

Mental Health Advisory Committee Minutes

May 25th, 2021

Members Present: Luke Hennen, Janet Williams, Kim Churchill, Lloyd Ervine, Dale Loomer, Dawn Plonski, Catherine Hopen, Sara Danielson, Katherine Cravens, Lorraine Estrada White

Others Present: Julie Harmon, Barb Weckman-Brekke, Barb Dahl, Lorie Reller, Sue Abderholden, Nancy Hawkins, Mary Beth, Michelle Faith, Danielle Fox, Tamara Severtsen, Joe freyholtz London, Jay Theisen, Steve Brown, Lisa Sellner

Minutes:

Meeting called to order at 4:00pm by Luke Hennen

Introductions made by those present

March 23rd, 2021 minutes approved

Next LAC meeting will be June 29th, 2021

Agenda:

4:15 NAMI presentation-Sue Abderholden

- **Promoting Mental Health**
 - How society treats people with Mental Illness
- **Understanding Mental Illness**
 - Symptoms and difficulties
- **Recovery**
 - Making sure people can cope effectively
- **COVID**
 - Huge impact on Mental Health Worldwide
 - Experiences
 - Alone, Isolation, loss of job or income
- **Now What:**
 - Raise Awareness and change attitudes
 - Avoid negative language

4:45 Wellness in the Woods—Jode Freyholtz-London

- MNWITW.org
- Transforming wellness into Reality
- Open for peer support 365 days from 5pm-9am

- Calls have doubled in the past year due to COVID

5:00 Bylaw Review/Approval of changes—All

- No feed back from the last change
- Language regarding fundraising removed
- Bylaws approved

5:15 Co-responder grant application—Hennen

- Information can be found at <https://pohladfoundation.org/our-focus-areas/racial-justice/reimagining-public-safety/>
- 2 year grant
- Should know by July

5:20 Other updates—members and partners are invited to share program/organization updates

- Barb Dahl-Most of HHS has moved into new building, and hoping to open to the public June 13th
- Janet Williams -How occupancy is doing at the Guild IRTS in Savage.
 - Full according to COVID Guidelines
- Lorraine Estrada-White would like some time on the next meeting to talk about her experiences with Group Homes.

Next 2021 Meeting Schedule:

June 29th

August 24th

October 26th

November 23rd

Meeting was adjourned at 5:30 p.m. By Chair Luke Hennen