

Planning and Steering Committee – Meeting Minutes

Meeting date: 1/9/2024

Attendance:

Collaborative Staff: Caitlin Meyer and Yessica Macias; Cleveland Schools: Shanna Roloff; Tri-City United Schools: Kristan Pfarr; Waterville-Elysian-Morristown: None; Le Sueur Henderson Schools: Jim Wagner, Christa Luna; Le Sueur County Human Services: Sammy Hoelscher, Jamie Hayes, Nicholas Devens; Le Sueur County Public Health: Leah Fredrick; Minnesota Valley Action Council: Tiffany Vanden Einde; Horizon Homes: Aaron Pribyl; Inspire Services: Jonathan Beulke; Duck Cup Memorial: Angela Sticha; Hoffman Center Counseling: Felicia Kellen; Counseling Services of Southern Minnesota: Michelle Olund-Youngberg; South Central Service Cooperative: Christine Meeks; Fernbrook Family Services: Liz Jones.

Agenda

Meeting Minutes and Agenda: Motion by Christa Luna to approve agenda, second by Tiffany Vanden Einde.

Opening Remarks: Review of population, purpose, and partners. Attendees providing introductions via chat.

Coordinator Updates: Mental Health: Board passed motion to integrate collaborative with mental health, adding Inspire Services and Duck Cup Memorial Fund, Partnership between Hoffman Center and schools to expand in school mental health services. School Attendance: Schools would like to host gathering for administrators and support staff to share their best practices, discuss policies, and solutions to address barriers, collaborative will host to support this partnership between schools. Collaborative Structure: Drafted school specific plans for mental health and school attendance for review by schools, Beginning to draft by-laws and operating procedures.

Partner Updates: Angela Sticha (Duck Cup) – mental health needs in schools are increasing, family engagement with mental health is difficult. Duck Cup is working on event and resources. New projects in development - “Kind Minds” presentations on coping and “two by two” SEL classroom learning for K-4. Gala coming up in February. 118 events in schools this fall. Nick Devens (LSC DHS) – Mobile Crisis referral process for new foster children to get mental health services onboard quickly. Liz Jones (Fernbrook) – Two FT therapists for SLMH, current openings at LSH for more referrals. Felicia Kellen (Hoffman Center) – New contracts with schools, therapist just started employment, and getting scheduled with newly referred students at schools. Jim Wagner (LSH) – Increase in new to county students, more mental health needs. Barrier for uninsured kiddos having difficulty accessing therapy, partnering with SLMH, YMHN, and collaborative to resolve barriers. Tiffany Vanden Einde (MVAC) – Poverty and mental health interrelated. Replacing Family Employment and training position with a position to include Youth Programs based out of Le Center. More information to come. Leah Fredrick (LSC PHN)– Mental Health, especially post-partum mothers. Working on Health Equity Data Analysis grant (HEDA) to do surveys with WIC and home visiting families to get input related to mental health. Michelle Olund-Youngberg (CSSM) – SLMH at TCU, Cleveland, WEM. Increase in substance use trends in schools, needs for supports at school. Difficulty engaging with families to access/offer mental health services. Advanced evidence based trainings for their clinicians coming through a grant. Kristan Pfarr (TCU) – Many new to country, undocumented families, non-english speaking, difficult to access resources. Stigma/Follow through from parents has been tough on offers for mental health services from school for kids in need. Aaron Pribyl (Horizon Homes) – Monthly campaigns on outreach in diverse areas. Food shelf usage seems high in the area. Plans to target various audience to raise awareness of services. Jonathan (Inspire) – Jese’s caseload is full. Please continue to send referrals and Inspire will work to fill the needs in the schools.

