

Local Advisory Council (LAC) North

St. Louis County

October 20, 2022 4:30 – 6:00 @ Virginia GSC and Teams

Present: Todd Swenson, Ann Marie Lubovich, Jennifer Rich, Brenda Shafer-Pellinen, Heather Kainz, Katy Lofquist, Linda O'Neil Deremee, Macy Viita, Sandy Tuin

Absent: Nicole Stone, Daniel Triestman, Patty Stensland, Lacy Podlogar, Darcie LaFlamme, Michelle Long

- Meeting started at 4:30 pm
- Tod read the LAC values
- Meeting Minutes for September were approved
- LAC was asked if we should continue doing a hybrid model of meeting in person and on-line. The three choices were:
 1. In person/online
 2. Online only
 3. Online for most of the meeting and then meet in person a couple times/year.

It was voted on and decided by the members in attendance that we would do online meetings except for two meetings a year. We would meet in person at our May meeting so we can work on recommendations. We would then meet in person for our August meeting when we to start the new year (we can still do online for those who still cannot meet in person or who choose not to meet in person).

- LAC discussed membership

There were a couple of members that have not attended the last couple of meetings, and they did not respond to meeting invites to say why they could not attend. Tod will compose an email to send to these members.

Bylaws Section 8: Absences, Termination, and Resignation:

A member who is absent from two consecutive regular meetings in one year without prior notification will be asked about their intentions and commitment. If no answer is received before the next scheduled meeting, a recommendation will be made to review

their membership. Consideration will be made for family and life emergencies. A member may be terminated from the LAC with a majority vote of the members. A notice of resignation should be submitted in writing to the LAC co-facilitators.

The following members will be sent email:

Darci LaFlamme, Patty Stensland, Nicole Stone

An email will be sent to these members to see if they are still interested in being on the Council. If we do not hear from them before the next meeting, then the Council will review at the next meeting. Tod did hear back from Darcie LaFlamme and states she will no longer be on the LAC. Darcie's name was removed from the membership list.

- Guest speaker – Dr. John Brose PhD, LP, LMFT, LADC

Licensed Clinical Psychologist, the owner and Clinic Director of Associated Clinic of Psychology (ACP). See attached bio.

He has dedicated his life to older adults and staff/caregivers that choose to work with older adults. The two are heavily intertwined together.

There are no referendums for nursing homes or for improving homecare services for older adults who have contributed their whole lives.

No one has the correct training in taking care of older adults with mental health and sexual exploitation while in a long-term care facility. There is a difference for most people taking care of older adults that have a job taking care of these people vs. those having a career in taking care of older adults. Different experiences. One gap is that we are not making older adults a priority and see them as a burden and a cost center as they require more health care than others even though they have contributed all their lives.

Dr. Brose is the first person to do MH services in congregate settings. Staff in the long-term care setting get frustrated – they want to send clients to ER because they have MH issues instead of having someone come in a work with a person in the facility.

Every facility has a mandated Medical Director, but no one has someone like Dr. Brose to help seniors with their mental health.

Dr. Brose did a video on How to Identify the signs of sexual exploitation of older adults in congregate living environments. Here is the links below to that video:

Elder Sexual Abuse in Care Facilities: Detection, Response, and Prevention - Part 1

<https://www.youtube.com/watch?v=YiumYqXnSVw>

Elder Sexual Abuse in Care Facilities: Detection, Response, and Prevention - Part 2

<https://www.youtube.com/watch?v=rMsE3htfe0Y>

Dr. Brose wrote produced and directed this video. Very powerful. He brought in sexual assault nurses, judges, investigators to help with the video. No people of power have been trained on a sexual assault scene in a long-term facility.

Three Silos:

Mental Health/Medical/Chemical Health

The people in healthcare need to be vigilant in trying to catch things like sexual assault just like we have teachers and counselor try to catch certain things with kids are in school.

Disproportionate amount of people that have financial and sexual exploitation.

No one looked at the research to show that the most traumatic experience is when someone must go into a nursing home.

Higher probability of a child to commit suicide if someone in the family ends up committing suicide.

Dr. Brose's company contracts with nursing facilities that allows providers to go into these facilities. What is preventing this to happen in our area?

Dr. Brose's group are in 7 County Metro nursing homes except for one nursing home. Reason for not having a group like Dr. Brose's in all nursing homes:

1. Tough clients.
2. It like rubbing your nose in your parent's and your mortality issue. He lost a provider after 12 years due to her mother getting Alzheimer's and she had to leave because it was too hard to keep helping people with the same situation.
3. Medicare pays terrible for providers
4. Travel time – going to many facilities
5. Work with many staff that turn over and often those staff are not welcoming to outsiders.

There are no protocols in mental health. Dr. Brose will not go into a nursing home to train their staff since the turnover rates are so high. He will train the thought leaders on how to implement behavioral health protocols because it won't last.

Don't minimize that you are a Change Agent. Try to find ways to make things better for older adults. Dr. Brose has the passion to keep finding ways to do things to make a change.

Jennifer stated that this meeting was eye opening, but Dr. Brose stated he would want it to be mind opening. Need to be a voice for older adults. Stimulate your thinking.

- Recommendations that we can work on next:

Macy thought we could create awareness at our level instead of bringing it to the higher ups. Created a social media page to bring facts to the community.

Tod thought we could bring information to the nursing homes/assisted livings and the County Board about anti-stigma. Training staff and care givers.

Linda mentioned that the County could put out things for anti-stigma and anti-agism campaign.

Brenda mentioned the following: 1) Provide additional funding to adult protective services to allow for expanded assessment and referral to services for older adults.

2) Provide grants to local non-profits to offer evidence based behavioral health programs for older adults to expand options in rural areas.

3) Provide grants to St. Louis County residents in a variety of career categories (long-term care, healthcare, law enforcement, EMS, firefighter, educator, etc.) to received advanced training in gerontology – aging services with the goal being to increase expertise and raise awareness of ageism.

4) Provide grants to local community organizations to offer programs to prevent and mitigate social isolation in older adults.

Katy's recommendations 1) Explore the County's role in serving mental health providers for seniors (Itasca County is currently the only county in MN to do so). 2) Provide training to existing providers (mental health, physical health, congregate living) on senior mental health/agism. 3) Provide programming, resources, training to focus on sexual assault of seniors.

Below is a list of groups if anyone is interested.

NAMI group meets every Thursday at the Red Door Church in Virginia at 5:30 pm. You can contact Tod Swenson at (218)464-2265 if you have questions.

Clarity Project if anyone is interested see link below or contact Gena Bossert at bossertg@stlouiscountymn.gov

<https://www.stlouiscountymn.gov/departments-a-z/public-health-human-services/adult-services/clarity-project>

Mesabi Behavioral Health Network Meeting October 26, 2022, from 8:30 am to 12:30 pm at Mt. Iron Community Center. If anyone is interested, please contact Kelly Sather – satherk@stlouiscountymn.gov or (218) 290-3513

- Meeting was ended at 6:00 pm