

Region 2 AMHI Meeting Minutes

2/3/2025

In Attendance: Kellsey Firehammer, Anne Lindseth, Jamie Halverson, Dave Erickson, Emily Utech, Danielle Turner, Richard Huth, Ashley McMartin, Brad Vold, Brina Ellison, Amy Ballard, Brian Ophus, Mike Edminster, Halen Groenke, Robin Vold, Shawn Anderson, Mackenzie Snortum, Monica Yeadon, Jeff Lind

Introductions and Updates

Coordinator Update: Kellsey shared that she is getting updates from the state on the pending federal funding freeze.

Beltrami: Anne reported the Governor's proposed budget includes a number of significant cost shifts to the counties which would have a significant impact on services.

Clearwater: Jamie shared no updates

Hubbard: Brian shared they are following the legislative session. They have an adult mental health social worker opening. Mike shared no other updates. Emily shared their cottage house is open 6 days a week now, which participants are excited about and attending. Emily also shared she is looking forward to Day on the Hill.

Lake of the Woods: Amy shared they are seeing a reduction in adult crisis calls after seeing an uptick the last few months.

Blue Cross: Brad shared no updates.

Enlightenment Psychiatry: Mackenzie reported she is working on the virtual wellness program and they are hoping to launch in March.

Hope House: Robin will share in the Provider Spotlight section of the agenda.

Lake Country Associates: Shawn reported they are excited for the cottage being open 6 days a week and Day on the Hill.

PrimeWest Health: Danielle had no updates to share.

Sanford: Ashlea reported they are on routine restrictions due to the level of illness in the community. They currently have 4 residents and are licensed for 7 in their IRTS facility. They are looking for referrals. Referrals can be sent via phone, fax, and email.

Stellher: Dave shared they have a new parent group that has started in Hubbard. Their Veteran's support group meets Fridays at their SUD program location in Bemidji. They now have a psychiatric nurse practitioner in their Bemidji office.

Suicide Prevention Regional Coordinator: Brina shared May 22nd they will be having their yearly conference at the South Shore Hotel in Bemidji. Registration will be free.

United Way: Halen shared their Women United quarterly breakfast will be this Thursday at BSU. It will be about mentoring.

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Wellness in the Woods: Monica shared they had over 50,000 interactions in 2024. Their warm line remains stable. Peer day on the hill will be this Wednesday. They are trying to get a renewal of funding. Rich is planning some outreach in Region 2. They also have a potential applicant willing to serve the Region 2 area. Rich shared he will be presenting at Hope House later this week.

Team Building or Mental Health Story Sharing

Halen led the group activity where people shared random acts of kindness they have witnessed or been a part of.

Community Needs Forum

Emily shared that she has been hearing people are having trouble finding places to file their taxes. Robin shared the Senior Center in Bemidji helps. Amy shared seniors can also call the senior linkage line to find tax assistance resources.

Subcommittee/Workgroup Development

Monica and Kellsey shared that the website workgroup met and reviewed some other AMHI's websites to get ideas. Sand Piper also shared with them multiple options for a logo, which they narrowed down to 7 and are awaiting Sand Pipers response to their feedback. They will be meeting monthly to continue website development.

Robin, Shawn and Kellsey shared the plans for Day on the Hill. There will be 10 people with lived experiences and 3 staff going. They will be leaving February 19th and returning the 20th. They will also be touring a club house while they are there. Transportation will be covered through the Mental Health Legislative Network and NAMI. They are working to set up meetings with legislators. They will have T-shirts made for the group as well.

Finance Update

Kellsey shared what funding has been spent so far this year and what has been allocated for the year. She also shared an explanation of the different areas funding can be spent on.

Provider Spotlight

Robin shared information on Hope House. The program began in the 80's and was incorporated in the 90's. They received grants to allow them to develop an art program. They learned about art, started creating art and got to the point of identifying as artists, showing their art, and created 2 books. When Covid hit the grants and art program ended. They are now in the process of remodeling their mechanics garage into their new group space. They are serving about 100 people. They are working to fill some of their positions. They serve adults with long term severe and persistent mental illness. Robin shared a brochure about their services as well as information on their referral process. They currently have a waiting list. They have Adult Rehabilitative Mental Health Services (ARMHS) which helps people build healthy life style skills, develop a psychiatric mental health care directive, and help prevent mental health crises/relapses. They also do community interventions such as help them resolve landlord tenant issues. They also provide community support services where they have people utilize their drop-in center, they help people access community services, they help build leadership skills, and attend day on

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the hill. They also incorporate cultural aspects such as talking circles and are working to develop a sweat lodge. They have a nurse practitioner who can prescribe meds. They offer med management and complete diagnostic assessments. They also offer caregiver/family support services. They work to empower people to be their own advocates. March 22nd they will be having a fundraiser which is learning to paint. They will have 2 sessions.

Next Meeting

The next meeting will be held March 3, 2025 at 1 pm 3rd floor of the community service center at Beltrami County. Dave will lead the ice breaker and Monica will share information about Wellness in the Woods for the program/provider spotlight.

Submitted by Jamie Halverson