



Clay County Local Advisory Council for Children's Mental Health

Thursday, September 3, 2020

Meeting Minutes

"To promote an accessible, comprehensive and a unified children's mental health system within Clay County"

Members Present: Scott Penner, Mobile Crisis Response Program; Megan Weiland, Clay County Social Services; Jeremy Pratschner, Lakeland Mental Health Center; Merri Christieb, Freedom Resource; Hope Schatzke, Access of the Red River Valley; Holly Wavra, Access of the Red River Valley; Steve Summers, Solutions Behavioral Health; Dave Kemper, Friends of the Children; Anne Nelson, Clay County Public Health; Joni Medenwald, The Village Family Service Center; Chandra Calixte, Churches United for the Homeless; Michelle Thordal, Clay County Social Services; C-Carolyn Strnad, Clay County Collaborative;

Carolyn welcomed everyone to the meeting. Minutes from the April 2, 2020 meeting were approved (Merri/Megan) Treasurer's report: There is a balance of \$3,191.45 in checking.

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.

New Business: Last year, the Council paid for billboard space on the digital billboard on the corner of 8th St and Main Avenue. The group, by consensus, agreed to utilize some of the Council's mental health awareness funds to reserve space again for May of 2021. There is an upcoming workshop for parents that the council has been asked to distribute information on. Carolyn will send out the flyer when it is ready and asks that agencies share with families. The work shop is "How to Advocate for your Child" and is sponsored by the system of care grant the region received.

Agency Updates:

The Village Family Service Center: The agency was awarded some CARES funding through Social Service and Public Health. They will use the funds to hold a COVID Walk-in Clinic on Wednesdays beginning next week. Individuals will need to comply with all of the safety requirements. Their need for mental health care does not have to be related to COVID. Anyone with or without insurance who needs help will be seen. The agency is accepting referrals to its adolescent DBT group. A Love and Logic class will be starting up soon. Both of these programs provide the option to participate either in person or virtually. Both in-home therapy and outpatient currently have openings and can see individuals within a week.

Friends of the Children program have hired two additional Friends to work with children ages 4 to 6 years of age. They are actively taking referrals from their partners. Friends continued to see children face to face through the months of dealing with COVID. They were the only chapter in the country to do so.

Churches United for the Homeless is currently serving eight families with one family in overflow. Two families moved into permanent housing, one is moving next week and six families have vouchers and are looking for housing. The adopt a kid campaign has ended. School supplies and clothing were distributed yesterday. They are hoping to get some college volunteers to come in and mentor the children and help with homework and activities.

Access of the Red River Valley case managers are back to seeing clients face to face.

Freedom Resource will be starting a Living Well 101 class next week. Merri will send the flyer to Carolyn for distribution. Staff is in the office working. They are not seeing clients face to face at this time.

Lakeland Mental Health is collaborating with schools on how their school based mental health services will be structured. Many children will need to see their therapist and medication monitoring during the school day as schedules for afterschool appointments will not be sufficient for all the clients that need to be seen. Case managers have begun to meet with clients face to face.

Mobile Mental Health Crisis Response program has a new supervisor who is based out of the Fergus Falls office. Currently the program is dispatching a mental health provider between the hours of 8:00 am – 9:00 pm

Clay County Social Services building is still closed to the public unless you have an appointment. Call 218-299-5200 to schedule.

Solutions Behavioral Health received CARES funding through Social Services and Public Health. Funds will be used to build a website that will have three portals on it: one for students, one for teachers, and one for parents. An individual will be able to login in to their portal and participate in a variety of activities such as work outs, arts and crafts, and tutoring for students. Parents will be able to access education, training and resources. Teachers will be connected to reflective practice and social times with other teachers. It will take some time to build the website. Once built it is possible that another partner in the community will take over the day to day operations of it. Office staff are slowing moving towards seeing patients face to face for those who are not comfortable with Telehealth. Case managers are doing some face to face. Staff is working with school to coordinate the school based mental health program. The Autism clinic has experienced an uptick in referrals. It is open for clients.

Next meeting: Thursday, October 1, 2020