



# HILL COUNTY

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## *Behavioral Health Local Advisory Council*

Meeting Minutes: August 10, 2020

**Call to order:** Andi Daniel-Chair

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

**Minutes:** Minutes from July 13, 2020 were reviewed and approved. Crystal Laufer motioned to approve the minutes and Ron Kling seconded the motion.

**Treasurer Report:** Darlene Sellars reported the balance is \$2,185.99. No activity on the account other than 49 cents interest.

### **Old Business:**

- **AMDD/CSAA:** Curtis reported that Central CSAA region will merge with Western and Eastern regions so there will only be one region statewide. The resources are being determined and will be distributed to the LACs that have been participatory and active in the past year. Hill County has been an active LAC and hopeful to receive a portion of the remaining funds for cashflow this next year. CSAA is looking for individuals along the Hi-line who are interested in supporting the other counties local advisory councils. Andi reported there is some work being done with the CSAA and Montana Peer Network. Curtis reported Hill County is one of the most active groups in the state.
- **NAMI:** NAMI is working on fundraising for the NAMI walk that is set for September 20, 2020. Helena NAMI is involving all its affiliates, including Havre. The NAMI board is going to walk at the event to keep it safe. NAMI is looking for donations for the NAMI and would like the LAC to contribute. Jasmine Carbajal asked if the LAC donated last year and Crystal Laufer reported that the LAC donated \$100.00. Curtis Smeby made the motion for the LAC to provide \$100.00 for fundraising to NAMI. Darlene seconded the motion. No opposition, motion granted. Darlene Sellars will write a check to NAMI Havre on the amount of \$100.00.
- **Suicide Awareness Coalition:** Jasmine Carbajal reported the Coalition last met on July 29, 2020. The Coalition will move forward with the walk planned for September 10, 2020 and will be held at 6:30 p.m. rather than 6:00 p.m. The Coalition still needs to submit the final plan to the Health Department for approval. The keynote speaker will be Darla Tyler-McSherry who is the founder of Ask in Earnest. The Coalition is looking into a plan for a book club and working with the library to do this. Masks will be purchased and will be given to the participants at the Suicide Walk and social distancing will be practiced. The theme this year is Connect to Protect which will be printed on the masks. Darlene suggested selling the remaining masks, that are not given at the Suicide Walk, to raise money. Deidre Reiter stated any proceeds from the sale of masks will go back to the Coalition. The Montana Conference on Suicide Prevention was held on July 24, 2020. Their website has links to the PowerPoint presentations that Sharon Dolph will forward. Curtis reported the MSU-N, Office of Teaching and Learning has new technology that may be accessible to use at the walk that could possibly be borrowed with approval. No activities will be held inside this year due to Covid.
- **Website:** Andi Daniel reported she has completed more work on the website. Andi stated she updated the resources page. New tabs were created for local and national resources. If additional information is received, forward that to Andi to update the website. The website can be found at <http://hillcountylac.com/resources/>. Curtis suggested sharing the website to the schools and the Havre Trauma Sensitive School Initiative. Andi is posting daily to the LAC social media pages.

### **New Business**

- Crystal reported NAMI's new PO Box is 786 for the Havre Office.
- Curtis Smeby reported Mental Health First Aid is now being offered virtually. Curtis is training in September to become a remote facilitator. Curtis reported that he and Susan at the Boys and Girls Club are certified in Pax Tools.



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Pax Tools can be used in the school setting or at home. There is no charge for the Pax Tools training and parents and caregivers are encouraged to attend. Andi can advertise Pax Tools on the social media sites and LAC website. Crystal Laufer will advertise on the NAMI Facebook page.

- QPR-Amber Spring is offering remotely. Amber will look at times this can be scheduled to meet the needs of the community and fit into her schedule. This can be squeezed into 60 minutes, but 90 minutes is preferred. The last training that was offered to the community did not bring any participants. Amber will pick times and see if there is an interest.
- Andi Daniel reported the MT Peer Network cannot do their annual conference. They will do virtual events in September. Andi will add events to the MPN page as September is Recovery Month in addition to Suicide Awareness Month.
- Andi Daniel reported she looked at movies for the LAC website. Currently, the website advertises Paper Tigers, Resilience, and Wrestling Ghosts. At this time more films are offered for virtual viewing but with a cost.
- Andi Daniel wanted to check in with those working with consumers to find out if there are services that would be helpful for consumers that are not offered at this time. Darlene Sellars reported she has mindfulness videos that are linked to YouTube that can be sent out. It was suggested for the LAC to put out resources for parents and children as more behaviors being seen now are symptomatic of stress and anxiety. Darlene reported anything mindfulness related can help with anxiety and depression for both children and adults. Andi will post helpful links to the LAC website and social media pages as resources for consumers. Sharon Dolph reported she has websites and fliers that she can send to the group on mindfulness and meditation along with power points from the 2020 Montana Conference on Suicide Prevention. Amber spoke to the unknown with teachers, students and parents being affected by Covid 19. Amber stated that there are anxiety related resources available, and that a list would be helpful to provide to consumers. Amber reported kids have increased anxiety about going and not going back to school. Amber reported a support group may be helpful for consumers to join in.
- Curtis Smeby reported the school meets tomorrow, August 11, 2020 to decide how to resume school whether it be Phase 1, 2, or 3.
- Andi Daniel reported Kim Larson will be sending documents for the grant funding that the county received.

**Adjournment:** Curtis Smeby motioned to adjourn the meeting. Amber Spring seconded the motion. The meeting was adjourned at 12:50 p.m.

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

Location: Virtual Meeting