

NW 8 Adult Local Advisory Council Meeting Minutes

April 7, 2015

10:30 AM

Type of Meeting: Quarter II, 2015 Adult Local Advisory Council Meeting

Location: Old Sanford Clinic across from Walmart on Hwy 59

Meeting Facilitator: Susan Dufault, NW8 Adult Mental Health Initiative Coordinator

Invitees: Consumers and Family Members of Consumers from Kittson, Mahnomen, Marshall, Norman, Pennington, Polk, Red Lake and Roseau Counties and other interested community members and providers.

I. Introductions

II. Approval of minutes from last meeting

Minutes approved with one correction; time of the Health Fair is from 4pm–7 pm

III. Open issues

a) Nutrition Wellness and Health Fair – Tuesday, May 19 4pm – 7pm

- Attendees (table count) & other needs for space
 - 3pm set up time, tables provided (not table covers)
- Presentations
 - Recovery- by a MH Professional, Physical therapist,, Nutritionist?, Sanford Fitness Center & volunteer opportunities, RN Health Coach, TXT4LIFE, Alternative medicine (tentative)
- Member responsibilities for Health Fair
 - Delegated and volunteers to prepare for health fair.

b) Officers and Increased Client Participation

Continue to recruit consumers of mental health services and family members of consumers for the LAC.

c) Mission Statement – Member input requested for a Region One Mission Statement

IV. New business - none

V. Adjournment – Meeting adjourned at 11:45; next meeting Tuesday, May 5, 10:30 – 12 location TBD

Attended by: Nancy Rhen, Trisha Schuler, Kristina Klingseisen, Morganne Lundeen, Katie Midgarden, Alicia Qualley, Beth Gunkel, Miranda Solem, Alicia Jennings, Allison Fillmore, David Schmidt, Kristi Nelson, Joy R. Schmidt, BriAnna Kappelhoff, Susan Dufault