

## MENTAL HEALTH LOCAL ADVISORY COUNCIL

February 8, 2016 - MINUTES

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**In attendance:** Members present: Shirley Kaufman, Dr. Donna Kelsch, Renee McLendon, Tom Peluso, Lori Reynolds, Carol Townsend, Susan Wordal, Jan Bjork, KC McLaughlin, Vickie Groeneweg, Shelly Johnson, Matt Kelley, Anna Saverud and Commissioner Joe Skinner

Members absent: Deborah McAtee, Sgt. Jim Anderson

Advocacy Members present: Ken Bell, Isaac Coy, Andrea Lower, Ellie Martin, Pierre Martineau, Alicia Smith, Rick Gale, Michelle Jermunson, Rebecca Adams

Guests: Linda Kinsey, Sarah Webb

Staff: Glenda Noyes

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### Welcome and Introductions

**Public Comment:** Ms. McLaughlin provided the group a protocol/referral process for using Montana Family Wrap Around Services. Mr. Peluso asked how the program is working. Ms. McLaughlin stated that it is working well. The Sheriff's Office isn't having to deal with a lot of habitual callers anymore. When a youth requires an acute crisis care overnight, KC and Mecklen provide this in their licensed homes for up to 72 hours. They also work with Aware and the Gallatin Mental Health Center. Mr. Bell asked if after families are separated if there is follow up care. Ms. McLaughlin explained that they provide follow up care with families and include the school, therapists, and other support systems involved. Ms. Townsend asked if they involve the Help Center. Ms. McLaughlin explained that if the youth has a therapist in place they contact the Help Center who gets in touch with the therapist. [The Help Center doesn't provide the referrals because of the funding mechanisms; those referrals must come through the Sheriff or Youth Probation.] Montana Family Wrap Around (MFWA) doesn't work directly with the Help Center but does refer families there. Mr. Peluso asked if the funding piece with the cities is working itself out. Ms. McLaughlin stated that Chief Youth Probation Officer Gwen Massey has talked to the City of Bozeman and has agreed that Youth Probation will pay for one year of services to the City's youth that may not be directly involved with Youth Probation for one year as a trial run and then Bozeman will consider the outcome of this and possibly contribute their own funding going forward.

Ms. Townsend reported that the Help Center is launching a text/chat suicide help line.

Ms. Smith reported that the Stepping Up Initiative is gaining speed. Lewis & Clark County and Missoula County have both signed on to it. Ms. Smith stated that she'd like the LAC to encourage Gallatin County to do so as well and publically acknowledge this effort. Chair Wordal suggested everyone review the handout and email position of support with a formal decision to be ratified later. Mr. Peluso suggested that it be forwarded to the Sheriff. Ms. Lower stated that she and Ms. Grundner are already working on that end of this.

**Approval of Minutes December 14, 2015 and January 11, 2016:** Mr. Peluso noted that at the January 11 meeting he made a comment about provider rates being an issue. He wanted to encourage everyone to not panic over this statement. Ms. Martin asked that a correction be made to minutes to change the word "physician" to "clinician" - the Mental Health Center has hired two clinicians, not physicians. Mr. Peluso made a motion to approve the minutes as amended. Ms. McLendon seconded the motion. All voted aye. Motion carried unanimously.

**Update on the MSU State Wide Summit on Suicide Prevention:** Ms. Smith stated that 300 people attended the summit - 80 had been expected. The Keynote speakers were good. They focused on what can be done in different areas regarding suicide prevention, especially at the college. Mr. Gale stated that they did some brainstorming on suicide prevention on campus and with veterans. Some of the areas of discussion were mandatory training for Resident Advisors, screening at the health clinic, incoming freshman screening and weapons restrictions. There were also productive breakout sessions. Chair Wordal stated that this will be an ongoing discussion. There is a wide demographic on campus with students anywhere from 15 to 70 years old. There are also a lot of veterans on campus. Hopefully this important discussion will expand beyond the campus as well. Mr. Peluso noted that NAMI helped create a department at MSU to do research on Mental Illness and Recovery. That department is taking the lead on this and launching the research. Ms. Adams stated that there is new research on brain protection from concussion related trauma. Ms. Smith stated that the department is called Center for Mental Health Research and Recovery. Chair Wordal stated that there are concussion protocols in place that weren't there even a year ago.

**MHOAC Update:** Ms. Lower provided a review of the MHOAC plan and recommendations. Ms. Oldenburg has talked about a work force conference in other states. There is \$4,000,000 of funds in the communities right now from AMDD for various community programs from SB418 monies. There is an interim committee on housing - they know there is a need, but there are not a lot of communities bringing the need to their attention. It is widely known that Gallatin County has a big issue with housing. Ms. Oldenburg can do presentations and would be glad to come to a meeting to present. Mr. Peluso stated that one of the NAMI members he works with has a daughter with mental illness. He asked if

there are any congregant living facilities for women living with mental illness or housing to develop such a place. There are some group homes in existence but Ms. Martin explained that there are different models for this kind of thing. Ms. Adams stated that this is a need for men as well as women.

**Stigma Related to Family Members:** Ms. McLendon stated that often families get blamed for mental illness among their families. Catastrophic episodes can take up to 30 days for a family to get help in place. In the meantime they feel ostracized. The 72 hour window needs to include a debriefing and efforts to prevent PTSD in family members due to cascading mental health issues that affect a whole family, especially those without tools to deal with it. Family to Family is a great program but crisis situations are those lacking support. An information packet needs to be put together that families can be given telling them what to expect if they have a family member at the Hope House or State Hospital, what resources are available to them, etc. The test model would also include water, a snack, and information that may help the support system from cascading into mental health issues themselves while helping family. Mr. Peluso stated that often this is a ministry of presence. Ms. McLendon stated that is what she is trying to develop.

**Next Meeting Agenda** - March 14, 2016: Chair Wordal stated that between now and May the group needs to look at membership and give consideration to chairmanship in the future. Ms. Martin stated that a Project Launch presentation would be good on a future agenda.