

Region 7E Adult Mental Health Initiative

Regional LAC Meeting Minutes

March 23, 2026; 1:00pm – 2:00pm; In Person at Isanti County Family Services and via Zoom

Present:

| | |
|-------------------|-------------------------|
| Andrich, Jessica | Mille Lacs County |
| B., Rhonda | Kanabec County LAC |
| Beise, Joy | VRS |
| Burns-Penn, Maeta | Rise |
| D., Deb | Kanabec County LAC |
| Gruba, Kelsey | Fernbrook Family Center |
| Harper, Mike | Rise |
| Hawkins, Emily | Isanti County |
| Ihrke, Kelly | Chisago County |

| | |
|---------------------|--------------------------|
| Janke, Lanie | TSA |
| Johnstone, Stacy | R7E Consumer Rep |
| K., Joel | Pine County LAC |
| Lind, Ncole | RSI |
| Matthewson, Natalie | CMCOA |
| McGonigle, Emily | Sagent Behavioral Health |
| O. Michelle | R7E Consumer Rep |
| Schmidt, Barb | Pine County |
| Stevenson, Amanda | R7E Planner |

Joel opened the meeting with introductions.

The group reviewed the January Regional LAC Meeting Minutes.

- Correct the meeting minutes to show Natalie Matthewson’s organization as CMCOA.

Motion by Barb Schmidt to accept the minutes as corrected, Michelle second. All ayes.

Governing Board Update, Amanda Stevenson

- AMHI funding is available for 2026, <https://adulmentalhealth.org/available-funding-for-spmi/>
- RFP for mobile crisis services which needs to be done every 2-4 years, the RFP info is on the website, <https://adulmentalhealth.org/east-central-crisis-services-region-7e-request-for-proposals/>
- The GB approved a funding request with Plum for an evidence-based parenting program, beginning in April. Flyer on website at <https://adulmentalhealth.org/evidence-based-parenting-program/>
- Three individuals from our Region will attend the peer specialist training. <https://adulmentalhealth.org/great-opportunities-to-be-a-certified-peer-specialist/>
- We have a group of people from our Region attending Day on the Hill this Thursday, <https://adulmentalhealth.org/mental-health-advocacy-at-the-capitol-march-23-26-2026/>
- An Uncompensated Care Form for providers to complete will be posted on the website. If providers are interested or have questions, they may contact Amanda Stevenson at Amanda.stevenson@co.isanti.mn.us
- A new Resource Directory is live on our website. Search is available by name or category. <https://adulmentalhealth.org/>

Consumer Rep, Stacy Johnstone

- A recent observation is that some people we work with have always received services. The work we do individually and as a group to share information about our services is important. It’s a hard shift for folks to transition from having services to being engaged within the community.

Consumer Rep, Michelle O.

- Chisago LAC is having an Ice Cream Social in July to encourage attendance.
- Recently had a NAMI speaker presenting In Our Own Voice which provides a personal perspective of mental health conditions.

Kanabec LAC, Rhonda B.

- Busy planning summer activities.
- Might move the meeting to the park in May

Pine LAC, Joel K.

- Joel resigned as chair of the Pine LAC, he has been guiding the new chair and the transition is going well.
- Mental Health Awareness event at the Pine Technical and Community College on May 21.

- Had great day packing gift bags for hospitals, care and crisis facilities, put together 100 bags.
- Day on the Hill this Thursday
- Speaker this month was from Empower Recovery Café which is open Monday-Friday for anyone who believes they are in recovery from mental health and/or substance use or are homeless. They offer clothing, coffee, peer recovery specialist, NA and AA meetings. It's not a café per se, but more of a drop in center.

Emily McGonagle, Sagent Behavioral Health

- Openings for in person and virtual therapy
- New psychiatric provider has in person or virtual appointments available
- Wait list for ARMHS, 3-4 weeks
- Care management is a step-down case management program is taking referrals
- SUD services have openings

VRS, Joy Beise

- Job fair in Pine City at the Pizza Pub [Attend a Job Fair or Networking Event | CareerForce](#)
- Active in schools and community

Rise, Mike Harper

- Provide Employment, Housing, ARMHS services in all five counties
- CARP accreditation every three years, expires in June so they are expected in May
- IPS grants reviewed by the State in April
- One opening for employment consultant in Lindstrom

