

Hennepin County Children's Mental Health Collaborative (CMHC)

Governance Committee Meeting Notes

Wednesday, April 15, 2020, 2:30 – 4:00 pm

Etonde Awaah & Laura LaCroix-Dalluhn, Coordinators

etonde@lacroixdalluhnconsulting.com & laura@lacroixdalluhnconsulting.com

Mission Statement

The CMHC provides a forum for a diverse and representative group of system stakeholders to influence the development and ongoing operation of an accessible and effective children's mental health service system within Hennepin County. The CMHC promotes innovative service development and continuous quality improvement in the children's mental health system by embracing the system of care principles and available research on children's mental health services.

Voting Governance Committee Members (Quorum 12): Liz Gronert, Jenna Mitchler, Krista Phillips, Cindy Slowiak, Liz Franklin, Adesola Jaiyesimi, Aric Jensen, Nita Kumar, Karen Malka, Stacy McClendon, Jody Nelson, Mark Sander, Maureen Seiwert, Angela Watts

CMHC Coordination Team: Etonde Awaah, Laura LaCroix-Dalluhn, Cheryl Holm-Hanson, Margaret Sullivan

Guests: Rocio Horwarth, Amie Wold

1. Approval of Meeting Minutes & Agenda

Quorum was met. Co-Chair Liz Gronert led Committee through approval of February 2020 minutes, March 2020 minutes, and April 2020 meeting agenda. All items were approved with no discussion or changes.

2. Welcome/Opening Circle

Meeting attendees introduced themselves.

3. Committee updates

Etonde shared updates from the Coordinators:

- *Coordinators completed summary of Impact of COVID-19 and submitted it to DHS and Hennepin County. Hennepin County responded on April 8, 2020. They hope to get some form of response from DHS and share both this week, but asked the Governance Committee whether the Hennepin County responses should be shared ahead of DHS' if DHS does not respond. Cindy recommended that Hennepin County responses be shared; Adesola agreed that if there are resources included in their response, it should be sent out as soon as possible. General consensus was that Hennepin County's response be sent right away, and Coordinators agreed they would act accordingly.*
- *Coordinators are continuing to work on the increased functionality of the website. They are actively posting the updates sent via email to the News section of the website.*
- *Laura shared Children's Mental Health Resources list, which focuses on mental well-being and mental health resources for families and resources for organizations. Aric said he would send information about Fraser to add. Laura added that she has been working with state agencies and Children's Cabinet to try and get the Governor talking more about mental health and mental well-being in his daily updates.*

Margaret shared updates from the PCLG:

- *Margaret shared that the PCLG has been hosting extra support/engagement meetings for parents. It has been interesting to hear some of the issues. Parents have to work full time and take care of their kids, which has been hard.*
- *Karen added that the PCLG is offering support weekly (rather than monthly). They've had really good attendance – new, returners, grandparents, etc. Supporting kids with their schoolwork has also been a challenge for parents/caregivers.*
- *Liz added that the biggest issues she has noted has been related to the behavioral components – keeping families, kids and parents safe during a high-stress period. And then also connections to*

resources. Other big challenge is about figuring out how to help kids being supported re: 504 & IEP stuff. Very challenging and it is at the base of the behavioral and emotional issues surfacing.

- Rocio added that she works with Latino community, and another issue she has been hearing about is a lack of involvement and engagement from parents and kids due to technology issues. Hard to keep up with distance learning.

Mark shared updates from the SBMH Committee:

- School-based providers are doing telehealth and reaching out to families. Some families engaged right away, some have waited. Those that have waited are now engaging. Not as much about devices as it is Internet connectivity. Different agencies are taking different approaches to resolve it – some are going to clients' homes, etc. New frontier is connecting students who are popping up with new issues to services (getting teachers in the know, etc.)
- Mental health/SEL meeting has about 15-18 districts coming together. They were going to meet on Thursday, but it's been shifted to next Tuesday. The purpose is to have a space for districts to talk about SEL, etc.
- Mental health support line: MPS started a support line. Run by Watercourse Counseling Center, but they're operating as an agent of MPS. By doing that, they're able to share information more freely with school staff, etc. Another mechanism for families to get connected and get Tier 1 & Tier 2 support. Provided in English, Spanish and Somali.
 - Maureen asked if there is a set of questions that they could be asked of parents (by teachers, etc.) - like a different kind of screening tool.

4. 3:00 **Mental Health Dashboard Approval (Etonde/Cheryl)** 10

Etonde explained ask from Hennepin County for the CMHC to lead on developing a Children's Mental Health dashboard. Cheryl developed an overview and presented it to the Executive Committee for feedback, and is now bringing it to the Governance Committee for final project approval.

- Cheryl shared the Overview document with the Governance Executive Committee:
 - Governance Committee has talked about doing this a number of times over the years. She is starting to pull information together to create a common, shared understanding of what the Children's Mental Health system is like, and ultimately use data gathered to guide our system of care work.
 - Normally, she would have started with lots of engagement meetings, etc. to inform project. Given COVID-19, she flipped it around: wanted to start with talking to key partners, seeing what data is already available, etc. Plans to do the collaborative input work over the summer.
 - Cindy added that Hennepin County has a contract with Cheryl and they talked about doing a data dashboard. They wanted to bring it to CMHC is because there likely are data points the County doesn't have access to & wouldn't have as broad of a base of understanding and connections to acquire. Thought it might be good to bring to CMHC and see if they were willing to champion this project.
- Governance Committee had opportunity to ask questions/make comments about the proposed project:
 - **Karen:** Happy to see that we're going to add the piece of what we're going to do with the information. Happy to see the continuation to help change the system and improve it.
 - **Liz G.:** Amazing, encouraging and hopeful work. Thinks it's great.
- Liz G. led group in the vote to approve project. Jody motioned, Amie seconded. No further discussion. Everyone approved project.

