

**Region 7E Governing Board Meeting  
MEETING MINUTES  
March 23, 2026; 9:00am – 12:00 Noon**

Attendees:

Affiliation		Governing Board Members		Directors
Chisago County	x	Kelly Ihrke, 2025 Vice Chair		
Chisago County	x	Jolene Thorsen		
Chisago County	x	Stacy Johnstone, Consumer Rep		
Chisago County	x	Michelle Ochsendorf, Consumer Rep		
Isanti County	x	Emily Hawkins, Member & Fiscal Host		Jodi Donnay
	x	Alexandra Godeen		
Kanabec County		Katie Heacock	x	Chuck Hurd
Mille Lacs County	x	Jessica Andrich	Z	Char Kohlgraf
Pine County	x	Barb Schmidt		Becky Foss
	x	Amy Tvedt		
Region 7E Planner	x	Amanda Stevenson		

Guest: Dr. Naomi Koenig, Selah Wellness

**CONSENT AGENDA:**

- **Approval of Prior Meeting Minutes**
  - Motion: Isanti approve Second: Mille Lacs Vote: All ayes, motion carried.
- **Approval of Agenda**
  - Motion: Isanti approve Second: Pine Vote: All ayes, motion carried.

**ACTION ITEMS**

**A. Budget Review & Financial Actions**

**Budget Review**

- AMHI:
  - Overspending: Brass 443, Housing Subsidy
  - Underspending: Brass 416, Stark Transportation and Lakes and Pines
  - Overspent in Brass 443, housing and flex
  - Dollars unallocated = \$116,564
  - Mobile Crisis: on target, the Region has received 17% invoices and 17% is in line with the budget timeline.

**Regional Flex Fund requests exceeding \$1,000:**

- Pine Regional Flex Fund Request for moving services through C&J Relocation Services (for Bridging)
  - Quoted \$1,500-\$1,800
    - **Motion:** Isanti approve Second: Kanabec Vote: All ayes.
  - Mille Lacs Regional Flex Fund Request for housing app fee/damage deposit \$1,145
    - **Motion:** Isanti approve. Second: Pine Vote: All ayes, motion carried.
- Pine Regional Flex Fund Request for Drop In Center transportation- all of 2026 for two individuals.
  - \$4,920 each for total of \$9,840 for 2026. Stark Transportation charges per trip, not per person as Attaboys does. It won't be more expensive to add more people to the trip.
    - **Motion:** Isanti approve Second: Mille Lacs Vote: All ayes, motion carried.
- Isanti Regional Flex Fund Request: \$1,008 for remaining rent balance
  - **Motion:** Pine approve Second: Kanabec Vote: All ayes, motion carried.
- Isanti Regional Flex Fund Request for \$1,500 moving expenses through Bridging
  - **Motion:** Pine approve Second: Mille Lacs Vote: All ayes, motion carried.

**Uncompensated Care funding requests exceeding \$1,000: None.**

**New Funding Requests/ Scoring**

1. Attaboys Inc.

- a. \$40,000, non-emergency medical transportation for SPMI adults in Pine and Kanabec Counties, and possibly northern Chisago and Isanti Counties. Penalty charge for no show is \$50 (past guidance from DHS indicates AMHI funds cannot pay for no show fees.)
- b. The Region has \$10,000 in the transportation flex fund available for use.
- c. BRASS 416

Please rank on a scale of 1 to 5 with 1 being the lowest and 5 being the highest:

- 1. Where does the proposal rank with the Region's priorities. Rating: 5
- 2. Rank how closely the proposal fills a GAP if it were funded. Rating: 4
- 3. Rank how well the request describes the proposed program. Rating: 5
- 4. In comparison to other funding requests, where does this proposal rank in priority? Rating: 3
- 5. If the program was funded in previous years, was it successful? Not funded 0
- 6. When you consider the cost per person, is there adequate justification to fund this request? Yes 5
- 7. Is the program sustainable without the ongoing use of AMHI funds? Yes 5

Total Score: 22 out of 30 possible points

2. Wellness in the Woods

- a. \$11,196, virtual grief support group, individuals are dual trained as certified peer specialists and peer recovery specialists. Weekly group plus one on one possibilities
- b. BRASS 402 or 420
- c. The Chair called for a motion to score the request: none.

