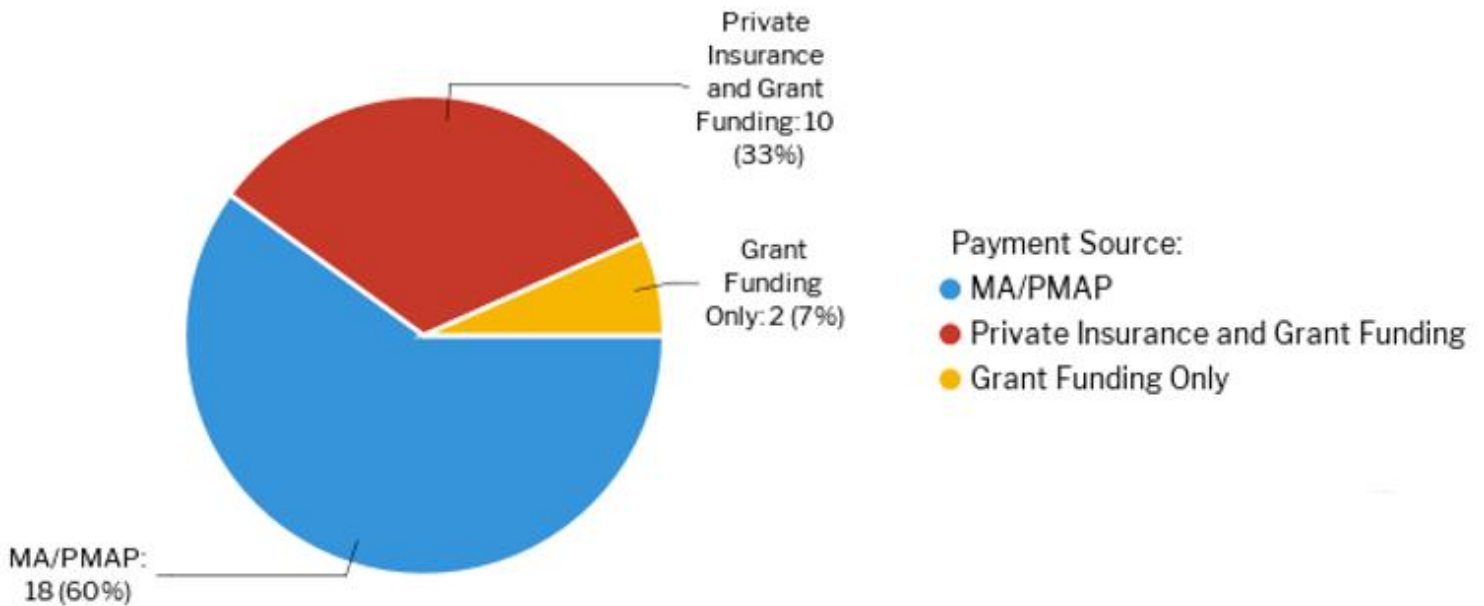
Q1 ECCS Crisis Data

Disposition at Discharge



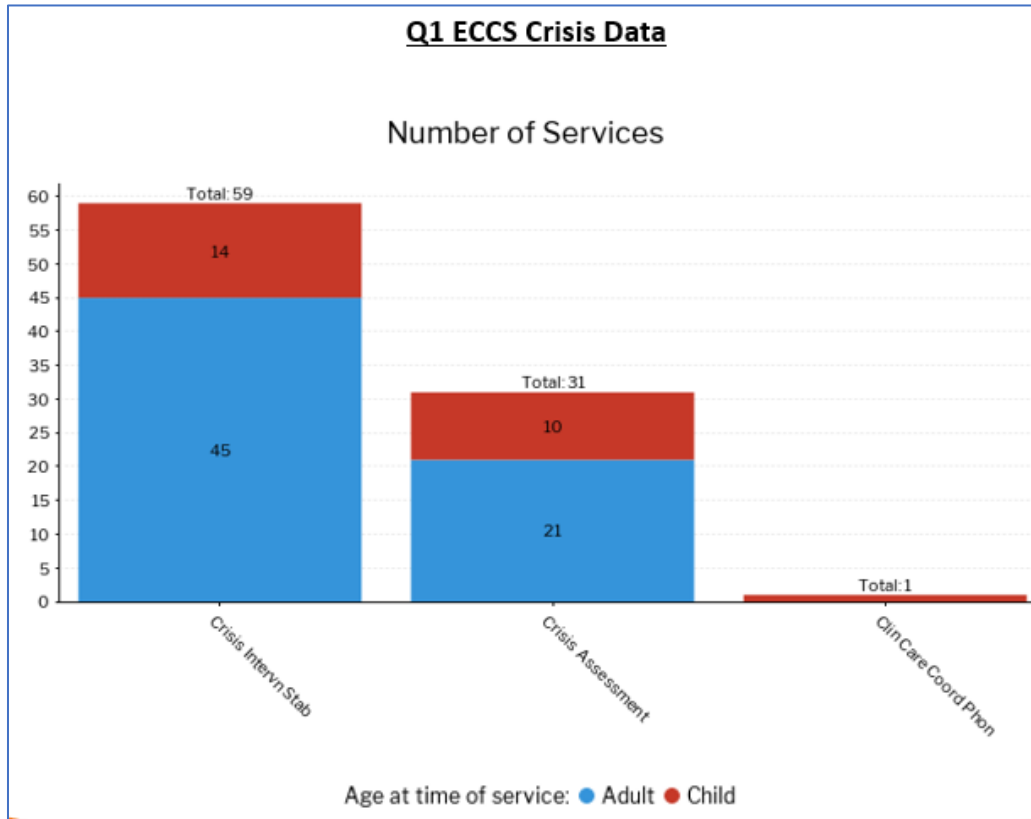
Q1 ECCS Crisis Data

Payers for Clients

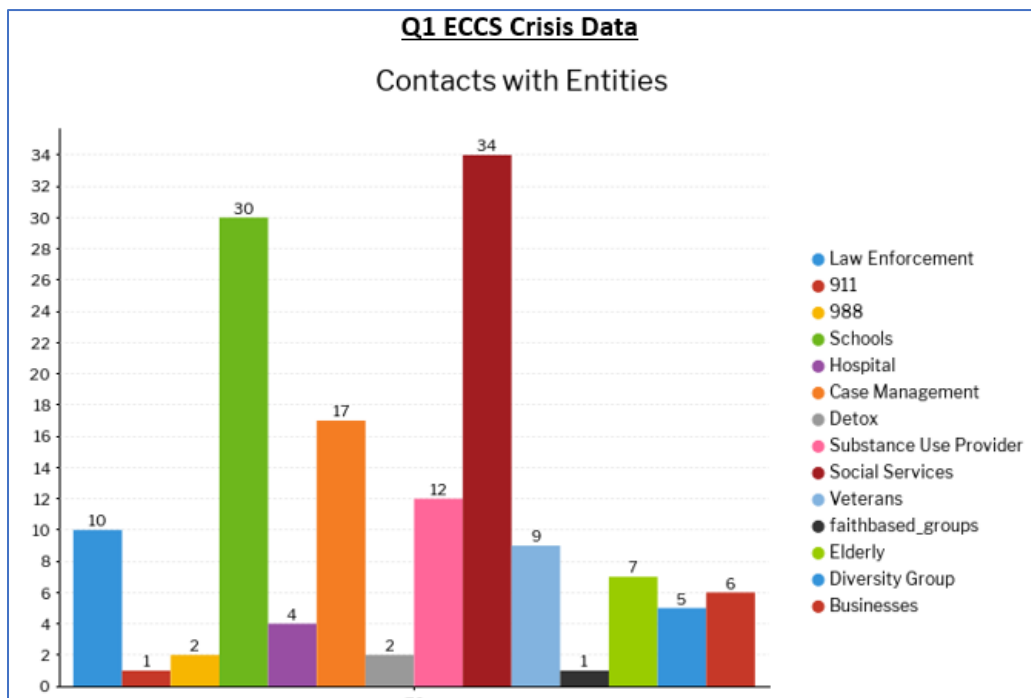


Total Services Provided

- 91 total services provided



Outreach Efforts



LAC updates or feedback

- Statewide LAC Advisory Workgroup meeting- working to update the LAC guidebook. April discussion surrounded how to facilitate more communication with county boards and creating a template letter for LACs to use to communicate to county boards. Also touched on needs assessments and how to highlight the purpose of LACs to support/improve advocacy or make advocacy easier. Next meeting is in May.
- Chisago- Next meeting is in May
- Isanti- Identified a location for a Drop-In Center; developed welcome packet for new LAC attendees, flyer/brochure being distributed to generate more participation.
- Mille Lacs- none received.
- Kanabec- Working on summer activity planning, booth at County Fair, National Night Out, and OCC.
- Pine- Commonwealth Group presentation on proposed housing project.

