# Southern St. Louis County LAC

## Meeting Minutes

October 21, 2021

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| Present: | Jacquelyn Hanson-Hietala, Justin England-Sullivan, Liz Strohmayer\*, MaKenzie Johnson, Moira Villiard, Sonja Wildwood\*, Traci Laughlin  \*- Facilitator |
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1. Welcome and check-in

* First Witness Training recommended by member
* Increase in number of crises in schools noted by multiple members

1. Report back from conference (Sonja)

* LAC shared a table with SLC PHHS at the St. Louis County Public Health and Human Services Conference
* With COVID, there was a limited capacity but still some marketing of openings for new membership able to be done
* Agreed that there is value in doing another year, but with better signage, brochures, organization, and possibly a survey for feedback on mental health services in St. Louis County

1. Co-chair nominations/voting

* General agreement made to postpone nominations until November due to technical issues

1. Membership (current terms and future members and marketing of openings)

* Review of current membership terms
* Bylaws say members serve for 2 years, but conversations from previous meetings suggested have members choose between 2- and 3-year terms in order to stagger membership with current members saying what they prefer
* Agreed that there should be some members added/rotated annually
* Suggestion made to have memberships be annual and all renewing on the same date
* Idea to have new members who join in the place of members who have left the LAC fill out the “term” of the member they replace and then can do additional terms on an annual basis
* Noted that first LAC meeting was October 15, 2020; If renewals are made based on the first meeting, the two-year annual renewal date for original members would be October 15, 2022
* Suggestion made to create a Google Doc to track member renewal dates
* Decision made to contact members of LAC who have not attended the last few meetings to see if they would like to commit until April or discontinue their membership, having a new member take their place
* General agreement made to try to get new voices to the table. Current terms are good, but LAC members would like to start recruiting
* Discussion on how to get new members
  + Members want to be mindful of HIPAA when thinking of individuals receiving mental health services who may also be clients of current LAC members or their organizations
  + Most current members noted they learned about the LAC via Facebook or email
  + General agreement that an email blast should be sent out to mental health agencies
  + If members know individuals who would be a good LAC member, they should encourage them to apply
  + Noted that more voices of people with lived experience should be a focus of recruitment
  + Sonja will reach out to Lynn to see if there was any promotional materials or methods used for the initial recruitment process
  + General agreement that a flier or poster to have in high traffic areas would be a good plan
  + Member offered to assemble a flyer and social media post of members provide her with the information to put onto it
  + Document created in Google Doc- “Membership Recruitment” to track who LAC should contact. Notable organizations for outreach: NAACP, Safe Haven, LTH housing programs
    - Members should email Liz, Sonja, and Rochelle with suggested organizations to add to the Google Doc or add them to the list on the Google Drive
  + General agreement that an elevator speech would be good to develop and to include the group’s goals: Who are we? What do we do? Aspects to highlight:
    - LAC brought a pretty good report about the lack of crisis services for mental health and identified strong gaps
    - A dozen speakers were brought in

1. Focus Moving forward (year report, potential guest speakers, etc.)

* Question brought up about whether or not the report developed in June and presented to the county board could be considered the annual report or whether another report will be necessary in December. – Rochelle will check with county
* Member noted they would like to talk about having a focus on having individuals receiving services come as guests, rather than providers
  + Question raised about compensation for one-time guests. Rochelle will check with county
* Suggestion made to have Kate Bradley or someone from the housing community come speak
* Some thoughts shared about a Duluth Superior Community Area foundation grant or asking a local organization for a grant to sponsor speaker fees for a year or sponsor the LACs work with one of their grants
* Sonja will check in with people who used to do Harmony Club, predecessor to the current LAC
* Member noted that they have seen a lot of issues in the community related to lack of knowledge about resources- question posed to have part of this year dedicated to compiling resources in a way that is accessible and comprehensible to all consumers
* Resourceful website may be a good route to start compiling resources- Rochelle will provide an update at the next meeting whether there is a window to provide feedback for the site
* Members noted that any conversation about mental health resources should keep in mind diversity and equity- making sure resources are available for all – possibly get in touch with Health Equity Northland
* Discussion about lack of mental health providers and multiple organizations losing staff
  + “We need organizations to take better care of their staff so we can take better care of our community”
  + There’s resources available but not enough staff
  + Lack of staff especially noticeable in medical field with COVID response
  + Happening all over the country, but we need to focus on our community
  + “Is there a way that we as a community- can we do something big enough, create a campaign, to take care of each other so that everyone gets better- what would that look like?”
* Models recognized as successful and observed by the rest of the country: Continuum of Care model, NERCC (previously)
* Member noted that the community has struggled with staffing and retaining provider issues years ago- the county brought money and agencies together to address how to do a transitions and care for people. Is that initiative still active?
* Sonja reported there may be future funding for sustainability in organizations related to COVID relief funding
* If anyone has any ideas or suggestions for speakers- add it to the spreadsheet in the Google Doc of email Liz: What should we start learning about? What should we start recommending?

1. Check-out and action items for next meeting

Action Items:

* Email your nominations for LAC South co-chairs to Rochelle at new email
* Rochelle will reach out to those nominated to ensure they would like to be a candidate and all candidates will be added to a Google poll prior to the next LAC meeting
* Rochelle will check with county about annual report and potential compensation for guest speakers
* Develop a list of mental health organizations to contact via email and possibly a flier to advertise for recruitment to the LAC
* Sonja will reach out to Lynn to see if there was any promotional materials or methods used for the initial recruitment process
* Put together information to include in an email and/or promotional flier and create promotional materials
* Develop an elevator speech about the achievements, purpose, and goals of the LAC
* Sonja will check in with people who used to do Harmony Club, predecessor to the current LAC
* Rochelle will look into providing feedback to Resourceful, a collaborative website designed to list local free and reduced cost services for general public and providers
* If anyone has any ideas or suggestions for speakers- add it to the spreadsheet in the Google Doc of email Liz
* Continue discussion on supporting mental health providers and addressing the declining number of staff

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| **Next meeting:** | **November 18, 2021**  **4:30pm-6:00pm** |