

## LAC Meeting Agenda

3/18/14

11:00am -12:00pm

Introductions/Attendees: Brenna Randstrom, Marshall; Nancy Rhen, Norman; Kathy Johnson, Kittson; Jeanette Knott, PCSS; Brittney Palm, PCSS; Denise Gudvangen, NWMHC; Chris Orsland, Polk County; Randy Potter, Norman County; Suzanne Staver, NWMHC

- I. Planning for May is Mental Health Month Forum – Tuesday, May 20<sup>th</sup> from 11am – 2pm
  - a. Speakers/Topics – Janssen Pharmaceutical will provide a speaker on a recovery topic
  - b. Food: Janssen will provide this along with their speaker. NWMHC will provide coffee. Chris O. will check to see if McDonalds will provide the orange punch
  - c. Door prizes – Have all door prizes to the Resource Center at least one week prior in order to combine prizes and sort by location. Brittney will see about getting bikes again.
  - d. Reserve Trinity (Suzanne)
  - e. Thank you notes: Will have a meeting after the Forum to sign and send thank you notes to businesses who donated door prizes. Can also send to individual counties to complete and send out. Suzanne will email out to county members.
  - f. LAC handouts, contact information: Will have this available for the MH Forum so people can sign up while they are there.
  - g. Plug NAMI for NW MN
- II. Elections for officers and plans to increase involvement – Plan to have a speaker talk about the LAC at Mental Health Forum in order to work on recruitment. Elections for officers will be held after.
  - a. Elections held on June 3<sup>rd</sup> 10:30am
- III. **WRAP Update:** WRAP 1 scheduled for April 29<sup>th</sup> -May 1<sup>st</sup> and will be held at the Resource Center in Crookston. Class is held daily from 9am-4. Participants are encouraged to arrive between 8:30am- 8:45am to register and get settled in.
  - a. More information on WRAP and the application for the WRAP 1 training is located at <http://www.mhcsn.org/programs/wrap-wellness-recovery-action-plan/>

#### IV. NAMI update

**From:** Genna Torney [<mailto:gtorney@namimn.org>]

**Sent:** Wednesday, March 12, 2014 10:49 AM

**Subject:** VOLUNTEERS WANTED to lead Connections & Family Support Groups!

Dear Community Members,

We are currently looking for dependable and compassionate individuals to help facilitate our peer-led support groups. All of NAMI Minnesota's support groups are run by trained volunteers,

and are peer-to-peer support groups, not therapy groups. The role of a facilitator is one of managing group dynamics and guiding participants.

Support Group Facilitation involves a generous commitment on behalf of our volunteers. We ask facilitators to donate 2-3 hours on a weekly or bi-monthly commitment, for a full year or more. Interested parties are highly encouraged to attend the NAMI support group(s) they are interested in facilitating, submit their application materials, and arrange their screening interview well in advance of the scheduled training.

We have a training scheduled in late April in Crookston, Minnesota for both Family & Connection support group facilitators as well as trainings in our St. Paul office in early April for the Family Support Group and mid-May for Connections facilitators.

NAMI support groups are facilitated in teams in order to prevent volunteers from being overwhelmed and ensure people are able to take time off for scheduling conflicts, vacation, or illness. Candidates can elect to join existing support groups or create new groups in their local community. If you are interested in becoming a support group facilitator and do not have a partner, we can possibly match you with an already trained facilitator or another applicant.

Placement opportunities and details are listed below. Please be sure to review the position details carefully and ensure you meet the peer-peer qualifications for the group.

**To Apply:** Please submit both the [Volunteer Application](#) and [Support Group Addendum](#) online. If you are a current NAMI volunteer and have a recent application on-file, there's no need to re-apply - Just email [volunteer.resources@namimn.org](mailto:volunteer.resources@namimn.org) and include your name, contact information, and the placement/position you are interested in. If you require hard-copy application materials or have further questions, please contact us at [651-645-2948 x110](tel:651-645-2948) or via email.

