

Regional LAC Meeting Minutes

January 26, 2026; 1:00pm – 2:00pm; In Person at Isanti County Family Services and via Zoom

Present:

Andersen, Jennifer	Canvas, ECCS
Alida, Danielle	Blue Cross
Harper, Mike	Rise
Hawkins, Emily	Isanti County
Ihrke, Kelly	Chisago County
Janke, Lainie	TSA
Johnstone, Stacy	R7E Consumer Rep
K., Joel	Pine County LAC
Klanderud, Nicki	Allina, CMC
Lind, Nicole	RSI

Maria	Isanti County LAC
Matthewson, Natalie	MNCOA
McGonigle, Emily	Sagent Behavioral Health
Mikrot, Lisa	Safe Transitions
O. Michelle	Consumer Rep
Plagens, Mac	Recovering Hope
Schmidt, Barb	Pine County
Stevenson, Amanda	R7E Planner
Williams, Melissa	Sunflower Communities

Amanda Stevenson opened the meeting with introductions.

Confirm appointment for 2026 Chair for the Regional LAC: Joel Kosbab.

Approve November Meeting Minutes, motion by Amanda Stevenson to approve the November meeting minutes, seconded by Stacy J. All ayes, motion carried.

Governing Board Update, Amanda Stevenson

- The AMHI will not be contracting with Dr. Beth Good & Associates at her request.
- Still finalizing service contracts for 2026.
- Kanabec County will be winding down their med management services.
 - If you have a client who has med management needs, the AMHI has a process for that. Please connect with the Planner to access those resources.
- Stark Transportation is contracted to provide non-medical transportation, county referral required.
- AMHI and mobile crisis 2025 underspending, exact amounts pending until invoices and refunds are finalized.
- AMHI/mobile crisis outreach items are available.
- Peer Support Specialist training May 11-22, 2026, for Certified Peer Specialist. We will be inquiring if DHS will approve travel expenditures for anyone we want to send to the training.
- There is a new mental health hospital in St. Paul, Capital Park Mental Health Hospital. It is at the site of the old Bethesda Hospital. Inpatient and outpatient.
 - Capitol Park Mental Health Hospital (Affiliate of Fairview Health Services) is **accepting referrals** for its **Adult (18+) Mental Health Inpatient program**.
 - **Main phone:** (763) 237-6800
 - **Admissions fax:** (763) 356-4100
 - **Website:** www.capitolparkmentalhealth.com
 - **Additional phone listed:** (763) 656-0178
 - **559 North Capitol Boulevard, St. Paul, MN 55103**
 - Referrals are handled via **fax**, and requested documentation includes: medical history, current medications, provider notes, labs (CBC, CMP, tox screen), nursing notes & vitals, discharge summary, and any completed mental health assessments.
 - **All documents must include the patient’s name and DOB.**
 - **Inpatient care overview:** treatment in a hospital/specialized facility with **overnight stay**, a **structured environment**, and **24/7 medical supervision, therapy, and support**.
 - **Who it’s for:** generally recommended for **severe symptoms** (e.g., acute depression/anxiety, bipolar disorder, schizophrenia, suicidal thoughts) or **high-risk behaviors** (self-harm, substance abuse, etc.), based on professional assessment.
 - **Therapies available:** may include **individual, group, family therapy, CBT, DBT**, and others depending on needs.

Consumer Rep, Stacy Johnstone

- Still busy. Lots of info at Drop-in Centers and LAC Meetings.

Consumer Rep, Michelle O.

- Welcome to Michelle, our new consumer rep.

Isanti County LAC, Maria

- Maria noted they are working to promote the LAC and will be tabling at events. Talking about crisis services.

Pine County LAC, Joel

- New LAC leader for Pine County LAC, Catherine. Joel is providing guidance to her on leading the group.
- Also considering training people to step in for the Chair of the Regional LAC Meeting too.
- March 26, 2026 Mental Health Day on the Hill, shuttle van will be available funded by the Region.