Quarterly/Monthly Reports (vendors exceeding \$50,000)

- LSS/Willow Grove:
 - As of 4/1/25, LSS as the Housing Supports service provider/contract holder, will hold service dollars/pooled funds.
 - CMHP is not a Housing Supports provider and therefore cannot hold service dollars/pooled funds.
 - LSS and CMHP will work out the transfer of existing pooled funds and revise the MOU between them.
 - LSS will pay CMHP \$1,020 for rent for each Willow Grove resident that receives 100% Housing Support.
 - DHS has requested an audit of pooled funds for the past three months from CMHP to LSS; Kelly from Chisago will also be included.
 - Currently, there is \$125,000 in pooled funds for Willow Grove.
 - LSS intends to seek feedback from residents about how to use some of these funds. Current thoughts include Wi-Fi, additional community computers, new beds, furniture, etc.
 - Amanda will draft the survey and share with Supervisors for review/edits.
 - Kelly noted that DHS stated that usually the Region will have a housing support specialist that monitors those funds, however, Chisago County does not have that position within their county, thus they are not monitoring those housing support funds; DHS will continue to monitor the funds. She further stated that their contract person manages housing support agreements.
- Lakes and Pines/Regional Housing Coordinator:
 - Landlord seminar in May; virtual option available; to attend virtually must RSVP by emailing Deb Kenny.
 - Contract Amendment in process for \$5,000 allocated to Bridges participants.
 - Met with Chisago County and Lakes and Pines regarding HSS. They are in a discovery phase of gathering information and building capacity for HSS. Pilot counties discussed were Mille Lacs and Kanabec, thinking of pursuing Mille Lacs first. Discussed importance of F/F and “hand holding” with those referred. Discussed struggles with service/barriers- travel is not reimbursed/large service area, Medicaid billing, Moving Expenses piece, etc. Lakes and Pines will be providing Housing Consultation AND Housing Stabilization Services (transition and sustaining). Goal is to start 8/1/25.

- ECCS/Canvas Health: Rori provided a presentation on current ECCS data at today's meeting.
 - We discovered that Region 7E Crisis Services was shorted \$138,314 for our State MH Crisis Grant 30 Q424 Reimbursement. We are in the process of pursuing this reimbursement.

Mental Health Crisis Services for Adults and Children Quarterly Budget Reporting Form Canvas Health				
Approved Budget	January 1, 2025 - March 31, 2025	April 1, 2025 - June 30, 2025	July 1, 2025 - September 30, 2025	October 1, 2025 - December 31, 2025
Area: East Central Crisis Services	due April 30th, 2025	due July 31st, 2025	due October 31st, 2025	due January 31st, 2025
Mobile Crisis Response Services	Amount	Amount	Amount	Amount
MH Professional(s)	\$9,122			
MH Practitioner(s)	\$27,244			
MH Rehab Worker(s) (Adult Stabilization only)	\$0	\$0	\$0	\$0
Rapid Access Psychiatrist	\$0	\$0	\$0	\$0
Certified Peer Specialist	\$105			
Staff Benefits and Payroll Taxes	\$8,751			
On-Call Staff	Amount			
Professionals	\$10,087			
Practitioners	\$25,616			
Certified Peer Specialist	\$0	\$0	\$0	\$0
Staff Benefits and Payroll Taxes	\$2,353			
Total Mobile and On-call Program FTEs and costs→	\$83,277	\$0	\$0	\$0
Phone Triage and Dispatch	Amount	Amount	Amount	Amount
MH Professional(s)	\$9,122			
MH Practitioner(s)	\$27,244			
MH Rehab Worker(s)	\$0	\$0	\$0	\$0
Certified Peer Specialist	\$105			
Other Trained staff	\$0	\$0	\$0	\$0
Staff Benefits and Payroll Taxes	\$8,751			
Other Trained staff	\$0	\$0	\$0	\$0
Contracted services	\$0	\$0	\$0	\$0
Total Triage and Dispatch FTE and costs	\$45,222	\$0	\$0	\$0
A) Total Program Staff Wages →	\$128,499	\$0	\$0	\$0
Administrative/Support Staff	Amount	Amount	Amount	Amount
Data Collection/ Administrative Support	\$16,655			
Fiscal support staff	\$14,589			
Grant management/monitoring	\$2,410			
Staff Benefits and Payroll Taxes	\$1,857			
Technology & Billing	\$11,114			
B) Total Admin Staff Wages →	\$46,624	\$0	\$0	\$0
* FTE = Full Time Equivalent based upon 40 hours per week				
Total Staff Wages - Total Program and Admin/Support Staff Wages from above (A + B)	\$175,123	\$0	\$0	\$0
Other Administrative Costs	Amount	Amount	Amount	Amount
Staff Orientation/Training	\$356			
Staff Travel	\$3,175			
Transportation to hospital, appointments etc.	\$0	\$0	\$0	\$0
Occupancy (rent, mortgage, facility improvements)	\$8,454			
Utilities (heat, electric, phone)	\$2,222			
Equipment	\$0			
Supplies	\$573			
Insurance/Liability	\$1,481			
After hours call answering & triage	\$7,512	\$0	\$0	\$0
C) Total Other Administrative Costs	\$23,774	\$0	\$0	\$0
Sum of A, B and C	\$198,897	\$0	\$0	\$0
Public Outreach/Education	Amount	Amount	Amount	Amount
Type of Public Education/Outreach	Amount	Amount	Amount	Amount
Purchased advertising costs	\$1,156			
Flyers, leaflets, magnets, pens, etc.	\$360			
Interpretive Services	\$0			
D) Total Public Outreach/Education Costs	\$1,516	\$0	\$0	\$0
Residential Costs (Adults Only)	Amount	Amount	Amount	Amount
Crisis Stabilization Bed Per Diems (Adult only)	\$0	\$0	\$0	\$0
E). Total Residential Costs	\$0	\$0	\$0	\$0
Total Expenditures Sum of A, B, C, D, and E	\$200,413	\$0	\$0	\$0
Projected Revenue from Billing				
Other Revenue				
Grant Request Amount→				