### **For People Living with a Mental Illness**

#### **NAMI Connection**

This peer-based, mixed diagnosis, mutual support group is for people living with mental illnesses. Groups meet on a weekly basis for 90 minutes. Facilitators must self-identify as living with a mental illness, have good interpersonal communication skills, and be living well in recovery.

### **For Family Members and Friends**

## **Family Support Groups**

These peer-based, mutual support groups are for family and friends who have a loved one living with a mental illness, regardless of diagnosis. Groups meet for 90 minutes on a bimonthly basis, though some groups elect to meet more frequently. Facilitators should have good interpersonal skills, and be a close family and/or friend of someone living with mental illness.

Flyers are attached with further information. Please post and share with your networks.

Sincerely,

Genna Torney, MSW  
Affiliate Engagement Coordinator

### **[NAMI Minnesota](#)**

800 Transfer Road, Suite 31  
St. Paul, MN 55114  
[651-645-2948 ext. 118](tel:651-645-2948) or 1-888-NAMI-HELPS  
Fax: [651-645-7379](tel:651-645-7379)  
[www.namihelps.org](http://www.namihelps.org)

## **V. MHAM Update**

**From:** Ed Eide [<mailto:edeide@mentalhealthmn.org>]  
**Sent:** Friday, March 14, 2014 11:47 AM  
**To:** Nancy Rhen  
**Subject:** MHAM Update 3/14/14: Budget Target Alert

Good morning:

We are asking you to contact House and Senate leadership to put more money toward mental health in the supplemental budget. The final targets will be decided very soon.

There are significant reforms that are gaining support in the Legislature, but we will need funding to enact them. In particular, we have been concerned with the arbitrary limit for CFSS/PCA services that required a person to need "constant" supervision to complete a task. Minnesotans with mental illnesses deserve housing and supports in their community that will empower them pursue their recovery.

The budget is doing much better, and we need funding in the mental health system to reverse the cuts we have taken over the course of the recession.

Please call or email the following people about this:

- Speaker of the House Paul Thissen 651-296-5375 [rep.paul.thissen@house.mn](mailto:rep.paul.thissen@house.mn)
- Majority Leader Erin Murphy 651-296-8799 [rep.erin.murphy@house.mn](mailto:rep.erin.murphy@house.mn)
- Minority Leader Kurt Daudt 651-296-5364 [rep.kurt.daudt@house.mn](mailto:rep.kurt.daudt@house.mn)
- Chair, Health and Human Services Finance Committee Tom Huntley, 651-296-2228, [rep.thomas.huntley@house.mn](mailto:rep.thomas.huntley@house.mn)
- Senate Majority Leader Tom Bakk, 651-296-8881, [www.senate.mn/senatorbakkemail](http://www.senate.mn/senatorbakkemail)
- Assistant Majority Leader Katie Sieben, 651-297-8060, [sen.katie.sieben@senate.mn](mailto:sen.katie.sieben@senate.mn)
- Deputy Majority Leader Jeff Hayden, 651-296-4261, [sen.jeff.hayden@senate.mn](mailto:sen.jeff.hayden@senate.mn)
- Minority Leader David Hann, 651-296-1749, [www.senate.mn/senatorhannemail](http://www.senate.mn/senatorhannemail)
- Chair, Senate Health and Human Services Division Tony Lourey, 651-296-0293, [sen.tony.lourey@senate.mn](mailto:sen.tony.lourey@senate.mn)

Thank you for all you do to support mental health in Minnesota.

Ed

Edward T. Eide  
 Executive Director  
 Mental Health Association of Minnesota  
 475 Cleveland Avenue N., Suite 222  
 St. Paul, MN 55104-5589  
 Phone: 651-756-8584 x 1  
 Fax: 651-340-1202  
 email: [edeide@mentalhealthmn.org](mailto:edeide@mentalhealthmn.org)

If you have received this email by mistake or would like to change your contact information, please reply and let us know. Thank you!

- VI. Next meeting: Tentatively April 22<sup>nd</sup> at 11am if needed for follow up on MH Forum, otherwise, next meeting will be Tuesday, June 3<sup>rd</sup> at 10:30am for elections of LAC officers.