



MENTAL HEALTH LOCAL ADVISORY COUNCIL
Meeting Minutes – December 16, 2019

Welcome and Introductions: Ms. Hume called the meeting to order, and introductions were made around the room.

Approval of Minutes for October 21, and November 18, 2019: No quorum present. Minutes to be approved at January 27, 2020 meeting.

Old Business:

Mr. Bueling provided an update on the Man Therapy Campaign, and described next steps as gathering information from stakeholders on how this should be launched in March. CSAA approved a \$3,000 grant for this campaign, and is now close to reaching their funding goal. Mr. Coburn is on the committee that will help determine which message will be presented. Please encourage men in the community to give input towards this message. The Man Therapy Campaign will work with the LAC to help with information and direction.

Ms. Kaufman confirmed that the LAC would like to not have a luncheon, but rather a focused meeting to discuss five specific goals. Ms. Pengra suggested having ideas for goals submitted before the meeting. Ms. Jamison reported that the steering committee has met and identified legislative ideas. Commissioner Skinner agrees that May is the best time to hold this meeting, since this is an election year and candidates can use this for their campaigns. Ms. Jamison will touch base with the EBH to discuss issues.

Jami Hanson with DPHHS will be giving an update during the February 17th meeting on how they want to collaborate with the local LAC's on funding. Ms. Hume will be taking suggestions for questions via email. Topics will include SOAR, EPIC and the PATH program.

New Business

Vivian Riseley with the Hearing Voices Network introduced herself to the LAC, and explained what type of therapy her practice uses. This therapy started in England, and is a large part of the mental health system. Members share experiences of hearing voices, having visions, and other unshared sensory experiences, and how to cope. This is a safe space on how to share experiences, and not affiliated with any clinical offices. She is looking to start a grass roots group who are like minded and want different ways of treatment. Her contact information is Vivianriseley@gmail.com.

Commissioner Skinner wanted the LAC to know what is happening with the CRT. This is a very valuable program to the area. This will be added to the January 2020 LAC meeting.

Reports

Ms. Johnson met with Co-Occurring Disorders this month and will provide a summary of what was discussed.

Announcements

Ms. Jamison announced the January 29, 2020 Stress Reduction Workshop from 1-3pm at the Baxter for \$30. This will be focused on self care for stress reduction and includes lunch. Self Care training is also offered at the YMCA on how to support loved ones through crisis. This is a free 8 hour training class and includes lunch and all materials.

Mini grant funding is at \$0, but money is coming in. Ms. Kaufman suggested thinking about projects in the future, and getting applications in early. Mini grant funding for the Legislative Luncheon is possible.

Next Meeting: January 27, 2020