3. Selah Wellness

- a. \$330,000 for medication management. The Planner advised the provider that AMHI funds cannot pay the SUD expenses that were listed in the original funding request.
- b. The funding request lists a variety of services, thus the numerous Brass codes listed.
- c. The Planner continues to recommend the use of uncompensated care funds as opposed to awarding a medication management grant to specific provider(s); this has been encouraged by DHS. Dr. Naomi Koenig stated they currently have 214 SPMI uninsured patients that would qualify for this grant. They are Medicare and Medicaid enrolled and would not charge a no-show fee. Many clients are uninsured due to loss of employment. Dr. Koenig stated that for a business to try to plan for 200 patients, with a possibility of \$300,000 loss, having a grant to provide specific allocation is critical in planning and the ability to offer services.
- d. BRASS 454, 408, 418, 452, 493
- e. Kanabec abstained from conversation and scoring due to conflict of interest.

Please rank on a scale of 1 to 5 with 1 being the lowest and 5 being the highest:

- 1. Where does the proposal rank with the Region's priorities. Rating: 3
- 2. Rank how closely the proposal fills a GAP if it were funded. Rating: 3
- 3. Rank how well the request describes the proposed program. Rating: 4
- 4. In comparison to other funding requests, where does this proposal rank in priority? Rating: 3
- 5. If the program was funded in previous years, was it successful? Not funded 0
- 6. When you consider the cost per person, is there adequate justification to fund this request? Yes 5
- 7. Is the program sustainable without the ongoing use of AMHI funds? Yes 5

Total Score: 18 out of 30 possible points.

4. Certified Peer Specialist Training expenses for individuals selected from Region 7E.
  - a. 3 Individuals selected
  - b. BRASS 402
  - c. Cost estimates:
    - i. Lodging: \$1,500/person (\$3,000)
    - ii. Mileage: \$350/person (\$700)
    - iii. Total request for those requesting assistance not to exceed: \$3,800.

Please rank on a scale of 1 to 5 with 1 being the lowest and 5 being the highest:

1. Where does the proposal rank with the Region's priorities. Rating: 4
2. Rank how closely the proposal fills a GAP if it were funded. Rating: 4
3. Rank how well the request describes the proposed program. Rating: 5
4. In comparison to other funding requests, where does this proposal rank in priority? Rating: 5
5. If the program was funded in previous years, was it successful? Not funded 0
6. When you consider the cost per person, is there adequate justification to fund this request? Yes 5
7. Is the program sustainable without the ongoing use of AMHI funds? No 0
8. Total Score: 23 out of 30 possible points.

**Motion:** Isanti motion to approve expenses for the three individuals attending the Certified Peer Specialist Training Second: Mille Lacs Vote: Consumer Rep and Chisago County abstained. All others aye, motion carried.

**Motion:** Pine motion to approve contract with Attaboys for \$10K Second: Kanabec Vote: All ayes, motion carried.

Emily Hawkins suggested the Planner talk to specific providers, including but not limited to: Selah, Love the Journey, and Dr. Beth Good, who may use the uncompensated care funds for med management. Ask how the Region can make it easy for them to use the form.

