Local Advisory Council (LAC) – North

St. Louis County

January 21, 2021

Present: Tod Swenson, Michelle Long, Jeff McNickle, Claudia Skalko, Jennifer Rich, Anne Marie Lubovich, Lacy Podlogar

Absent: Jessica Meyer, Wendy Dickhausen, Christina Gunderson, Daniel Triestman, William Jacobson, Robin Laulunen

Tod talked about the agenda items

Claudia read the values from the By-Laws

Tod asked if there needed to be any changes to the By-Laws. Everyone at the meeting thought they looked good. By-Laws were approved.

November Meeting Minutes were approved.

There were 3 members that have not attended a meeting yet and the By-Laws stated if you missed 2 meetings (Tod will said he couldn’t remember but was in the By-Laws) that you would no longer be a member. Claudia is going to reach out to Daniel Triestman, Robin Laulunen and Christina Gunderson to make sure they still want to continue with the LAC Council. If not, Claudia will let Sandy Tuin and Tod Swenson know the outcome. Sandy can take the information to the next SLC Meeting to see if we can get new members assigned to the group if one or all no longer want to be on the Council. We will start the 2 meeting rule as of January 2021.

SECTION 8: Absences and Termination (This is from the By-Laws)

A member who is absent from two consecutive meeting in one year, without prior notification will be asked about their intentions and commitment. If no answer is received before the next scheduled meeting, a recommendation will be made to review their membership. Considerations will be made for family and life emergencies. A member may be terminated from the LAC with a majority vote of the members.

Guest speaker: Brian Martin (Coordinator)

Lakeland Behavioral Health/Clay County Jail’s – The River Project

Brian said at first they only had limited therapy in the jail depending on the funding. They would only go into the jail for emergencies as they had limited space to meet with the inmates.

Funding source was Becker, Clay and Otter Tail County. They also had a grant from Lakeland Mental Health. They had limited money available for what the Jail had for a wish list.

Jail opened in 2018 and their staff trained with the other jail staff since it was a new facility.

They did have some turn over in staff as some staff was not comfortable working in the jail setting.

They now have 2 professionals that come into the jail 3 days/week and 1 Practitioner that comes in 4 days/week and part of the 5 day. So it works out to 2 full time positions. They also wanted it so if one person was on vacation, the others could fill in.

They do have individual and group counseling available. They also have Seeking Safety groups that deal with trauma and chemical dependency issues. They do not spend a whole lot of time on traumatic issues but rather how to cope with those issues. They also provide anger management groups and were doing yoga groups which the female inmates seemed to really like.

Jail Administration has been seeing benefits when inmates are saying they are feeling suicidal. They are also screening inmates when they are being booked to see if they have mental health needs. They have also noticed a reduction in potential violence due to the inmates having a profession to speak with while in jail. There are positive responses from Administration and staff since this program started.

They do not have the data to support how things have changed. They didn’t have the time and the system to track the data, but said this would be a good thing to do on the front end especially if you are looking at a funding source to show that the process is working and to keep the funding source going.

Brain stated you have to be careful on what information gets shared with jail staff and mental health staff. Jail personnel have the right to listen into any conversation at any time. Their jail said they would not listen in, unless there as a reason. Also they are not there to prosecute or defend an inmate. They are there to help with the mental health needs.

Limited medications are allowed in the jail due to the meds being of dollar value and inmates misusing the meds or giving them away.

Next agenda item was to go over the survey to prioritize and see what should be worked on next. The top three were:

Police/Law Enforcement

Schools

Nursing Homes/Assisted Living Facilities

Question was do we do sub committee’s or everyone work on each issue together. No one stated what they would like to do. Lacey did say at the end of the meeting that we could work together instead of sub committee’s on the issue and when it is resolved maybe you could have a few people to do maintenance on that issue.

Next meeting will be February 18, 2021 and Tod talked about getting a speaker from Law Enforcement like Chad Nickila or Sandy Tuin suggested Chief Steve Estey from Hibbing Police Department. Sandy would send Tod the phone number for Chief Estey. Sandy reminded Tod that Gena Bossert would also like to speak at the February meeting. I didn’t have the specifics of what she would be talking about, but Tod was going to call her and get her invited to the meeting next month.

Sandy Tuin did tell the group St. Louis County is very interested in helping in any ways that they can. They would like to get feedback if the Council needs help with anything, but they also don’t want to get in the way of anyone thoughts or ideas. Want to stay neutral but very interested in helping.

Sandy also told the group that they are to speak freely at any time about their thoughts and feelings and not to worry that I will be taking this back to the County. Sandy reminded them what is said in this meeting is confidential and she would only bring ideas back to the County if/when the Council wanted them to be presented.

The group discussed some other ideas:

Lacy mention being able to have Mental Health professionals to be able to go into the jails to see their people or at least do Telehealth visits with them so they are coming out of jail with some help.

Claudia mentioned that a person is coming out of jail with more anxiety as they are not getting their meds or treatment.

Tod mentioned that research shows 30% of females and 15% of males that are in jail have mental health issues.

Sandy told the group that her supervisor was interested in hearing about any support groups or peer support group as she would be willing to look into getting small grants for stipends for these groups.

The group will email Sandy the groups that they are aware of and attach them to the minutes.

Support Groups

Lacy

Range Mental Health Center

Women’s group Monday’s 12:30 – 2:30 Hibbing (Perpich)

Mindfulness/Stress Reduction Group Tuesday’s 12:30 – 2:30 pm

RMHC’s Healing Place Clubhouse (Perpich)

Lacy has other groups and community services that she can also get for info.

Tod

NAMI Connections Support Group for Adults Tuesday’s 6:30 – 8:00 pm at Loonies Café Virginia

RMHC Men’s Group Bell Building Wednesday’s 9:30 – 11:30 am

Men’s Group – RMHC Wednesday 9:30 -11:30 am Virginia (Bell)

DBT – RMHC Thursday 1-3 pm Virginia (Main)

Jennifer

AA Meetings – Monday, Wednesday, Friday, Saturday 10:30 am Our Savior’s Church Virginia