

Hill County Mental Health Local Advisory Council Meeting Minutes

March 9, 2015

Present: Amanda Christofferson, Amber Spring; Ben Jennings, Cindy Smith, Debby Knudson, Hailey Chambers; Jane Wilson; Jay Getten; Jennifer Jenkins; Jennifer Polensky; Lindsey Reichelt; Ron Kling

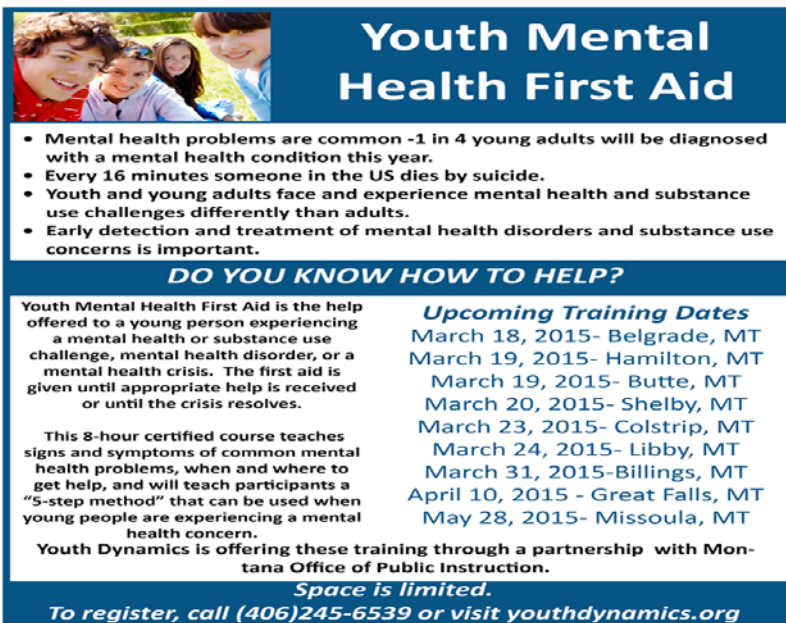
The meeting was called to order by Chair, Amber Spring at Bullhook Community Health Center

Meeting minutes for February were approved.

Treasurer Report – Debbie reported \$9,299.46 in regular funds and \$106.00 remaining in grant funds

Old Business-

Mental Health First Aide – Curtis Smeybe has not been coming to the meetings per the contract for his training for MH First Aide. Amber will contact him. Lindsey is now trained and certified to do the Youth MH First Aide classes and told the group the best option is to do 2 day training. Cindy and Amber talked Youth Dynamics working with OPI for providing training though out the state. Carl Roston was also getting trained.



Youth Mental Health First Aid

- Mental health problems are common -1 in 4 young adults will be diagnosed with a mental health condition this year.
- Every 16 minutes someone in the US dies by suicide.
- Youth and young adults face and experience mental health and substance use challenges differently than adults.
- Early detection and treatment of mental health disorders and substance use concerns is important.

DO YOU KNOW HOW TO HELP?

Youth Mental Health First Aid is the help offered to a young person experiencing a mental health or substance use challenge, mental health disorder, or a mental health crisis. The first aid is given until appropriate help is received or until the crisis resolves.

This 8-hour certified course teaches signs and symptoms of common mental health problems, when and where to get help, and will teach participants a "5-step method" that can be used when young people are experiencing a mental health concern.

Youth Dynamics is offering these training through a partnership with Montana Office of Public Instruction.

Space is limited.

To register, call (406)245-6539 or visit youthdynamics.org

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AMDD Report – Jane Wilson reported that their department is waiting to see what is going to be funded and what is not. It looks like the community crisis services will be funded and HB130 grant programs.

There has been good support from legislators for community mental health programs but not for institutions or 72 hour presumptive eligibility or provider pay.

CSAA Report – Cindy reported about the apparent disconnect between what LACs purpose is and what CSAA does by statute and what programs get supported by DPHHS or by the Governor. It is up to LACs and CSAA to communicate their needs better. We meet but do not give documents to the department or Governor as we should. The CSAA is looking into better ways to communicate and make the needs known. She also reported on the Congress being held April 25th in Helena. Congress is a meeting where consumers and providers come together and make needs known and elect people to serve on the CSAA for any absent positions. Cindy has an application or they can be found on the CSAA website if anyone on the LAC is interested. The elected members are in addition to the LAC representatives.

Work Groups –

- a. Community Engagement – Amanda will check to see if we can put the meeting date and time in About Town. This work group would seek primary and secondary mental health consumers to become LAC members; identify gaps in mental health services in Hill County and surround areas; and advertise and coordinate appropriate community trainings such as Mental Health First Aide and QPR.
- b. Peer Support – There is a free training in Butte related to peer support. Jane will email out to the group. This work group would seek funding; facilitate trainings; have an open house for peers and providers; and search for grants.
- c. Funding Opportunities
 - a. HB130 – Drug Court
- d. School Engagement – We discussed having more meetings at the school Amanda will reach out to them and find out if they would attend and where we could hold it as well as the middle school to see if they are interested in finding out more or if we could hold future meetings there to get them involved. Amber received a thank you card for our collaboration with Key Club Suicide Prevention activities.
- e. Utilize evidence based screening tools in primary care
 - a. Discussed what data comes from the assessments and if providers track anything with the data. Bullhook reports out to an annual report called UDS with how many people were screened and how many were referred and sought care based on the assessments – PHQ9 and SBIRT. We need to ask the hospital if they report on any of the data.

The full consortium will be held March 17th at the hospital. Amber will contact them to make sure it is still being held there.

We are all to email Amanda for which committee listed above we want to participate in.

New Business

Out of the Darkness walk. Suggestion was that we should start planning in May. The activity would take place during the week of September 14-21. Perhaps we could collaborate with Key Club and make it a community effort. Amber will get the correct dates.

Children's Mental Health Awareness is May 7th. Amanda found many resources on SAMHSA website and all the planning phases. We will do a guest article in newspaper and see if Youth Dynamics would partner for activities. Amanda will contact the schools to see if they would like to be on the work group.

Suzanne Lockwood emailed Jane Wilson questions about resources for a support group for co-occurring. Jane will let her know about LAC and that it might be a good place to start.

Next meeting April 6th at 12:00 noon in the High School Library if ok with HHS. Time may be adjusted.

Cindy Smith, Secretary