Central Minnesota Council on Aging, Natalie Matthewson

- The name of the Senior Linkage Line changed to Minnesota Aging Pathways, same number and same service to talk to a resource specialist. Helps older adults or caregivers. Available to provide presentations at the LAC meetings.
 - CMCOA and Minnesota Aging Pathways Presentation Topics- https://cmcoa.org/wp-content/uploads/2025/09/SLL-w_Dev_2025.websiteMAP.pdf
- March 2, Workforce seminar. Partnering with DEED and Central MN Jobs and Training Services. Topics about older adults and caregivers in the workforce.
- March 16, Home is Where the Health Is with Midman Legal Aid, about staying in your home, adjustments, income, etc.
- Central MN Council on Aging Upcoming Events- <https://cmcoa.org/upcoming-cmcoa-events/>
- DHS Live Well at Home- The RFP is not out yet- <https://mn.gov/dhs/partners-and-providers/grants-rfps/live-well/>
- State Site for the Dementia Grant- <https://mn.gov/board-on-aging/direct-services/grants/dementia-grants/dementia-grants-rfp.jsp>
- If you have an older adult or caregiver needing assistance from the Minnesota Aging Pathways Resource Coordination Team, you can submit a referral on line <https://aging-pathways-referrals.powerappsportals.us/>
 - Go to the **Help for Older Adults** Section.

CMC/Allina, Nicki Klanderud

- CMC has completed an 18-month process with community stakeholders who provided information and feedback. The Board approved the plan in December to address mental health, substance use, focus on recovery and supporting social needs, transportation, healthy food, housing, social isolation and social connectedness. Reach out to Nicki with any questions or ideas.
- Community Health Needs Assessment and Plan for 2026-2028 link: <https://www.allinahealth.org/about-us/community-involvement/need-assessments/2026-2028-needs-assessments-and-implementation-plans>

Sunflower Communities, Melissa Williams

- Openings in Waconia and Elmore locations.
- Just updated policy for CADI or EW. They will review a potential client as long as their mid-choice assessment has been completed.

Rise, Mike Harper

- Busy, lots of accreditations
 - HUD review
 - DHS review for ARMHS
 - CARF review in April/May
- New employment consultant in Milaca, Sheri
- New employment consultant in Mora, Chad

Sagent, Emily McGonigle

- Openings for outpatient adults/child
- Small waitlist for ARMHS
- Psych provider in house for med management in Cambridge

TSA, Lainie Janke

- Outpatient availability in Cambridge and Pine City
- Clinical trainee in Pine City taking on adults, children, and adolescents
- Providing Behavioral Health in schools from Sandstone to Forest Lake.
- Deaf, Hard of Hearing, and Deafblind program in rural Minnesota, referrals for children. They have a new provider, Everett
- Early childhood mental health program includes parents struggling with their littles
- Adolescent Day Treatment available

RSI, Nicle Lind

- Nicole Lind is the new Executive Director. Jon Nelson retired at the end of 2025.
- Alicia Stands, new Senior Director (took Nicole's role).
- Taking referrals for CRS programs
- Taking referrals for individual home supports programs
- Wait list for IRTS

Safe Transitions, Lisa Mikrot

- New ARMHS practitioner for the region

ECCS, Jennifer Andersen

- Have new provider starting in March in Sturgeon Lake who will be providing outpatient therapy.
- New Outpatient provider in North Branch, Betsy
- Brianna, sees youth and children
- Substance use program openings

Danielle Alida, Blue Cross

- Blue Plus is their Medicaid program
- Business as usual, big changes in health plans for seniors
- Behavioral health department supports providers and offers online supports as well as in person supports.
- Transportation available to Blue Plus members through Blue Ride
- Blue Plus- [Medical Assistance \(Medicaid\): Behavioral Health | Blue Cross MN](#). Member Services- **1-800-711-9862**
- [BlueRide Transportation Request | Blue Cross MN](#), BlueRide - **1-866-340-8648**
- Seniors- [SecureBlue \(Minnesota Senior Health Options\) | Blue Cross MN](#) - **(651) 662-1811**

Cambridge Medical Center, Jennifer Asanovich

- Two adult Day Treatment tracks for group programming. Day treatment differs from their partial hospitalization programs in that they meet three times a week for three hours a day.
- Offer a partial hospitalization program for adults.

Isanti County, Emily Hawkins

- Drop in Center is open the 1st and 3rd Thursday every month from 10:00am-2:00pm
- Encourage providers to advise their clients about the LAC meetings and the Drop-in Center
- Fully staffed and taking referrals for case management

Pine County, Barb Schmidt

- Reviewed LAC and Drop in Center info
- Drop-in Center will put together mental health resource bags for community members in need
- Day on the Hill, March 26; transportation will be available
- Mental Health Awareness Event, May 21 at Pine Technical College in Pine City

Agenda suggestions for the next meeting:

- Approval of minutes