# Organization Name

## Meeting Minutes

May 20, 2021

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| Present: | Bert Brandt, Nathan Glockle, Carly Hiti, Jacquelyn Hanson-Hietala, MaKenzie Johnson, Traci Laughlin, Liz Strohmayer\*, Moira Villiard, Traci Laughlin, Tawna Schilling  \*- Facilitator |
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1. Welcome and brief check-in
2. Roger- Veteran’s Mental Health

* Roger unavailable; will present at another meeting

1. Bert- Wellness in the Woods; WRAP

* Created by Jody Longden who has provided services with several agencies over the years. She saw a lot of money being spent on metro area services and recognized need for such services in more rural areas
* Staffed completely by people with lived experience with mental illness
* No specific religious affiliation, there are people on the board from multiple cultures and religions
* Bert shared lived experience and work with Wellness in the Woods
* Bert is currently a peer support specialist and WRAP facilitator; works with the Department of Corrections, tribal colleges, and county jail doing presentations, trainings, WRAP, and peer support
  + Dare to Hope program in prisons
  + “If your life is as good as it gets because you are intentional, you are involved, that is a place of honor, and you are clothed in dignity”
* WRAP is a wellness plan (not a new approach) that is about tapping into who you really are and increasing self-awareness to pursue a meaningful life being true to yourself. It has a strong focus in hope and personal responsibility
* There are WRAP plans for individuals and organizations
* Other services provided by Wellness in the Woods:
  + Warmline: for anyone in Minnesota, available 5pm-9am, people can call just to chat and talk someone through situations before it reaches a crisis level requiring clinical intervention or hospitalization
  + Warmline also available in the virtual format 10am-4pm
  + Warmline is open to ANYONE of any age, though more adults utilize the service
* If anyone wants to become involved with Wellness in the Woods and get connected with WRAP, they can contact Bert:
  + #218-206-4788
  + Bert.j.brandt@gmail.com
* Website is <https://mnwitw.org>

1. Ina- African Heritage Needs Assessment

* Ina will send report via email

1. Review and Reflect on Report back to county

* Report on shared drive under yearly reports
* After review, Sonja and Liz will put everyone’s final comments in final revision
* Report split into two sections: crisis response and general recommendations
* Suggestion made to recommend funding or designated advocate to pinpoint holes in the system and loops that people get stuck in- feels like no one is acknowledging these loops
* Suggestion made to recommend a way for someone who does not qualify for case management or is not connected to have someone act as an advocate for them
* Lynn did report on behavioral health crisis care in 2017
* Outreach as a group an appealing idea
* Story shared about disappointing experience with DPD; potential inclusion in final report could be noting their need for cultural competency training
* Noted that adding a narrative component to report could provide context and add depth to identified needs and recommendations
* Member noted struggle with LAC recommending expansion of services when it feels like the existing services are not effective; shared story of trying to get client into Birch Tree without success
* Noted a high turnover rate exists in the local human service provider industry (in this community staff keep getting burnt out, moving areas, and switching careers) and the need for more support and care of staff

1. Application Review

* Need to revise duplicate question about gender
* Recommendation made that request for gender be eliminated from application
* Recommendation made to remove questions about best time for meetings
* Noted that most perspectives requested are based in adult mental health; would like to see more representation for children’s mental health
* Discussion regarding involvement of young adults/adolescents in the Local Advisory Council

Action Items:

* Rochelle will bring recommendations to county along with inquiry of youth involvement with the LAC
* Members of the LAC interested in revising and finalizing report will meet in June

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| **Next meeting:** | ***OPTIONAL meeting: June 17th, 2021***  **Next Formal Meeting: August 19, 2021** |