



Success Partnership building Success Families

Children's Mental Health Work Group

Tuesday, September 1, 2020

Meeting Minutes

Carolyn welcomed everyone to the meeting. Everyone shared one good thing!

Minutes from the June 2, 2020 meeting were approved. (Merri/Megan) No additions or changes to today's agenda.

Presentation: Cara Keinanen, Nystrom's and Associates. Thank you, Cara, for sharing information on this new agency in our community. Nystrom's recently open a Moorhead office and bring a variety of services including psychiatry, medication monitoring, therapy (Group and Individual), testing and evaluation, substance abuse treatment programs for adults and youth, DBT, ARMHS, and CTSS. All services are patient centered and are offered by Telehealth. Some services are available in office as well. By utilizing Telehealth, they are better able to match the type of therapy and provider that is best suited to the individual. It also eliminates long wait times. Both web platforms and telephone can be used for Telehealth appointments. Nystrom's Associates accept all types of insurance and will check with insurance companies that the service referred to is covered by the individual's insurance plan They also have reduced payment plans for those who are uninsured. Hours of services are Monday through Saturday, and some evening appointment Monday through Thursday. Referral forms can be found on their website. Cara will provide a flyer on the Moorhead office and some informational sheets on the agency. Carolyn will send out with meeting minutes.

Agency Updates:

Lakeland Mental Health Center: Staff are gearing up for the start of school. It is unclear at this time if they will be allowed in the building to see clients or pick them up for appointments. This summer they did some group activities outside, while practicing social distancing. There currently no waiting list for case management. Referrals should be sent to Megan Cowden.

Freedom Resource will be offering an Independence class starting next Thursday (September 10). The class will be done virtually. Staff are in the office. They are not seeing clients face to face at this time.

Mobile Crisis Response Program: The program has a new supervisor that is located out of the Fergus Falls office. They have hired new on call staff that should be trained and ready to go by the end of September. Mobile Crisis staff will be moving to the main Lakeland offices. In August they had 31 dispatches in the region. Two of those dispatches were for Clay County children. There were 31 stabilizations with two being children in Clay County. 97 phone support also occurred in August. Requests for support greatly increased the last two weeks of August.

The Village Family Service Center is seeing some clients in office but for the most part are doing Telehealth. In home therapists received the go ahead today to see clients in their home with taking safety precautions of washing hands, wearing a mask. Previously they were seeing clients outside for social distancing purposes. A Love and Logic course for parents is starting soon. The School Based Mental Health program in Hawley is working with the school to see how services will work. The agency has openings in outpatient and in-home programming.

Moorhead Public Schools: Staff are preparing for the beginning of the school year. There will be a hybrid model that will split students into two smaller groups. Students will attend five out of ten school days in-person and the other five using online instruction. 18% of families opted to use Spud Academy which is higher than anticipated. Of that 18%, 15-17% are special needs students on IEPs. Accommodations will be made to best serve that group of students. They will continue to use the guidelines put together by the Governor's office when making decisions on holding classes in-person. Day Treatment and school based mental health services will be available. With smaller class sizes due to Spud Academy and splitting classes in two groups it is the hope that many of the special services that typically were pull out services will be available in the classroom. All the school buildings will have their own social worker and the homeless liaison is now a social worker position. Here is the contact information for the social work staff:

Dorothy Dodds Elementary: Hilda Cervantes Cardona hcervantes@moorheadschoools.org

Ellen Hopkins Elementary: Erica Lindahl elindahl@moorheadschoools.org

Robert Asp Elementary: Barb Schaub bschaub@moorheadschoools.org

S.G. Reinertsen Elementary: Sheila Stadstad (on leave through November, we will have a sub for her)
ssadstad@moorheadschoools.org

Horizon West and East: Danelle Klaman dklaman@moorheadschoools.org

Moorhead High School: Joni Hubrig jhubrigh@moorheadschoools.org

Vista/RRALC: Bethany Peterson bpeterson@moorheadschoools.org

Homeless: Amy Riccio (starting September 14) ariccio@moorheadschoools.org

Please let Carolyn know if you have any suggestions for presentations /agenda items for future work group meetings

Next meeting: Tuesday, October 6, 2020 1pm – 2:30pm