

Region 2 AMHI Meeting Minutes

6/2/2025

In Attendance: Kellsey Firehammer, Lori Schlinkert, Brina Ellison, Shawn Anderson, Brad Vold, Jenny Hollis, Dave Erickson, Robin Wold, Brian Ophus, Jeff Lind, April Miller, Danielle Turner, Ashlea McMartin, Monica Yeadon, Emily Utech, Joseph Cook, Amy Ballard

Introductions and Updates

Coordinator Update: Assisted with several mental health awareness month events in Hubbard County. Community Bingo had 50 participants and Wellness Night at Heartland Park had over 200. See attached newspaper article about Wellness Night.

State Update: Updates to proposed move of certain programs to licensing. This has been put on pause and is only moving forward with a small pilot.

Beltrami: Jeff shared he is proud of the fact that he needed minimal help getting the virtual meeting set up

Hubbard: Brian shared that he has been maneuvering potential legislative changes, hour to hour changes. Emily is looking forward to Nutrition services being offered at the Cottage as a partnership initiated by the LAC.

Lake of the Woods: Amy is proud of a successful MHA awareness campaign led by Senior Life Solutions and part of the Suicide Awareness Prevention Coalition. Many organizations participated in Light Up Green! Photos attached.

Blue Cross: Brad attended an Autism Event at the park a couple weeks ago. Blue Cross is looking forward to expanding offerings for autism services. See attached flier. Blue Cross is also moving to interior services as opposed to a contracted provider which should improve communication and efficiency.

Headwaters Alliance for Suicide Prevention: April met with an MDH youth services coordinator looking to host an event August 14th, 18th, 25th, or 28th. HASP is bringing back Run Walk Skate and looking to host a new art show event.

Hope House: Robin was proud of a successful Open House and 45th Anniversary celebration. Legislators and providers attended. People had fun with the Social robot trial. They will have the robot for seven weeks.

Lake Country Associates: Shawn was proud of Lake Country Associates celebrating 15 year anniversary!

PrimeWest Health: Danielle is looking forward to July meeting with MH TCM in their counties. Going over benefits for members and meeting to chat with case managers.

Red Lake Mental Health: Jenny is proud of working with cooperatively with James, a case manager from Beltrami County to support a mutual client.

Regional Suicide Prevention: Brina was proud of the successful Suicide Prevention Conference in Bemidji with 130 attendees. Speakers focused on upstream interventions to promote mental wellbeing. She is looking forward to being at Mental Health Day at the State Fair.

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Sanford: Ashlea shared a staff shoutout! Looking forward to Day Center community garden groundbreaking that will have traditional medicinal plants article attached. Proud of Grow Your Own Campaign. In the last 6 or 8 months gotten 6 people independently licensed, 5 more in process, and 10 staff enrolled in degrees.

Shackman Kramer and Associates: Joseph shared that they are adding their 5th med provider by end of June. All therapists will be in-house by end of June. End of summer will be 3 therapists and 5 med providers. Looking forward to hosting some networking events this summer.

Stellher: Dave shared he is looking forward to outpatient therapy interns and new folks joining the team. Proud of SUD folks- planning sober living activities, free family portraits in August.

Wellness in the Woods: Monica is proud of Tom London memorial walk raised \$5,000. Still open/accepting donations. Raising Cane's in Eagan is doing a fundraising night for them. Coming Up: WRAP Seminar 1- virtual, WRAP Seminar 2- in Staples in July in person. Planning conference September 25th and 26th in Staples Virtual and Hybrid. --- will get more to Kellsey. Organizations are able to sponsor or have a table at the conference- let Monice know! Warmline is guaranteed through 2025 thanks to contributions from several Regional AMHIs including Region 2! – Press Release attached.

Team Building or Mental Health Story Sharing:

Everyone shared their favorite place to visit in Minnesota in the summer to relax. Many people shared their favorite lake, hiking, or cabin spot. Other attractions include Bemidji's Sculpture walk and PR's 2nd Street Stage.

Community Needs Forum

- Stellher has seen an increased need for housing support for transition from youth to adult (ages 16-18). Where staying with family members threatens their mental health.
 - o Wanting independence
 - o Can't get on health insurance
 - o Don't have the documentation or supports for getting emancipated
 - o Looking for several months of services
 - o Short term options: Evergreen Youth and Family services and YESS
- Brian shared an update on the ongoing need for transportation
 - o The Chamber of Commerce is contracting with HC/Heartland Express to have a bus run after hours for the nights of Second Street Stage.
 - To help with parking & reduce barriers
 - Interest from several parties in expanding service to Nevis and Akeley.
 - Having the transportation with the county versus contracting out has been a plus and something other folks in the region may want to consider.
 - HC looking at new transportation facility that is more accessible where people could sign up for pick ups.
- Robin suggested connecting with the Headwaters Regional Development Commission
 - o Brian has the contact for Tony Klaers. Kellsey will reach out to connect and maybe have them join a meeting.

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- April suggested another innovative idea to look in to- the Grand Rapids self-driving vehicles pilot. Kellsey will send out article for people to look at.
- Sanford is applying for a MNDot license to increase transportation options
 - o Currently provide transportation within a 30-mile radius for MH services at no cost
 - o Mobile crisis transportation services to get people to and from higher levels of care
 - o Medical system – courtesy service for back to back in different building
 - o Peds. Dept. has a grant for transportation as well
 - o Looking into protected transport and non-emergency medical transport

Subcommittee/Workgroup Development

- Website workgroup update
 - o Website is done and will be going live very soon
 - o All providers will be encouraged to review the site to make sure their sections are accurate
 - o Final step is website outreach and promotion. Kellsey will be looking into promotional items to purchase
- August 25th: Mental Health day at the State Fair: Brina and Monica will be attending
 - o Not typically a ton of Region 2 residents, but typically speak to 500-2,000 people in a day at their table
 - o Will be there handing out 988 merch
 - o Could send our information with WITW or Brina to get shared with anyone from Region 2 they come across
- Look into county fairs as well for a more direct impact
 - o Promote LACs and reduce stigma
 - o LOTW: June 25th-29th – will be putting info out at health center table
 - o HC: July 15-20
 - o BC: August 6-10
 - o CC: July 30th- August 3rd
 - o LOTW National Night Out:
 - o Akeley's Paul Bunyan Days

Finance Update

Kellsey shared 25% of the funding has been spent as of 5/31/2025. Next month she will also share the % of each category that has been spent.

Provider Spotlight

Suicide Prevention Regional Coordinator- Brina Ellison

Employed by Stellher, but funding comes from MDH Suicide Prevention Grant. It is directly state funding from the state legislator. There are 13 Regional Providers across the state and the role is written into state statute.

Carlton County holds the state grant for the Northern half and each other Northern region subcontracts. The role has shifted to full-time coordinators to focus within the region on providing technical assistance around preventative work.

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Previously worked more on intervention – QPR, reducing suicide deaths. Now moving upstream on wellness promotion to prevent crisis from occurring. Brina does a lot of work with coalitions. Greater community work to prepare and organized to be more sustainable. Support with strategic planning. Identifying shared risk and protective factors- for example substance use.

Can provide trainings and connect with trainers: ASIST, Safe Talk, Changing the Narrative

Provide 988 materials as needed- let Brina know and you can get a ton of materials

Supports separate grant recipient's capacity: HASP, Red Lake

Next Meeting

The next meeting will be held July 7, 2025 at 1 pm 2nd floor of the community service center at Beltrami County. Agency spotlight for July will be Catie LeMay with the Sanford Housing Program and the ice breaker will be led by Danielle Turner

Submitted by Kellsey Firehammer