

## Region 7E Adult Mental Health Governing Board Meeting

January 26, 2026

9:00am - 12:00Noon

Participate in Person or via Zoom

Governing Board Member	Affiliation
Christian Ederer	DHS
<b>Kelly Ihrke, 2026 GB Chair</b>	Chisago County
<b>Emily Hawkins, Fiscal Host &amp; 2026 Vice Chair</b>	Isanti County
Katie Heacock	Kanabec County
Cassie Dahlberg, Case Manager Rep	Kanabec County
Jessica Andrich	Mille Lacs County
Barbara Schmidt	Pine County
Stacy J.	Consumer Rep
Michelle O.	Consumer Rep

Meeting URL:

<https://us02web.zoom.us/j/83069978187>

Meeting ID: **830 6997 8187** and Passcode: **445737**

For better sound quality, dial: **1 312 626 6799**

Meeting ID: **830 6997 8187** and Passcode: **445737**

To unmute if calling in, click: **\*6**

“One or more Board members may participate in this meeting by interactive technology.”

### KEY:

**= attachment**

**= may need more info/incomplete**

### 9:00AM: CALL to Order

- **Approval of the agenda**
  - Are there any objections to approving the agenda as presented?
  - Approved  Amended
- **Approval of Previous Meetings Minutes December**
  - Approved  Amended  Deferred
- **Approval of Previous Meetings Minutes 1/12/26- Special Meeting**
  - Approved  Amended  Deferred
- **Consumer Rep Updates:**
  - Stacy
  - New Consumer Rep for 2026, Michelle O.
    - Confirm appointment
    - Approved  Deferred

### 9:30AM:

- **Budget Review and Budget Actions:**
  - **2025 Budget**
  - **2026 Budget**
  - Regional Flex Fund requests exceeding \$1,000:
    - Isanti- \$4,706.18- for car repairs (engine replacement and labor = \$4,436; other charges are for oil change, gaskets, belts, fluids, coolant.) BRASS 418
      - Approved  Amended  Deferred
    - Isanti- \$2,200- Housing Subsidy of \$200/month for 11 months (February-December 2026) N.N.
      - Approved  Amended  Deferred
    - Isanti- \$2,200- Housing Subsidy of \$200/month for 11 months (February- December 2026) K.M.
      - Approved  Amended  Deferred

### In Person Meeting Location

Isanti County Family Services; 1700 East Rum River Dr. So.; Cambridge MN 55008 763.689.1711

## 10:00AM:

- **Canvas Health/ECCS Quarter 4 Data with Rori**
  - Power Point
  - First Call for Help (FCFH) 2025 “green sheet”
  
- **Program and Service Provider Reports:** *(Add additional reports as needed. Limit each report to 5 minutes unless an action item is required.)*
  - **Growing Connections:**
    - 3- 5-week session cycles; 2 sessions/week (30 sessions)- 9 spots in each session
    - 1 end of year celebration for all (1 large session)
    - 31 total sessions
    - Princeton farm (Prairie Care Farm) only; good reasons for this
    - Discussed developing rate/person for service provided, if helpful, instead of how invoiced/expensed last year. Cindy considered and would prefer to continue, as before.
  
  - **Stark Transportation:**
    - Stark invoices every two weeks
    - Vendor Approval Form created/reviewed with Manny.
    - One time approval or ANNUAL budget for specific purpose. First come, first served.
    - Control number or client ID will be assigned to reduce information shared/on invoices but will facilitate minimum necessary for individual budget management. ID assigned will reflect COUNTY and QUANTITY. (C1, I1, K1, P1, M1, and so on). This will also help facilitate data collection.
    - **Regional Flex Fund Form- Vendor Approval Form**
  
  - **Lakes and Pines:** *Regional Housing Coordination, Triage, and Bridges Voucher program*
    - **SPMI Verification Form created**
    - Lakes and Pines made the decision to lay off the Regional Housing Coordinator on 1/7/26 until the Contract is fully executed. The Isanti County Board approved the contract on 1/20/26. As of today, I do not have a date of return.
    - Subcommittee updates, if any from 1/21
  