TSA, Laine Jainke

- Attending Day on the Hill this Thursday
- Providers in Cambridge have limited openings
- Family and Marriage therapy has openings
- Provider in Pine City has openings for new clients
- For the last three years, they have hosted a statewide conference for deaf, hard of hearing, and deaf/blind population. They've now opened the conference to nationwide attendees. The conference is coming up May 1 at the Fairview Community Health and Wellness Hub in St. Paul. <https://adulmentalhealth.org/tsas-health-wellness-conference-2026-early-bird-special/>

CMCOA, Natalie Matthewson

- Mn Aging Pathways used to be called the Senior Linkage Line. They rebranded with a new name, but offer the same service and it's the same phone number.
- Older Americans at Title III funding for services such as homemaker, chores, caregiver support, nutrition, evidenced-based family programming.
- Natalie also works on building services and support for older adults and caregivers.
- https://cmcoa.org/wp-content/uploads/2025/09/SLL-w_Dev_2025.websiteMAP.pdf

Fernwork Family Center, Kelsy Gruba

- Lighthouse merged with Fernwork Family Center at the end of 2025
- Still providing all same services, hoping to build more community programs
- Cambridge office, looking for a skills worker and mental health practitioner for ARMHS and skills clients

RSI, Nicole Lund

- CRS openings and In-home supports avail
- Lotus Grace IRTS program in Cambridge, doing the off-cycle revalidation with the state for one of the high-risk services. They have submitted the paperwork and are waiting for the unannounced site visits to occur.

Safe Transitions, Lisa Mikrot

Lisa sent this report via email as she was unable to attend the meeting:

- Safe Transitions has current openings for ARMHS with a practitioner who has an open caseload.

Mille Lacs County, Jessica Andrich

- Case manager coming back from maternity leave on Monday

Chisago County, Kelly Ihrke

- Very busy
- Recently hired case manager who will be doing adult mental health case management and assessments
- Have also started doing assessments in the jail population. The day it opened up, they had four referrals right away.

Pine County, Barb Schmidt

- Drop in Center, Tuesday's 10-2
- Attending Mental Health Day on the Hill
- Mental Health Awareness Event May 21
- Drop in Center did great job putting together the mental health support baskets

Kanabec County, Rhonda B

- Moving offices now
- Getting a TMS chair, an electronic therapy chair which provides good results for depression

Isanti County, Emily Hawkins

- Drop in Center is open Thursday's, every other week, 10-2
- Distributed an LAC calendar for next three months
- Fully staffed
- Busy, and things are going well

Agenda suggestions for the next meeting:

- Approval of minutes

The May meeting will be on May 18 which is one week earlier to accommodate Memorial Day.

Adjourned 1:39pm

The following flyers are hyperlinked for your convenience.

CareerForce
EAST CENTRAL CAREER FAIR

SAVE THE DATE
Tuesday, April 14, 2026
Noon – 2:00pm

Resume Review Session 11am - 12pm

Pizza Pub Pine City
500 3rd Ave SE, Pine City, MN 55063

Employer Registration will be available starting Wednesday, March 4.
Email recruiting@careerforce.org to be added to the registration notification list.

EMPLOYMENT AND ECONOMIC DEVELOPMENT
Central Minnesota Chamber of Commerce
CENTRAL MINNESOTA Jobs & Training Services

25th Annual CELEBRATION!

Health & Wellness Conference 2026
Therapeutic Services Agency, Inc.
Made possible by grant funding through MN DHS Deaf, Deafblind, and of Hearing, State Services Division

Featuring **Dr. Deborah Mood, PhD**

DHH+ASD: Differential Diagnosis and Intervention Considerations
The purpose of this program is to support attendees in recognizing symptoms of autism spectrum disorder (ASD) to facilitate referrals for earlier diagnosis and to understand intervention considerations for their children with ASD.

MAY 1st, 2026
8:30AM - 4:30 PM
In person \$120.00*
Virtual \$75.00**

***REGISTRATION WILL GO LIVE WITH EARLY BIRD SPECIAL ON MARCH 1ST 20% SAVINGS**

VIRTUAL REGISTRATION IN-PERSON

Contact Information: 320-529-7500
TSA Website: www.hopenetized.com

EVIDENCE-BASED PARENTING PROGRAM
A free, 10-session prevention-focused parenting program for your clients with co-occurring mental health needs.

