# Southern St. Louis County LAC

## Meeting Minutes

04/20/2023

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| Present: | Taylor Soghigian\*  Tara Aase  Jessica Marquardt  Jessica Johnson  Rochelle Koehne  Traci Laughlin  Sonja Wildwood  \*- Facilitator  \*\*- Guest |
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1. Welcome and check-in
2. Meeting

* In person
* Twice a year?
* Most people want to meet in person
* Couple in person, the rest can still be Hybrid
* Optional meeting in June- June 8th 2023

1. Focus Group

* Targeted groups- Parents, Teen Advocates with lived in experience,
* MH survey- Whats working, not working, and what would like to see happen in the future
* Open ended questions
* Incentives
* Grant- Essentia Community Grant- Arrowhead Health Alliance
* What to use the money for- Just focus groups or both survey and focus group
* Add professionals into the survey?- What they are seeing. Are there gaps?
* Form subcommittee for the focus groups

1. Survey

* Previous survey
* Use that to revamp new survey
* Booth at Health and Human Services Conference
* Put survey in Steve O’Neil and St. Francis and Damiano
* Contact sheets to email to companies if they are interested in the survey
* Best response was in person and at events asking people there. Second best was over the phone. Least response was email.

1. Community Outreach

* Arrowhead Behavioral Health Initiative- Reaching out to them
* Schools- Counselors offices?
* Reaching out to tribes
* St. Louis County Public Health
* Looking at the resources on the drive and revamp it.
* Nami- Tuesday May 23rd- 1:30pm to 2:30pm

Action Items:

* Reach out to Arrowhead Behavioral Health Initiative- Sonja
* Reach out to Deanna regarding money left over from Grant- Pattie

**Meeting Adjourned at**

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| **Next meeting:** | **5:00pm to 6:30pm**  **August 17th, 2023** |