- Kanabec County Medication Management:

This is a request for payment of March 2025 services.

Description	Billing Rate	Total
26 Apts. – No Insurance	\$371.30/Apt.	\$9,653.80
39 Apts. – Medicare – Unable to Bill	\$371.30/Apt.	\$14,480.70
Admin. Fee	10% of Total	\$2,413.45
Invoice Total:		\$26,547.95

- Growing Connections:

- Referral status- Nearly full: Princeton: 7; North Branch 5

- RADIAS Health/ACT:

- 90-day notice issued on 4/1/25
- Halfway point of 90 day notice is 5/15/25.
- Radias offered to change the contract to provide access or increased capacity to other outpatient services like DBT which is virtual.
- Amanda suggested the Board may want to consider maintaining a contract for flex funds, possibly up to \$5,000, so they can continue to serve the R7E clients they are currently serving and have some flex funds for those folks.
- The next meeting is scheduled for Monday 5/5. Kelly, Jessica, and Amanda will attend that meeting.
 - Ask if they are willing to serve people in R7E using their current teams, especially if we were to provide flex funds.

- APFY: They will present at the May Regional LAC meeting.

- RISE:

- Mike agreed to come to the May GB meeting to discuss a new format of data collection.
- IPS review. Kelly asked about quality assurance and the importance of that.
- Amy Carter has asked Amanda to present to the COC in June.
 - Amanda is planning to create a slide deck to share about AMHI and what services we fund.

PICK'M Up Coalition Update:

- Pine County is the Fiscal Host
- Strategic Planning underway. Key focus areas are Education, Outreach, and Community Support.
- Working through donation acceptance process and identifying leadership team. Brianne McClellan, Deb Kenney, Deanna Williams, and Amanda Stevenson have been nominated for leadership of the group.
- 5K Suicide Prevention Walk 9/13/25 in Pine County. Save the Date; more information to come.

Follow Up from Last Meeting

- Medication Management Access/Information project update:
 - Purpose to assess needs and gaps
 - Review of information collected:
 - 17 provider locations. The majority provide both virtual and in person, some only virtual.
 - 15/17 provider locations bill Medicare
 - 9/17 provide rapid access/crisis appointments
 - 13/17 scheduling within 2 weeks, no show/cancellation policies varied
- Regional LAC attendance- distributed flyer; created some additional packets; continuing to lift up stipends and mileage reimbursement at other LAC meetings attended.
- People Inc. Crisis training- sent inquiry and received the following information:

Course Info

- [De-escalation: Mental Health Crises](#)
- [Critical Incident Stress Management](#)

We would be happy to set you up with free registrations for our regularly scheduled classes so that you or other decision makers can view content first-hand. If interested in auditing a class, please review our website and let me know:

- Name and date of session(s)
- Name and email of attendee(s) to register

Scheduling

It sounds like Q3 may be what you are looking at. If sooner, please let us know because our calendar tends to fill about 2 months out.

Pricing

Number of attendees	Rate per learner per hour
20 (min) - 75	\$22
75 - 150	\$19
150+	Special pricing
In-person trainings: • 3 hour minimum training length • Add \$1/mile travel cost to/from Eagan, MN	

For example, 30 staff for a 3-hour in-person class would come to \$1,980 plus travel. We do invoice after the training based on how many people attended (to a minimum of 20 people)

Hospital Outreach- letter drafted, waiting Resource Guide update completion/printing before mailing/initiating contact.

Cassie asked about having a table at the Pine event and Amanda asked if they would waive the table fee – waiting to hear.

Meeting adjourned 12:08pm. Emily motion to adjourn, Kelly seconded. Motion carried.

May Agenda Items

- Case Manager Report
- Mike Harper, Rise, to discuss IPS program
- Resource Guide Review
- Website Review