EVIDENCE-BASED

KEY QUESTIONS

- 1. Search, evaluate, and report guidelines
- 2. Parenting stress
- 3. Positive parenting practices and caregiver involvement
- 4. Depression and anxiety symptoms
- 5. CHDQ maltreatment risk factors

KEYWORDS

- Depression
- Anxiety
- PTSD
- BPD
- bipolar disorder
- Substance use recovery
- High parenting stress
- Childhood trauma history
- CPS involved families
- Prevention
- Self-helping
- Children ages 0-17

Program Details

- Week of April 13, 2026
- Delivered via Zoom
- 10 sessions x 1 hour each
- Not used for billing
- Available at planning.org

How to Refer

- 1. User by eligible family with children ages 0-17 in the 5-county area
- 2. Screen program and obtain client consent
- 3. Complete initial form of planning.org or contact us directly
- 4. We contact client within 3 business days for pre-qualification form return

Design Clinical Features

- 100% self-paced and self-directed
- Accessibility to reduce literacy and language barriers
- Available in multiple languages
- Available in multiple formats

Questions? Contact: contact@hopenetized.com

Region 7E AMHI Uncompensated Care/Flex Funds Policy and Request Process for Providers

The intended purpose of the Region 7E AMHI Uncompensated Care and Flex Funds is to provide regional partners access to funding to provide the necessary treatment, services, and supports to adults with Serious and Persistent Mental Illness (SPMI) in their community, especially those who are uninsured and underinsured.

All Uncompensated Care Requests must follow the below guidance:

- **Adult only (Age 18+)**
- **Meet SPMI criteria, as defined by Minn. Stat. 245.462, Subd. 20, (c)**
- **Be a resident of Region 7E.**

Uncompensated Care Requests for services that are insurance billable shall follow the below guidance:

- Region 7E defines an **uninsured adult** as an adult without any form of health care coverage and has been denied or not eligible for Medical Assistance.

- Region 7E defines an **underinsured adult** as an adult with Medicare only or private insurance, with a service need that is not covered by their existing plan, and they are not eligible for Medical Assistance.

-Please note: Region 7E is unable to fund Medical Assistance copays or spenddowns, MinnesotaCare copays or premiums, Medicare copays or premiums, hospital level of care expenses, or care for incarcerated individuals.

Request Process:

Step 1: Identifying the individual's county of residence within Region 7E.

Step 2: Complete the Region 7E AMHI Uncompensated Care or Flex Funds Request Form and contact the Behavioral Health/Social Services Supervisor of that County that also sits on the AMHI Governing Board to discuss the need.

- Chisago- Kelly Ihrke (Kelly.ihrke@chisagocountymn.gov)
- Isanti- Emily Hawkins (Emily.hawkins@co.isanti.mn.us)
- Kanabec- Katie Heacock (katie.heacock@kanabecountymn.gov)
- Mille Lacs- Jessica Andrich (Jessica.andrich@millelacs.mn.gov)
- Pine- Barb Schmidt (barbara.schmidt@pinecountymn.gov)

Step 3: The Supervisor of the County will assess the need and determine if the request should be brought to the AMHI Governing Board.

Step 4: Requests exceeding \$1,000 will require majority vote approval by the AMHI Governing Board. Requests \$1,000 and under are at the discretion/approval of the Supervisor of the County.

Step 5: If request is approved, providers are responsible to ensure data is reported in the Minnesota Health Information System (MHIS) as required.

Region 7E AMHI Uncompensated Care or Flex Funds Request Form for Providers

Date: _____

Consumer's Name: _____ D.O.B: _____

Consumer's Race: Caucasian Black or African American American Indian/Alaskan Native Asian
 Pacific Islander Declined Unknown

Is the Consumer Hispanic or Latino? Yes No

Consumer's Address: _____

Consumer's Phone: _____

Amount of Request: _____

Duration of Request: _____

Requested for the Purpose of:

- Diagnostic Assessment (DA) (BRASS 408)
- Housing Flex Funds (BRASS 443)
- Day Treatment (BRASS 468)
- ACT (BRASS 438)
- Adult Outpatient Therapy (BRASS 452)
- IRTS (BRASS 474)
- Residential Crisis Services (BRASS 436)
- Client Flex Funds (BRASS 418)
- Transportation Expenses (BRASS 416)

Summary of request:

Has the Consumer applied for and/or been denied Medical Assistance? Yes No

Have all other funding sources been maximized? Is the service provided insurance billable? Please explain:

Do you attest that the Consumer is SPMI as defined in Minn. Stat. 245.462, Subd. 20, (c)?

Yes No Diagnosis: _____ Name and

Title/Licensure of Provider attesting:

Payment/Billing Address (please provide any specific details that should be included on payment):

Requested By:

(Provider Name, Address, Phone number, and Email)

County Supervisor Approval:

| |
|--|
| If exceeds \$1,000 Majority Approval: |
| Chisago |
| Isanti |
| Kanabec |
| Mille Lacs |
| Pine |
| Consumer Rep |