

Cascade County Mental Health Local Advisory Council (CCMHLAC)

MEETING MINUTES

Monday, October 5th 2015 3-5 PM

Largent Center McFadden Room
915 1st Ave. South Great Falls

www.ccmhlac.org



Members Present Vonnie Brown, Shelly Heilweil, Ralph Beeson, Angela Meyers, Jennifer Whitfield, Linda Daggett, Brian Thompson, Jane Weber, Ginny Carnes, Greg Tilton, Shawn Matsko, Vernon Bishop, James Gustofson

Welcome and Introductions Vonnie called the meeting to order at 3:07 PM.

Review and Approval of Minutes of Last Meeting The September minutes were approved with a few grammatical/typographical corrections.

Treasurer's Report Linda reported that a check for \$180.00 was issued for the website costs and the balance now is \$2,369.18.

City Commissioner Candidates: No City Commissioner candidates were in attendance at the meeting. Shelly reported that the Forum did not come together because time was too short, but each candidate was sent a 4-question questionnaire. The questions asked were: 1) As a City Commissioner, how would you propose to work with the County on mental health crisis interventions to reduce the incarceration of mentally ill individuals? What are your plans to enhance treatment access for those individuals while incarcerated? 2) As a City Commissioner, how might you collaborate with the Center for Mental Health to insure the success of this youth crisis intervention effort in Great Falls? 3) Are you willing to make CIT training a priority for City employees to assist them in being better prepared to work with the mentally ill? 4) Is the mental health care of State, County & City inmates a priority for you? What can the City do to support the formation of a Mental Health Court here in our local Justice system?

The only response we had was submitted by Bill Bronson (attached) Brian read the letter which answered each question. He outlined the city's parameters regarding each question and Shelly will email the questions and Commissioner Bronson's responses to the members.

Continuing Business:

- Report from Printed Materials Committee - Shelly requested someone else take this project and make a nice LAC brochure and business card that we can distribute. Scotty offered to design a card and possibly work on a brochure. He will meet with Shelly to get more information. Vernon and James will work on a logo.
- Mental Health First Aid (Jane) and report on Stand Down – Jane was not present to report on the Mental Health First Aid. James reported that about 450 Veterans were in attendance at the Stand Down, a significant decrease from last year. Some homeless Vets were served, and only they were given gear this year. For next year, Vets 4 Vets is considering holding it only 2 days instead of 3 and considering another draw, such as music.

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- Website update – Vernon reported that there have been up to 359 hits, so it has tripled in the last 2 months. The TSA has had about 79 hits. He does want to streamline the site; Vernon and James will get together to hash out ideas, adjust the site and simplify it.
- Follow-up on Public Service Announcement - Greg and Vonnie met to discuss what is next. Greg reported that TV consultant suggested that, to be effective, we need a media campaign including newspaper, radio, online. The goal of the media campaign would a significant decrease in the suicide rate in Montana, especially youth and the elderly. The PSA is on stigma and the idea is, that, by reducing the stigma people will be encouraged to ask for the help they need. The PSA is currently on our website. Jennifer suggested that the Center for Mental Health's new Youth Crisis Diversion grant money has a portion dedicated to setting up a webpage for Cascade County mental health resources, and this PSA could be a part of that. We were reminded that there is a statewide suicide prevention program.
- Email list - Linda went through a list of returned emails and received input. The members were encouraged to let her know of anyone to add to our contact list so we can continue to expand our networking and information sharing in the community.

New Business:

- Review & discussion of our 4-point letter to the City Commissioner Candidates – This was covered at the beginning of the meeting.
- (2nd) Crisis Intervention training in Helena, 9/30- 10/2 - Shelly reported she attended the conference, the focus was on peer intervention on group or individual level in a crisis i.e. school shooting, flood. She made a good connection with the Salvation Army personnel.
- CSAA meeting – James reported they did have a meeting and have some funding now. They are working on setting priorities, did a pre-planning session for the upcoming year. They were updated on what is going on in the State, identified needs, mission, vision, and goals. Goals are to solicit City and County support and decrease gaps in services, support open access to services, mental health court. The CSAA does want input from our group about the priorities we see. The Summit is October 20th and the next meeting (Congress?) is October 30th.
- Identifying Priorities/goals for 2016 - The group brainstormed a list of possible priorities we have for the coming year and to give to CSAA. The list included:
 - Crisis Intervention Training for first responders
 - Mental health crisis response network
 - Increased suicide prevention

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Community education (MH 1st Aid, PSA's, website)

Wellness Recovery Action Plan (WRAP)

Day treatment

Co-occurring treatment

Mental Health Court

Help establish MDC for youth/adults -an instate hospital to house dual diagnosis people.

We currently ship most of our youth out of state.

Trauma-informed care

Help people to get medical insurance

Coordinate better with City/County Health

The group prioritize the top 4 priorities as follows: 1) Mental Health Court, 2) CIT for first responders, 3) Mental health crisis response network, 4) Community education (this could include suicide prevention, trauma-informed care, obtaining medical insurance, co-occurring treatment, WRAP).

Brief Community Reports/Announcements:

AWARE – Brian reported that they are working on client activities such as decorating doors. The Development Disabilities Conference is coming up and Brian will attend.

WRAP – Ginny reported they held the first PEER Recovery Conference and she attended.

Open Doors – James reported that he is working with people on probation and parole to help them get healthy community contacts.

MHAGF – Linda reported that the group is working on the Annual Dinner and the speaker(s) will be local police with on the effects of PTSD. They are also working on a mobile-friendly webpage and Facebook connections.

Center for Mental Health – Jennifer reported that their Wednesday brown bag lunch topic this time will be *Beyond Consequences*- Working with families that are not responding to usual treatments. Jennifer was able to make some connections regarding the efficacy and need for PEER services. The Center West is expanding and adding 6 beds.

Greg- Montana Public Radio is holding a marketing workshop that is being held Wednesday October 7th at 1:30 at the Chamber of Commerce building.

Angela- Reported that she will be attending the Montana Addiction Counselors Conference in Butte this month.

Adjourn The meeting was adjourned at 4:45 PM by Shelly.

Date of next meeting: Monday, November 2nd

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PSA Website link: wecanhelpmt.org

Link for CCMHLAC web page: <http://ccmhlac.org/>

Link for CCMHLAC on Facebook: <https://www.facebook.com/pages/Cascade-County-Mental-Health-Local-Advisory-Council/891119197574568>