**Beaverhead County Mental Health Local Advisory Council**

December 14, 2018 from **Noon – 2:00 p.m.**

Tom Welch Meeting Room – County Treasurer’s Building

**Members Present:** Chair Lynn Weltzien, Vice Chair Jerry Girard, Kim Martinell, Cynthia White, Rick Hartz, Melainya Ryan, Krista Maness for Southwest Community Health Center’s Jennifer Malone, and Katherine Buckley-Patton

**Members Absent:** Beth Sullivan, Tom Rice, and Wallace Arney.

**Others Present:** Butte Silver Bow Office of Public Assistance Field Manager Fred Sullivan, BSB OPA Supervisor Rachel Scheett, Beaverhead County Sheriff Frank Kluesner, Sheriff’s Deputy Bill Knox, University of Montana Western (UMW) counselor Heidi Gjefle, UMW School of Outreach Beth Wharton, Beaverhead County Public Health Nurse Sue Hansen, SWMTCHC therapist Jeanette Prodgers, Western Montana Mental Health Regional Clinical Director Lyn Ankelman, Helena based CIT representative Shane Hildenstab of the Lewis and Clark police/sheriff force, and local therapist Kathy Contway.

**Noon- Welcome and Introductions** -Establish Quorum

Introductions of the group. A quorum was established.

**Approval of Minutes** of the November 9, 2018 meeting.

**MOTION**: Rick Hartz moved to approve these minutes. Cynthia White seconded the motion. Minutes: **APPROVED**

**WESTERN SERVICE AREA AUTHORITY REPORT:** Rick Hartz. There are three service area authorities in the state. The Beaverhead County LAC belongs to the Western Service Area Authority (WSAA), which usually meets in Missoula. Rick reported the Nov 2018 meeting’s focus was the upcoming 2019 Legislative Session. Tyler Steinebach is WSAA’s Legislative Committee Chairman. Rick encouraged those interested in receiving regular legislative updates from WSAA to contact Tyler at “[administrator@hopeclinics.org](mailto:administrator@hopeclinics.org)” . Rick distributed WSAA related handouts including: WSAA Bill Watch (as of 11/26/2018); contact list for 2019 House Representatives and Senators; and House and Senate Committee appointments. Area Representative Tom Welch serves on these committees: Human Services; and Taxation. Area Senator Jeff Welborn is on the following committees: Finance and Claims, Highways and Transportation, Natural Resources and Transportation, Committee on Committees, and is Chair of the Natural Resources Committee.

**ANNUAL REPORT PREVIEW:** Lynn will create an overview report of all the LAC was engaged in and accomplished in 2018. She asked LAC Committee chairs and all board members to provide her with updates of the numerous accomplishments achieved in 2018. The group discussed a series of events/accomplishments to include in the upcoming report, though the following is not all inclusive.

* ACES: Presentations at Forest Service, BLM, Barrett Hospital & Healthcare (BHHC), area churches, Dillon Elementary District #10, various film (Resilience & Paper Tigers) viewings, and speaker presentations.
* ROCC -Resilient Oriented Community Curriculum/Champions. Presentations to Patagonia
* RAC -Resource Assistance Center. Consumer survey, benefit fair, renovated and opened RAC, weekly presence of public assistance staff person.
* BHHC & Community Health Center (CHC). Primary Care staff engaged with Project Echo (Billings Clinic and Dr. Arzubi), increase in completed depression screenings during primary care visits. Full time behavioral health provided at CHC.
* Be the Change 406 Coalition. Received a five year renewable $125,000 Drug Free Community grant, (may renew up to 10 years) to reduce the use and misuse of alcohol, tobacco, marijuana, and prescription drug use, with specific targets on youth and rural area engagement.
* Big Sky Behavioral Health Summit.