More Resilient Minnesota:

Review of phases/progress: Phase 1 consists of presentations about Adverse Childhood Experiences, the effect of trauma on the developing brain, how toxic stress affects behavior and health outcomes, and to engage in conversation about building protective factors. These presentations are being hosted by each school district for their staff, and we will have a county event for several county departments. WEM hosted theirs in August, Cleveland’ and LSH hosted theirs in November. TCU’s and the county event are in the process of being scheduled this winter. Phase 2 involves sending

members of the collaborative to be trained on NEAR science (Neurobiology, Epigenetics, Adverse Childhood Experiences and Resilience research) to continue to spread this message about ACES across the county to people who interact with children. Four individuals were identified and trained in November. Myself, Cassie Wilke with LSH, Shanna Roloff with Cleveland, and Emily Erwin with TCU. Anyone interested in becoming trained as a presenter can contact me for more information, there will be another training opportunity in the spring. Presenters will work together within each of their communities to continue to provide the presentations hosted in phase 1 in an ongoing effort to spread awareness about ACEs, and provide a call to action in our communities- to strengthen protective factors. After spreading awareness, and identifying community voices to provide our team with input, Phase 3 will include gathering information and ideas from a diverse population of community stakeholders about trauma and building resiliency. In Phase 4, we will develop Community Resilience Plans to address ACES by enhancing protective factors. The ideas outlined in our plan will be funded through micro grants.

Review of Data from Minnesota Student Survey on Adverse Childhood Experiences (ACES): See fact sheet for data details. Audience poll on ACES prevalence among Le Sueur County youth (Answer 51% has 1 or more ACE). Jamie surprised by frequency of responses to jailed parents being so high. Jonathan notes that Le Sueur County is generally scored higher on all ACE categories than the state averages. Kristan notices that TCU scored higher in 5 of 8 categories than the other schools. Jamie comments that ACES may be under-reported, shocking that 51% actually said yes to 1 or more. Jonathan agreed. Shanna notes her observation of students in the school experiencing parents' divorce, and other ACES, and this number seems to be growing. Jonathan notes that the tie between increased ACES and higher amounts of depression makes sense. Leah notes positive effect of having a parent to talk to on buffering depression rates against effects of ACES. She also comments that it seems fewer students seem to have an adult they can talk to. Shanna adds that her role as a ACES presenter to tie in the importance of being able to educate parents on their ability to positively affect outcomes for their kids, if they can be a support for their child, even if the parents' cause the ACES, parents can be a part of the solution. Angela adds that she believes that parents can often be afraid to admit to their mistakes that caused an ACE to change their relationship with their children and build their ability to become supportive and help their children get help. Jamie notices that TCU's protective factor scores were higher than other districts, which may balance out their ACES scores being higher also. Leah and Tiffany surprised and saddened by the low number of students who believe that their communities care.

Brainstorming for phase 3 (target audience for community resilience conversations): Jamie comments that current or former clients of human services would be a good place to outreach. She also likes idea of outreaching to school boards. Jamie wonders if therapy providers, case managers, and PSOP could support outreach/marketing to their clients to participate in conversations. Jamie wonders about going further upstream to reach clients before level of involvement with CPS or CMH. Angela adds that they have presentations scheduled this spring in schools, and they could look at including some of this information to raise awareness in the communities. Angela is open to partnering on this initiative to plan events on ACES. She adds that parent engagement is tough to get them to come to these kinds of events. Kristan suggests sharing this information with Rotary, Lions club, etc., and work with them to build our protective factors through those groups. Jonathan willing to host events if desired, but wonders about parents' ability to attend this sort of event, and other ways to reach parents and get their input. Michelle agrees with the barriers and wonders about ways to get around them. Jonathan wonders if there is a way to get the information out there to the public, maybe a flier, along with resources to help parents connect. Michelle suggests school newsletters, social media posts, and other creative ways to market and share the information and solicit input. Felicia wonders about engaging with sports team, extracurriculars to get families involved, since families attend those events already. Angela adds that Duck Cup has been sending sports psychologists to meet with student athletes and parents, and could tie ACEs into the effort.

Concluding Remarks and Wrap up: Next meeting scheduled 2/6/24. February meeting topic will include a review of the mental health initiative's progress.