5. **Scholarships Requests/Approvals Process**

Laura shared the following update on scholarship requests:

- Have two pending scholarship requests:
 - CLUES submitted an application on April 8th for support in sending 12 staff members to the MACMH Annual Conference on April 26th [\$1210]

- *Janna Fennell, a provider at Wilder Foundation (St. Paul) & Lowry Hill Psychotherapy Center (Minneapolis), submitted a request for support in completing an online training for Integrative Mental Health [\$220]*
- *2019 process: CMHC Education Committee reviews requests, submits recommendation to CMHC Governance Committee Chair for final approval/denial. 2019 Education Committee members are: Sue Abderholden, Pat Dale, Peggy Larkin and Jody Nelson.*
- *2020 process has not been established yet. Coordinators sought guidance from Executive Committee. They recommended that Executive Committee serve as the approval body while the 2020 process is developed.*
 - *Executive Committee recommended to approve Janna Fennell's full request*
 - *Executive Committee recommended to approve CLUES' full request*

Laura said she is now coming to Governance Committee to ask if anyone wants to participate in a subgroup to review the 2019 criteria/process and amend for 2020. Plan to meet and finalize proposal in time for vote at the May 2020 Governance Committee meeting. Looking for 2-4 people to contribute to this effort.

- ***Jody** added that Education Committee was an informal committee; they never met in person. Curt sent out requests and then they emailed their responses (yay/nay). She recommends that there is a subcommittee that would include some other people to make it more reflective of system of care values, but have the review process be simple and responsive.*
- ***Angela** asked who determined who received scholarships. Jody said those who were a part of the Scholarship Committee. Angela added that she wants to see the list of past scholarships granted for accountability purposes.*
 - *Liz G: Expressed some concerns about sharing names of recipients, to which Laura committed to looking at the list and seeing what she can share (in a way that would maintain as much privacy as possible.)*

Angela & Liz F. both volunteered to participate in the development of 2020 Scholarship Criteria.

6. 3:20 **Practicing a System of Care during COVID-19** (Etonde) 40

Etonde shared that we want to continue with our systems of care work as it makes sense to mid-pandemic:

- *We started practicing system of care through our provider meetings at the end of March, and the PCLG is working hard to support parents and learn more about what their experiences are.*
- *Some initial starting points offered by Liz M. were:*
 - *Governance*
 - *Language*
 - *Family/peer/youth voice & support*
 - *Rapid mobile response & stabilization*
 - *Intensive care coordination (wraparound)*
- *We also have this very real-time concern (COVID-19) that is requiring a significant amount of our attention to adjust and respond to. We see our present day as an opportunity to **practice being a system of care** in our response to COVID-19, and would like the Governance Committee to help think through how we can do this in the coming weeks and months.*
 - ***Jody:** Wants to look at our budget to see what support CMHC can provide during this time. Potential action could include addressing needs identified by PCLG. Laura said our Statement of Activities outlines our financial resources.*
 - ***Angela:** emphasized the need to consider the impact in terms of current state and in terms of a marathon. We're going to see implications of this for a while. She's interested in the long-haul – not just for school-age, but also pregnant women (birth plans, support, etc.) Work is going to grow and expand, and we cannot do it in isolation.*
 - ***Karen:** We should continue to identify what the needs are. Parents' mental health is coming up more now. We need to keep learning about what is happening.*

- **Maureen:** We haven't yet identified what our response needs to be. We're very new at this. We need to be able to be nimble and responsive. As schools are rolling out some solutions, they're recognizing more issues. We need to coordinate our response.
- **Liz:** This pandemic is highlighting weaknesses that we already knew was happening in our communities. Abrupt social distancing is traumatic, as well as additional traumas (e.g. abuse happening at home). Everyone is going to have psychological impacts, may be layers to some of that trauma. How can we prepare for that and help people get back on track with the mental health/wellness/physical health?
- **Cindy:** There are some things Laura/Etonde have done that are important for the community, e.g. creating a platform where different voices & communities have a place. We have to make sure we're representing communities of color that are disproportionately impacted by these kinds of situations. CMHC's role is to be that platform to bring people together to discuss.
- **Margaret:** Look at crisis stabilization. If Collaborative could inject more energy into develop crisis stabilization model. Creating a hub, either with Front Door or 311 where families know they could get the information they need in one place.

Etonde asked about the possibility of coordinating with schools on these efforts:

- **Amie:** Their social workers are still working to contact families about basic needs. They also developed a four-page flyer with resources and coping strategies. They also set up a hotline. School districts are sharing quite a bit with each other.
- **Jenna:** Calls to their hotline have increased. Trying to figure out who is going to people's houses and how to collaborate with them. Have a social emotional check-in/checklist that people who are delivering go through when they do drop off.

Final thoughts:

- **Jody:** Equity, access, and engagement.
- **Amie:** Leveraging relationships. Making sure her team has access to do the work and increasing engagement. Set reasonable expectations.
- **Liz G.:** We continue to miss is feedback from youth who are living this. If we go too far without having that, we're not being true to what we want.

7.

Adjourn

Krista moved to adjourn meeting.

2020 Governance Meeting Schedule: 2:30 – 4:00 pm

Wednesday, May 20

Wednesday, June 17

Wednesday, July 15

Wednesday, August 19

Wednesday, September 16

Wednesday, October 21

Monday, November 16

Wednesday, December 16