**BOARD MEMBER REPORT:** Lynn announced she will resign from the LAC board effective January 2019. She plans to remain informally engaged with the LAC and work with ongoing efforts to address integrative behavioral health needs in the community. Board members will elect new leadership at January meeting. Lynn will prepare agenda, finalize annual report, and lead the January meeting until the new chair is elected. Most members whose terms expire in December 2018 agreed to continue to serve on the board. There are board openings for BHHC and community representative(s) to replace Lynn, Cynthia White, and Beth Sullivan. Heidi Gjefle expressed an interest in becoming a board member.

**REPORTS FROM ACTIVE STANDING COMMITTEES**

**BIG SKY BEHAVIORAL HEALTH SUMMIT:** Jerry Girard. The Summit is set for October 3-4, 2019 on the UM Western Campus. The 2019 theme is “Face to Face with Trauma: What’s in your Toolbox?” Dillon Middle School Principal Joel Rogers, DMS Counselor Channon Williams, and Dillon Police Officer Nikki Cowperthwait are new members on the planning committee. The decision to hold the Summit in October, rather than September, is based on evaluations from last two years where educators and others requested a later in the fall conference.

**ADVERSE CHILDHOOD EXPERIENCES (ACES) TASK FORCE**: Chair Melainya Ryan advised the task force staff remain busy with providing trainings that are ACES, Resilience, Mindfulness, and Trauma Informed community related. Melainya will provide a six week course to the Montana Youth Challenge in 2019. BHHC has hosted three different ACES training for clinic, office, and hospital supervisory staff in 2018. BHHC intends to provide ACES training for their entire staff, so additional trainings are set for 2019. Outreach resilience and ACES training was provided to Sheridan elementary, and Lima educators in last quarter. Paraprofessionals and kitchen staff at the elementary district had a three-hour Resiliency training in December. In January 2019, ACES and resiliency training is set for UM Western education students. Recently, ACEs task force members ran a series of mental health awareness and trauma informed media public service announcements.

**ONGOING BUSINESS**

**Applied Suicide Intervention Skills Training (ASIST).** Beth Wharton, UMW Outreach. This is a two-day interactive workshop in suicide first aid at UMW on January 30-31, 8:30-5 p.m. Class capacity is 30 attendees, and the training costs $30. 15 hours of continuing education certificates are available and/or one university credit for $115. Lynn highly recommended the training for any member of the community. ASIST teaches participants to recognize when someone may be at risk of suicide and work with them to create a plan to support their immediate safety. The statewide Health Education Coalition is subsidizing the trainings, which helps to reduce the usual cost of $250 per participant.

**MOTION:** Katherine moved to have the LAC spend $300 from operating expenses to provide 10 financial scholarships for community members to attend the training. Jerry seconded the motion. The LAC prioritized the scholarships for youth leaders. Motion: **APPROVED**.

The UMW Outreach Program plans to provide more health related training in 2019 and will keep the LAC advised of various offerings.

**Integrative Healthcare Vision.** Lynn and Cynthia White. Cynthia is retiring from the LAC at year’s end but plans to remain invested and involved in integrative behavioral health activities in our community, along with Lynn, and others who express an interest.

**Resource Assistance Center (RAC).** Heidi Gjefle/Fred Sullivan. The RAC resource assistance staff person resigned in November. Since then the OPA office uses the office each Wednesday, Career Futures is in the RAC on Thursdays, and other agencies, e.g. Vocational Rehabilitation uses the RAC occasionally. There was discussion about the benefit of recruiting someone to be in the RAC office each Wednesday when OPA staff is in town. As word gets out about the weekly visit, utilization is growing, with as many as 17 clients seeking assistance last week. RAC oversight staff (Lynn, Heidi, & Katherine) will reach out to find a staff person for at least once/week to assist during the Wednesday OPA visit.

Since beginning the weekly trek to Dillon on October 24, 2018, OPA staff has missed only one week in Dillon, due to hazardous road conditions. Fred agreed to work with Katherine to develop a protocol on who to notify in case a future cancellation occurs. Notification should include BHHC and SWMTCHC social workers who consistently refer to the OPA, the county Treasurer’s Office since clients sometimes wait in their office foyer, local media (KDBM, Dillonite Daily), and RAC oversight designees. The BSB OPA may consider having a special phone number area residents can call to speak directly to an OPA worker, which is only valid if staff are unable to travel to Dillon. Fred reported he’s made a change to staffing the Dillon satellite office and either he or one of his three supervisory staff will now travel to Dillon to provide public assistance services.