#### **New Funding Allocations/ Contracts/ RFP**

1. Lakes and Pines
  - Action Requested: Determine if the Housing Triage position should be posted/hired, or if an alternative plan should be pursued.
    - Alternative plan suggestion: Benefits Assistance Services staff
  - Discussion: the current volume would not support a housing triage staff person.
  - Lakes and Pines suggest providing assistance for MNSure applications/renewal, SNAP applications, SOAR services (applying for Social security benefits), and budgeting assistance/services. They believe this would be a better utilization of funds now and looking ahead.
  - Lakes and Pines MNSure Navigator contract will end 6/30/26, so they will no longer have a dedicated MNSure Navigator as of 7/1. This will reduce the capacity/availability of this service.
  - Lakes and Pines SNAP contract will end 9/30/26 and they are not able to renew due to a reduction in funding and the requirement of matching contribution.
  - They would not need to train/hire new staff if this option is pursued; they have an established framework, processes, and staff trained to provide the benefit assistance services.
  - If supported by Governing Board, Lakes and Pines suggested funding under Brass 402, so they can serve the greater community with the services suggested versus SPMI only and/or county referral only.

- It is unclear if this could be an allowable use within Brass 402. Brass 434/CSP specifically references benefit assistance as a service option, but would then require SPMI eligibility.
- Mille Lacs staff is planning to do training at Lakes and Pines to understand all the things they offer. The board agreed it would be best to have all counties do the training at the same time, virtually, ideally by April.
- Dawn Beseman's position has ended due to lack of funding and Laura Warner is now supervising the Regional Housing coordinator.
- The Board recommends Lakes and Pines come back with a new proposal if they want to change it. No to Brass 402, need more info on whether the Region can supplement services if Lakes and Pines receives reimbursement for successful application. The Planner should obtain additional information or guidance from DHS.

2. PBHS

- Action Requested: Approve of PBHS's request to also provide an in person offering, in addition to online, for their Parenting Skills program.
- Discussion: in person offering in Hinckley at a church, working on contract but the in-person session offering requires board approval. No additional cost. Contract has been approved.
- **Motion:** Isanti approve in-person sessions Second: Kanabec Vote: All ayes, motion carried

3. RISE

- Action Requested: Approve the proposed amendment to the 2026 vocational contract language to require an SPMI diagnostic assessment every three years rather than every year.
- **Motion:** Mille Lacs approve a DA every three years Second: none Vote: Motion failed for lack of second. Michelle O. abstained.

**B. Policy / Governance Actions**

**Item: Updated R7E Housing Subsidy policy and form**

Action Requested: Approve the updated policy and form or identify changes needed. Subsidy amount will depend on the person's income and rent expenses, removed general assistance from an excluding eligibility.

**Motion:** Pine to approve Second: Isanti Vote: All ayes

**Item: Updated Bed referral form**

Action Requested: Approve the updated form or identify changes needed.

Changes: the Planner added a table on the form to include item, size, cost, qty., also added check boxes for the vendor. The Planner merged the Regional Flex Fund Form with the Bed Referral Form. Alexandra stated the case managers would fill out the client information, then the Housing Coordinator would complete the form and return it to the case manager for supervisor approval.

**Motion:** Isanti approved the form with identified changes Second: Kanabec Vote: All ayes, motion carried.

Barb suggested we establish a library of forms on the website that is available for anyone to access.

**Item: Signature required on the TSA Business Associate Agreement**

Jodi Donnay, Isanti Director, will sign on behalf of R7E AMHI.

**C. Program / Operational Actions**

**Item: Subcommittees/Workgroups**

- Survey results – 10 of 13 responses *as of 3/13/26*
- Action Requested: Establish Subcommittees and Identify County Assignments and/or Nominations
  - Mobile Crisis: Isanti, Pine, \_\_\_\_\_
  - Data/Outcomes/Process: Kanabec, Consumer Rep, Chisago, Mille Lacs
  - Housing (all programs): Mille Lacs, Chisago

- Transportation: Isanti, and a new person from Pine County
- The Board agreed there will be no regularly scheduled meetings unless a need is identified; however, they identified committee members in advance, so the group is ready when needed.
- The Region will need to provide information to the State for their legislative report for 2025.
- The object of the Outcomes/Data/Process group would be to evaluate the many areas of data collection, forms, etc. then bring to the full board for discussion or approval. They would also work on changing the process for budget season to improve efficiency. The Planner would like to see changes to the funding proposal form and scoring form.
- The Planner will strive to attend all subcommittees established; with priority given to Outcomes/Data/Process and Mobile Crisis Services.

