**Local Advisory Council (LAC) North**

St. Louis County

May 19, 2022 4:30 – 6:00 @ Virginia GSC and Teams

**Present**: Todd Swenson, Lacy Podlogar, Ann Marie Lubovich, Jennifer Rich, Nicole Stone

Brenda Shafer-Pellinen, Darcie LaFlamme, Macy Viita, Linda O’Neil DRemee, Melanie Smith

**Absent:** Patty Stensland, Daniel Triestman, Michelle Long, Heather Kainz

Katy Lofquist.

**Guest Speaker**: Kelly Sather, SLC PHHS Social Services Supervisor

* Meeting starts at 4:30. Co-chair Todd Swenson opens the meeting. Todd reads the LAC values. March and April minutes are approved.
* Guest Speaker, Kelly Sather spoke. Kelly shared that she also supervises the ACT team. She explains she is here to talk about the Mesabi Behavioral Health Committee, and she is looking for volunteers. Kelly explains that the committee was started by nurses who noticed issues especially in the ER. Through the years, the facilitator has changed from Essentia to Range Mental Health. Ely Behavioral Health Network was established 5-6 years ago. They have been doing work in Babbitt Tower and the Ely area. Ely BHN applied for a grant and was approved. One of the 3 pieces of the grant was to establish a network in other geographical areas. Virginia would like to get one started. It would include neighboring communities, Hibbing etc. Since being approved of the grant, Ely has been morphing for the past year and a half. SLC has stepped in and Michelle nelson, from Duluth, is helping to facilitate. She is looking for people to host the facilitator position for the Mesabi BHC from here on out. We are trying to make sure our network is a broad spectrum. The coordinator would be asked to attend 6 meetings a year. Each agency will have one vote, no matter how many people they have at the table. Kelly explained she is looking for someone from our LAC to be a coordinator. The MBHN mission is to improve the behavioral health in all adults and children in our community. There is a huge emphasis on substance abuse. Kelly opens the floor for questions.:
  + Katy Lofquist asked if Kelly sees health initiative and behavioral health overlapping. Kelly says that she does not see this being an issue. Kelly explained some of the differences of the two. We are trying to not duplicate by being aware of the other groups going on. The coordinator would make sure that they would be aware what is going on in these other groups. They would pass info on from other groups.
  + Todd Swenson said it would be a good idea for the lac to speak with the Arrowhead behavior health initiative (ABHI) Kelly mentioned that the ABHI is more centered on the adult aspect of mental health. Todd asks “what do you hope to do? “ Kelly explains what she loves about the Ely BHN is it is truly a community focused on problems and solutions. Her hope is that our community recognizes that mental health is everywhere, that substance abuse is everywhere and take initiative. Recovery Alliance Duluth (RAD) has been doing wonderful and people have been responding great to it. Hope to get those things up here. This impacts everyone.
  + Macy Viita asks if there is any talk about Cook joining in this network. Kelly said they have been talking, for about two years, about what has been going on with the task force. It lost the steam and energy when people could not dedicate the time needed.
  + Kelly shared that SLC is **Looking for an agency to host it.** That agency would be the one who supports the coordinator in that job. Agency would not have to come up with funding. The grant will pay $20 an hour for 20 hours a week. They have by laws set up already. Coordinator is going to be the key to making this work. 218-471-7783 is Kelly Sather’s number. Reach out with questions and ideas. Meetings would be the first Monday of the month, 10-11:30 for the network. Governess meeting is at the same time, but the second Monday of the month. They have been virtual so far, but that may change.
* Kelly left and Todd asked if there were any thoughts by the LAC on this. He thinks it would be a good idea. Numerous members agreed.
* Ann Marie spoke about recommendations. Todd asked her to speak to them. She added some of the recommendations from the visit with Paula Stocke. It’s not all inclusive, could have forgotten something, so let her know if there is anything missing. One piece that Todd thought we could add is a 3c, Anti-stigma campaign in the schools. Need a little more narrowing of the broad wording. Ann said they have been using Second Step in Chisholm. It’s a nationwide curriculum for k-6th. Macy shared that there was a training that she did for the bandana society. They would tie a bandanna on their backpack when they finished the training. It was only an hour for training and an hour for QPR training on suicide prevention. Under the staff training heading of the recommendations. These could be some specific programs. Katy said it is important that we get the staff implemented into the schools. 1/3rd of school have no mental health professionals. Centralized mental health center is a very important says AnnMarie. Maybe it should be number 1 instead of number 4. Not just a crisis center. We need to get a hold of them before it becomes a crisis. Todd shared that 988 starts nationwide in July. Katy shared while it is great that Duluth has these centers, we need them here on the range as well. Removing the travel barrier.
* We will be back in august and will have a new list of what we want to work on. What did individuals want to add:
  + Brenda – social isolation on adults in facilities. People wasting away due to lack of connection. Exacerbated by covid but not caused by covid.
  + Michelle –
  + Darcie – Establish a drop in shelter. We have nothing up here for our homeless to go get help to start the process.
  + Lind – Reducing the wait time for inpatient treatment openings. Would help those who are stuck in ER with holds. Try to keep them in our communities.
  + Katy – Creating mental health positions in schools that currently do not have them.
  + Ann Marie – Seniors. Finding out the gaps for senior citizens in 55 and over communities or facilities. Centralized mental health network that everyone can access, police, schools etc.
  + Jenn – Homeless drop in shelter to help with mental health
  + Macy – Finding a balance between professional help and pier support. Heading it off before it needs professional help. Something closer to home; not having to drive so far away. Makes it harder for people to seek help. Maybe have piers as first help.
  + Lacy – Centralized hub with mental health resources to help those reaching out.
  + Todd – Virtual hub. Reference web site in pine county. A one spot shop with all information. Centralized hub.
  + Brenda - Addressing the mental health needs of older adults (in community and institutional settings) including depression awareness, social isolation mitigation, incidence of suicide, and hesitancy to seek mental health services. Potential approaches include evidence based behavioral community health programs, companion programs, and awareness training.

Todd will send out a message to all not here and get their info.

6:05 Meeting adjourned.