Lynn said there is new signage on the door that identifies agencies who use the RAC and their respective hours. She encouraged individuals to promote RAC by using its’ **205 E Center St** address, to separate it from the County Treasurer’s address on Washington St.

**Resilience Oriented Community Curriculum (ROCC).** Jerry Girard. The initial training series was piloted with Patagonia staff during 2018. The recent Great Harvest Bake Day funds (about $10,000) are targeted to further develop the curriculum, promote the training, produce handouts/brochures, and set up a series of trainings for other interested community agencies, and service and faith based groups. Jerry will set a reorganization meeting to prepare for 2019 full implementation of this program. Lynn, Heidi, Melainya, Beth, Cathy, and Katherine expressed their ongoing interest in being involved in the curriculum and training development.

**Crisis Intervention Training (CIT).** Bill Knox, Lynn Ankelman, Frank Kluesner, and Lewis & Clark CIT representative Shane Hildenstab. The training is set for March 11-15th at UMW. Lynn Ankelman (WMMHC) and Heidi (UMW) are designated coordinators for the session, along with law enforcement staff from Beaverhead County, and state CIT staff. Key community resource providers will participate in the week-long training designed to develop an interactive team familiar with local resources, skilled in working collaboratively, and identified as key participants in dealing with mental health/substance use related incidents.

Organizers expect 30-40 attendees. The training costs $125/participant.

**MOTION:** Lynn moved to have the LAC financially sponsor up to four CIT attendees at a total cost of $500. The scholarships are prioritized for local law enforcement to offset trainees’ related costs. Jerry Girard seconded the motion. Motion: **APPROVED.**

**Motivational Interviewing Training.** Jerry said the training is canceled due to unavailability of presenters. Contact him if more information is needed.

**Be the Change 406 Coalition.** Kim Martinell, Project Coordinator. An all-sector Coalition meeting is set for Jan 7th at noon at School District #10. The meeting’s goal is to set priorities and goals for the grant’s second year (Oct. 2019 – Sept 2020). A student led Youth Coalition has formed with the goal of reducing the use and misuse of alcohol, tobacco, marijuana, and prescription drugs in Beaverhead County. Some 406 Coalition representatives will attend federal trainings in Washington DC. and Seattle within the next year to assure grant compliance and effective implementation. A future top goal is to bring Beaverhead Youth Coalition representatives to the Community Anti-Drug Coalition of America (CADCA) leadership training in DC. in February 2020.

Kim encouraged LAC members to do media outreach about identifying needed tools to use for those negatively affected by seasonal holiday celebrations. For many with mental health or addiction challenges, the holidays are often a trigger for increased levels of depression and life dissatisfaction.

**MOTION**: Kim moved to spend up to $200 at the Dillon radio station on a series of public service announcements addressing depression during the holidays. Cynthia White seconded. Motion: **APPROVED.**

Katherine agreed to write the thirty (30) second radio ads and a series of “Surviving the Holidays” tips for the Dillonite Daily. Lynn, Jerry, and Katherine agreed to voice the PSAs.

**National Association for Mental Illness (NAMI).** Katherine explained NAMI Director Matt Kuntz was unable to travel to Dillon for this LAC meeting. He agreed to keep in touch with Katherine during the 2019 legislative session to update LAC members as relevant legislation is brought up.

**Goal Setting for 2019.** Lynn reminded LAC members to consider what priorities they want to set for the upcoming year and come prepared at the January meeting to discuss. There will be a review of current committees, and discussion on updating the LAC website.

**ADJOURN –** The meeting adjourned at 2:02 p.m.

**NEXT MEETING**

**FRIDAY, JANUARY 11, 2019 – NOON**

**TOM WELCH ROOM - COUNTY TREASURER’S OFFICE**