# Southern St. Louis County LAC

## Meeting Minutes

November 17th 2022

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| Present: | Taylor Soghigian\*  Ali Gronholz  Rochelle Koehne  Ali Shulstad  Kathy Wilson\*  Pattie Nilsen |
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1. Welcome and check-in

* Introductions

1. New Co-Chair members

* Welcome the new Co-Chairs

1. New Member Committee

* Reach out to Taylor if you would like to be part of the committee

1. Focus for upcoming year

* After hours services
* Access to services
* Incentive to make services accessible
* Being present at more events and talking to people about their experiences
* What do people think are the biggest impact on mental health and how can we bring that forward so more of the community can know.
* Are we asking the right questions on the survey?
* Do we do another survey with different questions?
* Following up with County Commissioner to speak about policies on mental health.
* Having focus groups
* Have the county be a part of the focus groups
* Can we collaborate with local colleges on focus groups?
* What is causing the systemic issue on Mental Health
* We could use ourselves or the LAC as the focus group

1. What different areas could we help with

* Behavioral Health Director Dena Bossert
* Arrowhead Health Alliance
* Request for proposal on seeing who would be willing to provide crisis services
* How to get input from LAC for all counties
* Scott County LAC sets up presentation for people running for office- Can St. Louis County do that as well?
* Invite people running for office, hospital CEOs and other major players
* Clarity Project- What it currently looks like at this time.
* Children and Families Services- Working to soften some space in Duluth to more friendly and engaging for families and children.- Paula Stalky or Chris Heazlet.
* Family Resource Center- Make it a better setting or place
* Motivational Interviewing and fitting it in with safety organize practice- Demo and feedback from LAC.
* Short term crisis stabilization- services for teens at Birch Tree- 18 or older. Need that for younger children.
* Share responsibilities with hospital and Arrowhead children’s behavioral health services
* Child Protection- Opiod Response Dollars- Input on how to spend the money
* Public Health- Postvention- After there has been death by suicide, prevention to reduce additional suicide and promote healing.
* Different signage in lobby area in Duluth.

1. Finalize focus for upcoming year

* Placing this on hold to focus on all the great information that was presented today

1. Check-out and action items for next meeting

* Talk to Chris about focus groups and what that could look like
* Creating an agenda for the next year in January

Action Items:

**Meeting Adjourned at 6:30pm**

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| **Next meeting:** | **January 19th 2022**  **5:00pm-6:30pm** |