



# HILL COUNTY

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## *Behavioral Health Local Advisory Council*

Meeting Minutes: October 12, 2020

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

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

**Minutes:** Minutes from August 10, 2020 were reviewed and approved. Crystal Laufer motioned to approve the minutes and Kristina Brakebush seconded the motion.

**Treasurer Report:** \$3015.82

### **Old Business:**

- **AMDD/CSAA:** Curtis Smeby reported CSAA awarded an amount of \$929.81 to the LAC. Andi Daniel reported that AMDD is working from home.
- **NAMI:** Crystal Laufer thanked Hill County Behavioral Health Local Advisory Council for the donation to the NAMI walk. Crystal reported the Walk was a success and NAMI doubled the fundraising this year and raised \$946.00. Crystal reported NAMI had a table at Festival Days 2020 which went well. Crystal reported NAMI is trying to figure out how to conduct online classes and that the NAMI conference will start on Wednesday October 14, 2020 at 6:00 p.m. and go through February 2021. Crystal reported the eight-week Family to Family class is not currently offered online and that they can do Family and Friends online and will try to do this in the future. Crystal reported the NAMI support group can be done online.
- **Suicide Awareness Coalition:** Amber Spring reported an individual wanted to donate to the coalition and that this individual's company will match the donation. Amber reported this winter she would like the coalition to do outreach to the agricultural community, given how pervasive suicide is among that industry. Amber reported due to time constraints she will not be able to begin this until after the semester is over.

### **New Business**

- **County Grant:** Kim Larson joined the meeting to discuss the grant the county received and what she felt the health department needed help with from a mental health perspective amid the Covid-19 pandemic. Kim reported that currently the County Resource Guide is distributed to individuals who are quarantined and those who are contacts for Covid-19. The health department wants to make sure everyone who is quarantined or isolated due to COVID-19 gets the guide and mental health resources they need such as phone numbers for services as well as for basic needs like grocery delivery. Kim reported she doesn't want to focus exclusively on people who have gotten the disease or are stuck at home because they are a close contact of someone who has, since the pandemic situation can affect anyone's mental health. Kim reported she believes we are missing a big portion of our community and that COVID-19 does not necessarily just affect people who are quarantined or isolated due to it. Kim reported the grant our community received is an AMDD grant and written in there is a sum of money for promotion or communication plans to get information out to the public to link individuals to community resources during the pandemic. Kim stated she needs to get that funding transferred over to the LAC which is at least \$10,000. Kim stated they are anticipating more closures and feel like we can plan as numbers are skyrocketing which is another hit on the mental health part of lives.

Amber Spring asked if the money was specific to Covid-19 and Curtis reported it was part of the focus in the grant the county received. Amber reported she had 8 attendees the evening she completed the QPR training and had 28 attend the online training. Amber reported she feels people are starting to recognize we can do a lot online to help



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others and have positive outcomes. Boys and Girls Club has reached out to Amber and on October 2, 2020 she is offering another training. Amber reported October is LGBTQ Awareness month. Amber shared brochure on what to expect during quarantine and self-isolation and how to take care of yourself. Kim was not able to finish the meeting. Curtis made the motion to allocate \$500.00 for Amber to offer QPR training using the anticipated county funding. Crystal seconded the motion. No members opposed; motion passed. Amber will provide one QPR training per month and will submit an invoice to the LAC. Amber suggested adding a list of online support groups to the website.

Darlene Sellers suggested using the anticipated money for radio, billboard, or posters. She also suggested having someone do a marketing campaign. Andi Daniel suggesting paying for promotion on Facebook to put advertisements on newsfeeds.

Andi Daniel stated she will further reach out to Kim Larson at the Hill County Health Department to see how we can help the County Health Department to identify needs.

- Andi Daniel suggested an online zoom account due to most meetings being held online. Darlene Sellers made the motion to use anticipated funding from the AMDD County Grant to create an online zoom account. Ron Kling seconded the motion. All members in favor of the motion; motion passed.
- Darlene Sellers suggested bringing mental health providers into a monthly meeting to identify needs to support our communities and schools.
- Amber Spring suggested reaching out to people who are working through the pandemic to support them, such as bringing them meals.
- Darlene Sellers reported MSU-N is looking to offer support through psychoeducational groups with the counseling students. Supervision for individual counseling can be completed by Amber Spring. Darlene suggested how virtual groups can reach a large group. Currently the college is developing a framework for this. Darlene suggested these groups can address anxiety and offer meditation training. Another suggestion is to do something for parents struggling with their children's anxiety and teaching children how to deal with stress surrounding the pandemic. The plan is to start in November 2020.

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

Next Meeting: November 9, 2020, 12:00 p.m. - 1:00 p.m.

Location: Virtual Meeting