

Regional Local Advisory Committee (LAC) Meeting Minutes

Thursday, March 20th, 2025

1:00-2:00pm

This meeting was held hybrid.

Introductions and organizational updates

In-person:

Heather Stanley

Kelly Brinkman

Janet Karnes

Denise Rathey, Pearls program approved through the WITW

Kathy Hallbeck

Jode Freyholtz-London

Virtual:

Danielle Wadsworth

Destiny Tinnes

Nicole Schoon

Amy Tudor

Deanna Burke

Arlene Selander

Reina Irvine

Jason Burkle

Brad Vold

Nikki Rieke

Jesse Jones

Old business:

Denise Rathey approves the February 13th, 2025 Regional LAC Meeting minutes.

New business:

- Regional LAC Meeting cadence
 - Survey results
 - Monthly
 - 1.5 hours: 1-2:30pm

Kathy Hallbeck makes a motion to approve monthly Regional LAC meetings extending the time to 90 minutes from 1-2:30pm. Jode Freyholtz-London second the motion. All in favor, none opposed. Motion carried.

- Evening meetings in-person & virtual: 6-7:30pm
 - Could host at Crisis Line & Referral

Heather Stanley motioned to approve 90-minute meetings every month, even months in the evening 6-7:30pm and odd months 1-2:30pm. Denise Rathey second the motion. All in favor, none opposed. Motion carried.

- County color announcement: Regional LAC Chair, Janet Karnes assigned Regional LAC logo colors to each County as shown below.
 - Aitkin: Red
 - Cass: Orange
 - Crow Wing: Yellow
 - Morrison: Green
 - Todd: Blue
 - Wadena: Purple

- State LAC is the first Wednesday of the month at 3:30pm. Please join if you are interested. Meeting link and cadence is found on the DHS website. Let Jode know if you are interested.

- Region V+ AMHI update
 - Certified Peer Specialist Training: May 5th-16th
 - Certified Peer Specialist Training Info Session: March 25th
 - Mini Grant Application due March 25th:
 - It was determined to wait until the next round of mini grant application after the Regional LAC has budgeted for the annual events taking place in 2025.
 - Next round of mini grants will take place August/September 2025.
 - Drop-in Center//Legal Aid Events
 - April 16th event taking place at Petals of Peace Drop-in Center in Aitkin from 4-7pm
 - May 22nd 12-2pm event taking place at Hope Center in Wadena, MN
 - More to come: Cass, Morrison, and Todd Counties will be announced and scheduled at a later time.

- Community Bridgemakers:
 - Mental Health Strategic Plan
 - Family Resource Center
 - Resource solution: Online and Personal solutions

- Mental Health Awareness Month (May): Event
- Community events/outings
 - Harm Reduction Event: Flyer being sent out soon
 - Crow Wing County LAC: Website
 - Military Mental Health Conference @ Camp Ripley
 - Aitkin County: Events taking place throughout the month of May bringing mental health awareness
 - Arlene is planning events at Casinos to bring awareness to Tribal Nations in MN

Workgroup updates: Initial planning efforts have come to fruition for each of our workgroups.

- **Succession Planning**
- **Awareness/Event Planning**
 - Mini grant planning will be covered under this workgroup
- **Rebuilding relationships with County Commissioners**