# Southern St. Louis County LAC

## Meeting Minutes

August 19, 2021

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| Present: | Andrea Rose, Bert Brandt, Carly Hiti, Jacquelyn Hanson-Hietala, Liz Strohmayer\*, MaKenzie Johnson, Nathan Glockle, Sonja Wildwood\*, Traci Laughlin  \*- Facilitator |
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1. Welcome and check-in

* Wellness in the Woods now providing services at Steve O’Neil Apartments
* New LTH housing for women, Another Path LLC, open and recently received approval for more beds
* Need is very high for young people that are homeless

1. 20-21 Annual report and feedback

* Report completed in June and is a few pages
  + LAC commended for doing a good job of highlighting what was needed in the Duluth area- group can really do some work with what was identified as needs to help support the mental health community
  + Potential for further research/connection: new group forming in Duluth advocating for an alternative for police response to crisis- LEAN (Law Enforcement Accountability Network) Duluth that promotes CAHOOTS-Style Mobile Crisis Response. Website is <https://www.leanduluth.org/alternative-policing>
  + Suggestion made to have someone from LEAN Duluth present at a future LAC meeting
* Sonja and Todd from the North LAC did a report to the St. Louis County Public Health and Human Services Advisory Committee regarding the South LAC recommendation report
  + Sonja requested feedback from committee members but did not receive much beside some individuals seeking connection
  + The North recommendations focused on one specific topic: police crisis response with mental health and completed some surveys, research, and conversation with community members to come up with plan to address issue
* Rochelle has been in a few meetings with county leadership to discuss report and recommendations
  + Feedback from county is very positive- they felt that the report was nicely detailed and comprehensive, and they are very appreciative of the though and effort that went into development of the recommendations
  + There is work going on within the county and the community to address the gaps in mental health services identified by the LAC
  + The Clarity Project will hopefully be able to provide needed services and resources, especially with regards to same-day services and crisis response as identified in the LAC South report
  + The process for selecting which organization(s) will manage crisis response in St. Louis County has been completed and the final selection should be announced soon
* Question posed by Rochelle: How would the LAC like to receive feedback regarding their recommendations?
  + Decided that committee would like to have Gena attend a future LAC meeting
* Question posed by Rochelle from County: What are the current barriers to counseling?
  + Appointment requirements: individuals are not always able to keep appointments and there is often a limit of cancelled appointments that result in discontinuation of services
  + There is currently no walk-in, brief, solution-focused model for therapy in the area
  + Sonja is willing to speak with county or other interested community members regarding the Walk-In Counseling Center in Minneapolis and its therapy model

1. Rochelle – Resourceful mental health resource HUB

* New community resource guide to help find free and reduced-cost services in the region developed by Essentia Health, Wilderness Health, Generations Health Care Initiatives, Stratis Health, Blue Cross Blue Shield, UCare, and Aunt Bertha being promoted
* Website is <https://www.weareresourceful.org/>
* Resourceful is designed to be utilized by individuals seeking free and reduced-cost services, community organizations looking to receive and make referrals to services, and “community connectors” who are case managers, social workers, care coordinators, and anyone who works to connect clients with resources
* Initial feedback regarding site:
  + No one had heard about Resourceful within the group- noted that if Resourceful is meant to be used by community organizations there needs to be more communication to providers about the site
  + Some of the top programs listed following a search (specifically mental health) are not local resources and do not list the most utilized/most helpful community organizations/programs already used by community providers
  + At a quick glance and review, there is a lot of information, and it is not very helpful
  + Search results appear biased towards certain organizations
  + Just looking at the listings for “Diagnostic Services”- so many programs that offer diagnostic services are missing
  + Question asked if site will be used by 211. Response: They are working on a collaboration with 211
    - Noted that if 211 will be partnering with resourceful, there needs to be an improvement in customer service. Most times when using 211, members reported 211 representatives were short-fused, not very helpful, or only give one resource when there are other options

[Post-meeting update: 211 is going to be complimentary to the Resourceful website]

* + If the site is going to be successful, it needs to have more relevant information
  + Member noted that years ago one of their favorite resources was St. Steven’s Catholic Church in Minneapolis- they had a booklet. However, they recognize that booklets and resource hubs are only as good as its updates
  + LAC agreed it would be great to have a mental health resource clearing house; the area needs a consolidated outreach service (Similar to the way Accend, Nuway, and HDC programs offer general assistance and connections to resources but more comprehensive)
  + Members of the LAC would be interested in forming a workgroup to help develop Resourceful into a more helpful and accurate database

1. Membership

* Discussion had about the length of LAC membership:
  + LAC has received a few applications for membership
  + Suggestion made that current members be given the option to stay or leave after one year (upcoming October/November)
  + General agreement that there is value in having memberships be at least two years
  + Bylaws say members are in their position for two years and co-chairs would hold the position for 2 years
* Discussion on how to advertise membership openings and encourage individuals with lived experience to apply
  + Most members originally learned about the LAC by chance on Facebook or receiving a referral from a community member
  + Idea to share Facebook link
  + Publicize at mental health agencies in area in addition to community organizations such as HRA. library; email blast and/or paper posters
  + A good scripted “elevator speech” about the LAC would be helpful to members when discussing with others
  + More voices of those with lived experience needed; particularly those who may currently utilizing services
  + Nomination process suggested- general consensus that would be okay as long as the individual wants to apply and participate and that finding people to apply and recommending to them would be fine
  + Question of whether there is funding to support individuals who want to be a part of LAC but may experience barriers such as transportation, childcare, access to technology, etc.
    - Per Rochelle, there is funding for gas mileage coverage, but unsure about bus passes; will follow up with county
  + Look into paper applications for individuals that do not have access to internet- could be a deterrent if application internet only
  + Question of whether a solution to potential barriers should be established before requesting applications
    - Possibly look into resources for computers
    - Potentially offer carpool/ride-sharing options
    - General agreement that barriers can be addressed as necessary- there is a question on the application that asks about potential barriers
    - Make sure to advertise being able to meet accessibility needs

1. Human Services Conference Booth

* The North LAC is wondering whether the South LAC would like to share a booth at the St. Louis County Public Health and Human Services (PHHS) Conference (October 13-15)
* Many members interested
* Liz & Sonja will send an email to gauge interest and coordinate days and times to attend the booth
* Rochelle will follow up with county regarding free or discounted passes for individuals working at booth

1. Focus Moving Forward

* To be discussed at next month’s meeting

Action Items:

* Coordinate with Gena to invite her to an upcoming meeting to discuss the LAC’s recommendations (Rochelle, Liz, & Sonja)
* Research LEAN Duluth and the CAHOOTS-style mobile crisis response (ALL-as interested)
* Look into funding for transportation to LAC meetings (Rochelle)
* Coordinate with the North LAC for a booth at the PHHS Conference (Rochelle, Liz, & Sonja)
* Email LAC members to gauge interest in working the booth at the conference (Liz & Sonja)

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| **Next meeting:** | **September 16, 2021**  **4:30pm-6:00pm** |