

Call to order: Andi Daniel, Chair

Roll call and introductions: Andi Daniel, Crystal Laufer, Ron Kling, Amber Spring, Jasmine Carbajal, Sharon Dolph, Darlene Sellars, Curtis Smeby, Patrick Johnston, Cindy Fitzpatrick, Kristina Brakebush

Minutes: Minutes from March 9, 2020 were reviewed and approved. Sharon Dolph motioned to approve the minutes and Crystal Laufer seconded the motion.

Treasurer Report: Twenty-Six cents interest earned on the account. The current balance is \$2185.67. \$65.00 paid to Montana Grafix.

Old Business:

- **AMDD/CSAA:** A virtual meeting was held in March. Discussion took place on how they can support Local Advisory Councils during this time.
- **NAMI:** Family to Family class is finished. Trying to figure out the fundraising for the Taco Crunch.
- **Suicide Awareness Coalition:** The Coalition has not met. May activities may be difficult to carry out at this time. LAC hopes to bring *Every Brilliant Thing* back to perform at the Havre and Rocky Boy schools which may not take place this spring due to schools being out of session. Andi will continue to discuss this with Rosie Ayers to coordinate performances to cut down on the costs in the future.
- **Letters to Providers/Marketing Materials-**Amber will work on this and will send it out to the LAC members. Amber reported she was trained in QPR last fall. Amber can offer QPR through video/web chat. Amber plans to use WebX as a platform to train QPR. Amber was trained to offer it to faculty/staff and community members.
- **May Activities (Mental Health Awareness Month)-**Postponing activities currently as things are difficult to plan due to the Coronavirus. Curtis reported things may be pushed back to Fall 2020. Amber suggested hosting a virtual movie viewing or a book club discussion. Amber suggested we look at adding some healthy coping mechanisms to our website such as how to connect/reach out to others and acknowledging this is influencing and having an effect mental health. The LAC may be able to do a virtual showing from the Hill County Library. Andi suggested having a panel live after the video event as initially planned. Amber will investigate mental health documentaries available online. Amber provided the following links:
 - <https://www.namikenosha.org/documentary-list.html>
 - <https://www.documentary.org/blog/5-documentaries-watch-world-mental-health-day>

It was suggested to type a Letter to the Editor. Crystal reported NAMI is writing one for Mental Health Awareness month in May. Andi will draft a letter and send it out to LAC members.

- **Website-**Andi got a hold of Hannah Weber at Montana Grafix. Passwords are now reset. Andi will update the website. Andi will do more research on whether we want to continue using Montana Grafix as a host and look into cost effectiveness of other programs. Montana Grafix charges \$60 per hour to have Montana Grafix update the website.
- **AmeriCorps Planning Grant-**Curtis reported the grant was due April 4, 2020. After discussion with Dr. Randy Bachmeier the grant required 25% matching, so this opportunity will not happen.



HILL COUNTY

Behavioral Health Local Advisory Council

Meeting Minutes: April 13, 2020

- **Tracking Materials/Training**-Trainings provided by the LAC will need tracked in the future. All class materials purchased by the LAC will be stored at Bullhook Community Health Center, so materials are stored in a central location. Rosters of participants will be submitted to Deidre Reiter at BCHC for tracking purposes.

New Business

- **Teen Mental Health First Aid**-Jasmine Carbajal reported there is a Teen Mental Health First Aid webinar available. The audience for this course would be teens. Curtis reported it may be similar to YAM.
- **Youth Mental Health First Aid**-Darlene Sellars reported the LAC did not order Youth Mental Health First Aid workbooks when the last order for workbooks was placed in 2018.
- **SAAM**-Sharon Dolph reported nothing is planned at this time for Sexual Assault Awareness Month. Sharon reported she has materials available to share on campus or locally for this event. Amber Spring reported CLT is an acronym for Core or Campus Leadership Team.
- **COVID-19**-Andi Daniel asked for feedback on how the community is responding to the Coronavirus and what we can do to help as an organization. Amber Spring will email out document that she has been handing out on managing stress and anxiety during the Covid-19 situation. Amber expressed from a practitioner standpoint her client's primary topic is the Covid-19 situation and how it is affecting them. Challenges have been how patients are unable to utilize coping skills due to social isolation. Andi reported that they continue to discuss this through the MT Peer Network and how they encourage clients not to isolate and now they are told to isolate. Sharon Dolph reported she has transitioned her Veterans Group online to a virtual group.

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

Next Meeting: May 11, 2020, 12:00 p.m. - 1:00 p.m.

Location: Online