## 5. NON-ACTION ITEMS (Information / Discussion)

### 1. Program/Provider Updates / Performance Metrics

- RISE Housing: Information pulled from Jan and Feb 2026 invoices:

Month in 2026	January	February	March /
<b>People Served</b>			
Chisago	5	3	
Isanti	3	4	
Kanabec	3	1	
Mille Lacs	2	1	
Pine	4	3	
<b>Subsidy</b>			
Chisago	0	1	
Isanti	2	0	
Kanabec	0	0	
Mille Lacs	0	0	
Pine	0	0	
THP-Pine	0	0	

- Information from RISE:
  - YTD Enrollments = 15: Isanti = 4 Chisago = 4 Pine = 4 Kanabec = 2 ML = 1
  - Current Enrollments = 9: Isanti = 3 Chisago = 3 Pine = 2 Kanabec = 1
  - Length of time enrolled = 18 months, 17 months, 10 months, 6 months (3), less than 1 month (3)
    - Discussion: they now have one transitional housing unit, not two and it is vacant.
    - Do an RFP for housing services and transitional housing –
    - **Motion:** Chisago motion to do an RFP for housing services and transitional housing Second: Kanabec  
Vote: All ayes, motion carried.
- Growing Connections
  - Updates: The provider is implementing a rolling referral structure for at least one of the sessions so people can come and go. She is doing outreach at the Pine County Drop-in Center. She asked if she could bill to the existing contract for sessions at the Drop-in Center. Barb suggested expanding to the Drop-in Centers in Chisago, Isanti, in addition to Pine County. It would be one activity per month, from April to September at each of the Drop-in Centers.
  - Juettner Marketing/Linwood Group Meetings
    - Sandy presented the new Resource Directory on the website.
    - Sandy would like to have 5-10 minutes to show banners and promotions at the next meeting.

### 2. Uncompensated Care Form/Policy Review

- Add BRASS 454- Adult Outpatient Medication Management
- Discussion: The Planner will review at Regional LAC meetings, reach out to specific providers that offer medication management services to learn their pain points, and offer Q&A sessions for any/all providers to attend.

### 3. Grant Monitoring and Financial Review Policy/Form Update

- Working internally to update the policy and form for grant monitoring and financial review.

**4. Wishlist Review and update**

<b>Wishlist:</b>	<b>Funding Requests Scored, but not funded:</b>
Support groups	Willow Grove Supportive Housing (\$55,000 (22/30)
Needs assessment in 2027 for 2028	RISE Housing add'l funding (\$115,000) (22/30)
Training for county case managers	Love the Journey- Uncomp. Care (\$104,512) (19/30)
Jail Supports/Services	TSA- Flow State Healing- Level 1 (\$5,258) (17/30)
CIT	APFY Outreach position (\$83,638) (12/30)

**5. Planner Events and LAC attendance survey results**

- Survey results showed the GB wants the Planner to participate in each of the following:
  - OCCs for all five counties
  - Suicide Prevention Walk/Run
  - Planning training opportunities for the community or other stakeholders
  - LAC attendance would be as often as time permits

**6. MISCELLANEOUS**

**• Announcements**

- Bridges Voucher- Priority 1 referrals being accepted through April 2026 or until all three available are issued.
- Mobile Crisis RFP issued 2/27/26, closes mid-April. Received one response from Northern Pines MH Center, north of Mille Lacs and Pine Counties.
- AMHI funding availability notification issued 2/27/26
- Mental Health Day on the Hill Thursday, 3/26/26
- AMHI/CSP Statewide Meeting on Thursday, April 2<sup>nd</sup>, 1-3pm

**• Board Member Comments**

- Like the new agenda template

**7. PUBLIC COMMENT: None**

**8. ADJOURNMENT**

**Motion:** Kanabec    **Second:** Pine    **Vote:** All ayes, motion carried.    **Time Adjourned:** 11:23am

**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

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