



Meeting Minutes: November 9, 2020

Call to order: Andi Daniel-Chair

Roll call and introductions: Andi Daniel, Kristina Brakebush, Crystal Laufer, Ron Kling, Deidre Reiter, Amber Spring, Darlene Sellers, Curtis Smeby, Patrick Johnston

Minutes: Minutes from October 12, 2020 were reviewed and approved. Ron Kling motioned to approve the minutes and Curtis Smeby seconded the motion. All present members voted in favor to approve the minutes.

Treasurer Report: \$3015.82

Old Business:

- **AMDD/CSAA:** Curtis Smeby reported there was a recent meeting held and stated he was unsure of the status and has not seen the minutes. Plenty of challenges with CSAA and AMDD with the new administration. Predicts big changes. Andi reported we have been asked to join the ESAA, which is more active than the CSAA, which our committee is currently a part of. Andi reported the ESAA has more of a remote operation infrastructure which could help during the Covid-19 pandemic. Montana Peer Network plans to do a presentation at every LAC that will receive it in the future. Andi reported she has connected with Brent Morris who has chaired the ESAA and the Yellowstone County LAC. Andi reported Brent Morris has a lot of knowledge of how to keep things moving and is efficient. No decisions were made whether to join accept this invitation.
- **NAMI:** Crystal Laufer reported they are doing the Family Support Group weekly. The next class is November 15, 2020, from 2:00-3:30 via zoom. Crystal stated there are 4 people attending the class from Havre to Lewistown. Crystal reported the NAMI Virtual Conference is going well and last webinar had a total of 55 participants. The next conference class is November 11, 2020 at noon. Next year the NAMI Conference will be held in Kalispell, MT. Crystal reported they are doing the Zoom classes and will send the schedules out. Zoom classes are working well. Crystal reported she is in the NAMI office Monday through Friday from 9:00 a.m.-2:00 p.m. by appointment only as she is the only NAMI representative in the office at this time. Crystal reported she can be reached via Facebook or phone.
- **Suicide Awareness Coalition:** No report.
- **County Grant:** The committee discussed the grant that Hill County received in the amount of \$20,000 from AMDD and how this committee can use the funds appropriately within the grant guidelines during the Covid-19 pandemic. Andi reported she has been in contact with Kim Larson from the Hill County Health Department to gather more information on the grant and how the funds can be spent. Andi stated the purpose of the grant portion for this committee is for information sharing and stated she felt media would fit into to parameters that the grant allows and suggested videos.

Andi stated the LAC cannot accept funds unless we are a non-profit. Darlene Sellars asked if the LAC would need to be considered or affiliated with a non-profit to receive these funds. It was suggested that when the LAC was created, it was listed as non-profit under Bullhook Community Health Center (BCHC) and that the LAC could possibly manage the grant through BCHC. Deidre Reiter will visit with Kyndra Hall, CEO, of BCHC to see if there is anything written that states this.



Meeting Minutes: November 9, 2020

Andi Daniel stated it may be easier to invoice the county and get reimbursed due to the way the grant works through a reimbursement process. Andi reported that the LAC does not have access to a significant amount of money so starting major projects may be difficult even with reimbursement available through the grant.

Amber Spring stated various kinds of education regarding mental health including QPR and Mental Health First Aid should fit under the information sharing description. Andi Daniel stated she will reach out to contacts she has at AMDD to find out different ways to spend the grant money and get clarification. Andi suggested using the funds to create mental health related public service announcements through the local radio station. Crystal Laufer suggested making plans when the funding gets figured out. Darlene Sellars suggested having short PSA's at local businesses and using the marquees.

Amber Spring reported that the evening of November 9, 2020 is the first night for the Hill County Covid-19 Virtual Education & Support Group. The group is held every Monday from 7:30 p.m.-8:30 p.m. (11/9/2020-12/28/2020). Amber reported there has been a lot of discussion for the need for services but a lack of engagement. The session on November 9, 2020 is titled Mindful Media. Amber stated she is working with graduate students who select topics and facilitate the groups. The topic Mindful Media will focus on whether media hurts or helps our mental health. The next session is centered around compassion and normalization of emotions. Other topics include routine, being mindful of thoughts, and connecting with others. Amber suggested developing videos or online resources that would be helpful those who do not attend the virtual session in person. Amber stated videos regarding stress reduction and emotional normalization would be sustainable for individuals to use after the pandemic is over.

Darlene Sellars suggested reaching out and partnering with the Early Childhood Investment Team (ECIT) with the work they are doing with families and grandparents. Amber reported ECIT has not met for eight months and felt this may be a way to get the group re-engaged.

Darlene Sellars asked if the LAC can buy technology with grant money and suggested the LAC submit a budget for approval to see what can be reimbursed.

New Business

- QPR: Amber Spring reported she plans to do the next QPR training in December 2020.
- Andi Daniel requested the group bring ideas how we can spend the grant money. Andi will create a shared google drive that all LAC members can access and share ideas.

Adjournment: Crystal Laufer motioned to adjourn the meeting. Ron Kling seconded the motion. The meeting was adjourned at 1:00 p.m.

Next Meeting: December 14, 2020, 12:00 p.m. - 1:00 p.m.

Location: Virtual Meeting