  - *Other Program and Service Provider Reports*
  
- **Unfinished Business:**
  - **Item 1:** **Bylaws (mark up version and draft with revisions)**
    - Would the Board like to see any additional changes or revisions? No suggestions were sent to the Planner as of 1/20/26
    - Approval:
      - **Motion:** \_\_\_\_\_ **Second:** \_\_\_\_\_ **Outcome:** \_\_\_\_\_
  
  - **Item 2:** **Governing Board composition moving forward (if Bylaws are accepted)**
    - Who can be on the Governing Board email list?

- **Item 3:** Subcommittees and assignments:
  - Outcomes/Process
  - Housing- Lakes and Pines
  - Crisis?
  - Transportation?
- **New Business:**
  - **Item 1:** Complaint Policy and Process
    - Next steps
  - **Item 2:** Data or information requests
    - Next steps
    - Shall we use Isanti County's form or create our own?
  - **Item 2:** Certified Peer Specialist Training Opportunity in 2026
    - Region 5+ will be hosting this opportunity at Sourcewell in Staples, MN 5/11/26-5/22/26.
    - Training provided by RI International (same company DHS has used/worked with).
    - They do not have the capacity to fill all the spots for the training.
    - Opportunity to partner; Region 5+ requests that we would provide support for lodging and travel reimbursement for anyone from our Region.
    - Thoughts? Do we have interest?
- **Announcements/Updates:** (Upcoming events, deadlines, policy changes, etc.)
  - Chisago County- NAMI presentation- Creating Caring Communities on Wednesday, January 28<sup>th</sup> from 11-12 @ Drop In Center
  - Mental Health Day on the Hill- 3/26/26
    - Stark has an 11-passenger shuttle/bus; Cost is \$400 round trip. If the driver waits for pick up, add'l \$25/hr.
    - Pine has had 8 or so people go annually. 3 spots (or more) available to others in Region.
    - Shall we proceed? If so, under Stark's contract or a Regional Flex Fund Request for Transportation.
  - Allina Health Employee Wellness Fair- 4/8/26
    - Would the Board like R7E AMHI there/represented?
  - Pine's Mental Health Awareness Event- 5/21/26
    - Would the Board like R7E AMHI there/represented?
- **Action Item Summary/Items for February's Agenda:**
  - Mobile Crisis RFP draft-
    - Please review the draft before February's meeting.

- We need to determine when and how it will be posted/advertised/shared. (we do not yet know the amount available or granted to us for 2027-2028; the 2025-2026 cycle included additional “one time” allocations.)

- **Open Forum/Public Comment**

- **Adjournment**

- “If there is no further business, the meeting is adjourned.”
- Time: \_\_\_\_\_

## 2026 Governing Board and Regional LAC Meeting Schedule

- **Governing Board Meetings: 9:00am – 12:00pm: 4<sup>th</sup> Monday each month except May and December**
- **Regional LAC Meeting: 1:00-2:00pm – every other month as scheduled below**

**In Person at Isanti County Family Services, Conference Room A and virtual via Zoom**

<b>January 26 – 1:00pm Regional LAC Meeting</b>	<b>July 27 – 1:00pm Regional LAC Meeting</b>
<b>February 23</b>	<b>August 24</b>
<b>March 23 – 1:00pm Regional LAC Meeting</b>	<b>September 28 - 1:00pm Regional LAC Meeting</b>
<b>April 27</b>	<b>October 26</b>
<b>May 18 – 1:00pm Regional LAC Meeting ONE WEEK EARLY</b>	<b>November 23 - 1:00pm Regional LAC Meeting</b>
<b>June 22</b>	<b>December 21 ONE WEEK EARLY</b>

### Wish List

- Transportation stipends for SPMI via Lift or Uber Account.
- Jail support/services
- Crisis training for County Case Managers
- Support Groups
- Budget for a needs assessment in 2027 for 2028.