

Chisago County LAC Meeting Minutes

March 11, 2026

1-2 pm

Main Street Church, North Branch

Attendance:

❖ Welcome/ Agenda Addition

Kate Thron – Chisago County AMH/ CSP, Co-chair

Michelle Ochsendorf – consumer rep, co-chair

Kelly Ihrke – Chisago County AMH Supervisor

AS, JS, DD, BG

❖ LAC business

- (Ongoing) Formal proposal for gas card or gift certificates- Persons receiving services, and not attending in a professional capacity, will receive \$20 per meeting. Currently this will be in the form of a check. This could change to a gas card in the future.
 - Stipends for virtual attendance allowed, will gather mailing/ email address
- LAC Townhall (State Advisory Council workgroup) updates
 - DD, BG requested to be added
 - Continue to work on the LAC guidebook, focusing on updating language
- Regional LAC updates
- Planning for 2026
 - New co-chair – Michelle!
 - Responsible for attending Regional LAC, assisting with event and speaker coordination
 - Growing our LAC and recruitment
 - Summer Open House
 - Ice cream sundaes estimate \$67.75
 - (3) 1 gallon vanilla ice cream, (50 count) bowls, (48 count) spoons, (2) caramel syrup, (2) chocolate syrup, (2) strawberry syrup, (2) mixed nuts topping, (2) rainbow sprinkles, (3) whipped topping, ice cream scoop
 - Supplies donation allowed
 - Activities/ games
 - Who is responsible or are these being purchased?
 - Any volunteers to bring yard games? JS – corn hole
 - Unsure of location at this time due to relocation of Drop-in Center to upstairs at the Main Street Church, hope is to have at the Drop-in Center still with open house to run concurrent and option to attend LAC meeting
 - Indoor vs outdoor
 - Supply storage, coolers vs available freezer space?
 - How do we promote?
 - The County can pay for advertising to promote, want to ensure use of free resources too (hanging flyers in public places, etc.)
 - Use of social media, volunteers to hang flyers on public boards (coffee shops, grocery stores), local Chamber of Commerce
 - Included in Public Health Chisago Connect monthly newsletter
 - All LAC information (events, minutes, agenda) is shared on adultmentalhealth.org
 - Use of signage day of event
- Chisago County Fair
 - The County has had a booth in the past
 - Previously HHS had a shared booth, no booth last year
 - LAC volunteers to sit at the booth?

- Ideas for future speakers or workshop topics?
 - Coping skills, sound therapy, nutrition
 - Further discussed U of M extension workshops
 - Inquire with Thomasina Fisk - Waking Nomad
- ❖ Regional Adult Mental Health Initiative (AMHI) updates
 - Growing Resilience has been announced, Princeton only, Wednesday and Thursdays
 - Funding proposals open
 - Request for proposals for Mobile Crisis Services
 - Currently still provided by Canvas Health
 - Stark Transportation is now providing non-medical transportation
 - County referred eligible adults, will need to contact Stark for an estimate, no limitation on distance, if driver does need to wait to bring individual back the charge is \$25/ hr
 - Listening session coming up for State Suicide Prevention Plan
 - March 24th 10:30-12:30, virtual
- ❖ Resources
 - Chisago County has continued partnered with CredibleMind through 2026
 - Four, Bridges Vouchers currently available through Lakes and Pines
- ❖ Events/Training:
 - Drop-in center calendar can be found on adulthoodmentalhealth.org
 - Wednesdays; Hours 10-2, Main Street Church in North Branch
 - Drop-in Center is moving upstairs
 - NAMI Presentation
 - In Our Own Voice on Wednesday, March 18 from 11-12:30
 - Chisago County Fix-It Clinic
 - Tuesday, April 14, 2026 from 4 – 7 pm
 - Wyoming Area Library, 26855 Forest Blvd, Wyoming, MN
 - Mental Health Day on the Hill
 - Thursday, March 26th
 - WRAP seminar with Wellness in the Woods
 - Virtual May 26 & 27 9:30-4 pm each day
 - Certified Peer Support Specialist Training
 - In person May 11-15 and May 18-22 8:30-4:30
 - Sourcewell, 202 12th St NE, Staples, MN
 - Provided by Region V & AMHI for approved trainees
- ❖ Ongoing recommendations/needs: *Permanent affordable housing, improved access to ARMHS and CTSS, Transportation, Peer Support Specialist jobs/volunteer opportunities
 - Are there any other unmet mental health needs specific to our County?
 - How can these needs be met?
 - Insurance no longer covering virtual appointments
- ❖ LAC Schedule 2026
 - May 13**
 - July 8**
 - September 9**
 - November 18 – pushed back a week due to Veteran’s Day**
 - *meetings will be offered in a hybrid format with TEAMS invite to be sent to LAC email list**
- ❖ Adjourn