

## Children's Mental Health Systems Work Group Minutes

Tuesday, 3 February 2009

1:00 – 2:15 p.m.

Family Services Center, Room 7

*In attendance:* Carol Beckstrom (Clay County Social Services), Liz Bjur (Clay County Public Health), Karla Flisk (Churches United for the Homeless), Megan Gibson (Access of the Red River Valley), Deb Jendro (ND Federation of Families), Lanette Krinsky (Parent representative), Michelle Mullikin (Lakeland Mental Health), Danielle Norby (intern, Lakeland Mental Health), Barb Schaub (Lakeland Mental Health Center), Ruth Smith (REACH), Dawn Tommerdahl (Collaborative Coordinator)

Carol Beckstrom volunteered to chair the meeting. She welcomed the group and we did a round of introductions, Minutes from the 1/06/08 meeting were approved by consensus. No changes were made to today's agenda.

### Updates

- Dawn gave the following report from Shawna Croaker (DMF's CMH Initiative coordinator):
  - CMH, Fair as decided this a.m., will be on Thursday, May 7th at the Hjemkomst Center (confirmed), with the hours of 4:30 - 7:30 and 1st training 6-8:30 with the 7-7:30 break for the fair. She will be sending out an email for people to sign up for booths. Twenty-two booth spots are open.
  - The 2nd and 3rd training sessions will be held on the next two Thursdays (May 14th and 21st).
  - The Children's Mental Health Outreach Initiative grant (with consultation, pilot, web and phone) has moved onto the next and final phase with a site visit on April 22nd. Robert Wood Johnson would like to have various meetings with stakeholders throughout the 2-day visit. Shawna is on a web-based conference call re: the site visit during this meeting (!) to get more information on this visit. Thirteen out of 128 applicants were chosen for the site visit, so it is a good sign.
  - Shawna will be developing the winter 2009 CMH Newsletter in Feb. She has one article so far (on the RAD program from The Village). If anyone would like a program highlighted or other information included in the winter newsletter, please contact Shawna ASAP.

- Dawn received the following report on the Children's Mobile Crisis Team from Beth Wallman-Zimmerman

The team's name will be: Connecting Families First (CFF): Mobile Crisis Team serving Children & Families in the Clay, Otter Tail, & Wilkin Counties.

The training will be held in Clay County on Friday, February 20 from 9 a.m. – 4 p.m. at Lakeland Mental Health Center in Moorhead. It will really give people/providers a good overview of the tools the project plans to incorporate with the crisis team. People **do not need** to participate in the crisis team in order to attend the training; however, those who want to participate **should** attend this meeting. If anyone has questions, they can call or email Beth! (FYI: Lakeland has been having difficulty with their email server and phone lines, so if anyone has had difficulty reaching anyone, that is why.) Carol added that they will start with a pilot project in each county first and then expand.

## **FY09 work plan**

- *Brown Bag*: The group discussed the financial workshops planned for February 5 and decided that the show will go on even though enrollment is low!
- *Respite*:
  - Rule 79 respite grant: Michelle said she thought the process is going well. Carol just submitted the first quarter report – it was relatively easy because of the way the Rule 79 case managers have been filling out the required paperwork. Most of the funding is going to planned respite (including informal supports/community activities) and some crisis respite. They hope to move away from crisis respite. Dawn expressed a concern that Rule 79 kids are perhaps not participating in as many community activities as they did when the CMH work group administered the flex funds. Carol responded that they would look at activities – and that the involvement would likely go up during the summer. Michelle confirmed that many of the kids attend summer camps. Dawn reported that the need for training for community volunteers was expressed at the panel hosted by the School-Age Disabilities work group last Wednesday – representatives of organizations present would like to have training for their volunteers on strategies for dealing with BOTH mental health and physical disabilities. Strategies for MH will likely be a part of Shawna’s training series. Nate from TNT Kids Fitness is working on a grant to train people on working with children with physical disabilities.

The group discussed that transportation is an issue in many areas (e.g. children getting to activities on time, people living at the shelter not being able to work past 5 p.m., housing office located in Dilworth - not on bus line plus central location where people can go with questions.) Lanette attended a neighborhood meeting at Horizon – a good example of poor access for public transportation.
  - No respite for younger kids has been dispersed since our last meeting. Liz will scan the form and send to Dawn who will send it on to Megan for families with PCAs but not Rule 79 case managers.
- *Flex*
  - About \$500 has been distributed since our January meeting.
- *Churches case worker*: Karla reported that the shelter has been full since before Christmas with very little turnover because of the housing situation - it’s really hard for people to get apartments in the winter. The seven family rooms are full – most are single-parent families. The transitional housing that’s going up where the old ReStore building was should be finished by January 2010. Even though family housing might be available in Dilworth, transportation is an issue. Often landlords charge a non-refundable application fee (\$25 – 45). People who have longer-term stays at the shelter have to be looking for housing and working on goals (checking in weekly with Karla on progress) in order to stay. Many are in the CEP program. Lanette noted that culture also plays a role as in when a parent brings a child along to a job interview. Karla noted they’re getting more calls from people needing a place to live every day. People who aren’t ill enough to qualify as SPMI are ill enough that they have difficulty getting a job, etc. There’s a need for parenting classes. Deb can teach the “Active Parenting Now” program. She has the training materials but parents need to buy their own books or some organization needs to support the program by purchasing workbooks, etc.

- *REACH project*: Ruth reported that January was busy: fourteen children received counseling and 74 families (including 63 children) used the food pantry. Ruth distributed 3 Salvation vouchers (\$125 each - for fuel, propane and deposit on utilities) and 12 thrift store vouchers. Thirteen people came in to use the food pantry just yesterday.
- *Follow Along Program*: Liz reported that seventy letters will go out to families of children who are three.
- *Other*
  - *Lessons from the Field series*: Remaining dates: February 12 (Courthouse, room B), April 14 (ITV room, FSC), May 13 (ITV room, FSC); all sessions from 8:30 a.m. – 12:30 p.m.; register online at [cmh.umn.edu](http://cmh.umn.edu)

### **Other**

- *FY10 work plan*: A motion to approve the FY10 work plan passed unanimously. The group agreed to contribute more to the Churches United case manager and recommends that Churches United contribute a minimum of \$5000 additional as well. (Ruth/Michelle)
- *Collaborative strategic planning*: We'll vote on the top three issues listed below next time. Also consider what the Collaborative can do about it when you choose your top three!

Limited access to MH treatment (appointments in a timely fashion)

Affordable housing

Supportive services

Increased informal supports

Families keeping track of appointments (overwhelmed)

Social outlets for students (appropriate, transportation)

Transportation

Employment (cutbacks at CEP for youth employment)

Poverty, financial difficulties

Chemical dependency

Need for CNS (clinical nurse specialist)

MH disabilities

Lack of knowledge of local resources

- DHS Early Childhood Mental Health grant rfp: The Collaborative didn't apply. The Village, Lakeland and Solutions have applied (or were intending to apply).

Michelle reminded the group that the Lakeland Chili cook-off will be held in meeting room 4 from 11 – 1 on March 3. If you'd like to enter, call Noelle at 299-6696. Plan on attending before next month's work group meeting!

**Next meeting:** March 3, meeting room 7, 1 – 2:30 p.m.

*Meeting dates for the remainder of FY09*

April 7            May 5            June 2

Respectfully submitted,

Dawn Tommerdahl

Collaborative Coordinator