

Hennepin County Children's Mental Health Collaborative (CMHC)

Governance Committee Meeting Notes

Wednesday, June 17, 2020, 2:30 – 4:00 pm

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): Pat Dale, Liz Gronert, Jenna Mitchler, Krista Phillips, Cindy Slowiak, Aric Jensen, Nita Kumar, Karen Malka, Stacy McClendon, Jody Nelson, Mark Sander, Maureen Seiwert, Debbie Wells, Amie Wold

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

Guests: Anna VonReuden

1. **Approval of Meeting Minutes & Agenda**

Liz G. took us through approval of May 2020 minutes and June 2020 agenda:

- Pat motioned to approve agenda, Jenna seconded. No further conversation. All in favor, agenda approved.
- No corrections to the meeting minutes. Krista motioned, Jody seconded. No further discussion. All in favor, minutes approved.

2. **Welcome/Opening Circle**

Everyone shared their name + organization and answered the question: **"Please identify one strategy they will use to share the approved COVID-19 Relief Funds with families or CMH providers?"**

- Etonde: sending information through various listservs & adding it to website. Also youth groups – OST programs + intermediaries, YouthMOVE, etc.
- Nita: They work with Headway; Pat is on the call & aware. Will figure out who else to share with once she understands eligibility.
- Pat: Haven't talked about it from a provider standpoint; will put information out most likely to their case management families.
- Jody: Will share information to providers that don't have DHS funding & also their clinicians but with some guidance on how to target it.
- Anna: Have a variety of programs & families that they serve at FamilyWise she will share it with and also some external professional relationships.
- Aric: Will strategically share with providers & schools partners, as well as other providers that aren't as connected to CMHC, etc.
- Cheryl: Has some informal networks with parents & health professionals – will circulate.
- Debbie: Will share with FSC board + SLP school district social workers.
- Amie: They have several social workers continuing to work this summer connecting with families & students that she will share with.
- Margaret: Social media & email lists. Will especially target diverse parent groups.
- Karen: Same as Margaret. Will also share with parents who come to their support groups or reach out to them.
- Krista: They will be sharing with their collaborative board members, FSCs in Hennepin County, social workers on staff (have a list of families already), etc.
- Cindy: Will be working with some of her staff that have identified families that could benefit.
- Liz G.: They've already been talking to people quite a bit. She's also thinking about targeting people who aren't connected or receiving services. There's a whole group of people that have emerged that don't have those formal connections. She'd like to see her own energy go in that direction.

- Laura: Homeless shelters + early childhood providers.
- Jenna: Not available.
- Stacy: Arrived later.

3. **Final vote on Theory of Change, COVID-19 Relief Funds, 2020 Scholarships, and Revised 2020 Budget**
 Wanted to Governance Committee to formally vote document by document. Laura highlighted key changes:

Theory of Change:

- *It's a working document for 2020.*
- *Changes: Acknowledged the full continuum of services, added some outcomes that we thought were feasible based on how we're doing our work with relief funds and in the field.*
- *Laura motioned to approve 2020 Theory of Change as a working document. Pat moved and Aric seconded. Jody said some have already voted and asked this vote is just for people that haven't voted. Laura said let's all vote here. We will use document to supplement for people who weren't able to vote here. All in favor; none opposed or abstained.*

COVID-19 Relief Funds:

- *We have two relief funds:*
 - *Family Relief Fund: We had lots of conversation about making it easy to apply + making application in languages other than English. Provided a sample application form, took out background info, and made some other changes to the previous version. Recommending we make the application available in English, Somali, Spanish, and Amharic.*
 - *No questions. Laura asked for motion to approve description + sample application. Jody motioned, Debbie seconded. All that voted approved; none opposed or abstained.*
 - *Provider Relief Fund: Eligibility hasn't changed. Any children's mental health provider working with families in Hennepin County is eligible. Worked with NAMI to simplify reporting.*
 - *Provider Relief Fund: Liz G. motioned, Pat seconded. No comments/conversation. All in favor, motion prevailed.*
- *Volunteers: Liz/Margaret (parents/youth) + Stacy (providers) both said they're interested in reviewing applications.*

2020 Scholarship Criteria

- *Revised 2019 criteria via subcommittee.*
- *Clarification question: Liz asked about as it relates to parents, it seemed that the "full up to \$200 and 55% beyond that" was new. Didn't remember reading this and thinks it's really good thing. Margaret also expressed thanks for that for that clarification. Laura said it was her understanding that it was common practice and they're just putting it into writing. Liz thinks it's great and that people will take advantage of opportunities they couldn't before. Jody agreed that it was formalizing what was informal previously.*
- *Pat moved to approve, Aric seconded. All in favor, none opposed.*

Revised Budget:

- *Sent revised budget & statement of activities. We have until October to make any changes in our budget to Hennepin County. Because we were making a request to draw down additional dollars due to Relief Fund, it made sense to look at budget in full. Made some additional changes:*
 - *\$50,000 (Family Fund) + \$200,000 (Provider Fund) + \$1,800 (NAMI) for COVID changes*
 - *Additional changes to Coordinators' budget: clerical line –*
 - *Curt previously had identified someone to take minutes, but Coordinators haven't been to find someone to have someone work at that pay. Coordinators*

suggested to fold that budget line into Coordinator pay because we've been doing the work.

- *\$5,000 used for mileage & parking. Coordinators suggested to make it available for fees, mileage or parking.*
- *Also suggested we combine budget lines general support, general experiences, National System of Care Conference into one budget line for \$17,000. Added description of what it would be eligible for funding under that line item.*

If we make these changes now, we'll be good for the rest of the calendar year.

- *Krista moved to approve, Stacy seconded. No conversations/dialogue. All in favor. None opposed. Revised budget passed.*
- *Thinks we can make the relief funds available to folks as soon as we can materials translated. No need for approval by board.*

4. **District 287 Budget Request and Approval**

Pat shared that both DOCCR and District 287 do their own time study stuff & they get their dollars. The CMHC was nominated through a process that Jamie put in place to "oversee" spending. CMHC doesn't have authority to stop spending, but does have the authority to say that we believe money should be spent on things related to children's mental health. DOCCR will submit their request in July. District 287 has submitted theirs for consideration now.

Amie went over it; Pat asked her to emphasize the mental health components:

- *Project has been going on for 3-4 years. This is meant for students who have dropped out of school & come with more intense needs (e.g. in/out residential treatment, etc.) This program specifically targets those kids, reduces barriers, works with their families to get them on track to graduate/get their GED.*
- *Asked Wilder to evaluate effectiveness every year; they're still working on this year's report. Can share when available.*
- *Laura: Everyone received copy of 2020 Statement of Activities. There is enough income to cover this budget request.*
- *Pat added: Let's put something on the agenda for July so they can walk through the outcomes of the project.*
- *Pat asked for motion to approve funding request for 2020-2021 school year. Liz G. motioned, Debbie seconded. No other questions. All in favor, none opposed, Amie abstained.*

5. **Police Brutality, Racial Justice and the Impact on Children's Mental Health in a System of Care**

Laura led a discussion about the impacts of police brutality, racial justice and the impact on children's mental health in a system of care:

1. *Do we believe parents &/or children's mental health providers are talking with children and young people about the racial violence in Minneapolis or across the county? What types of supports can we/should we make available to families and providers to support the mental health and wellbeing of young people during this increasingly stressful time?*
 - **Laura:** *Her friend/colleague talked about his experience of having to tell his child about what happened, and his 8-year old daughter was afraid to let him out of the house.*
 - **Pat:** *His sense is that there aren't any families not talking about it. He's been aware for a long time about the different kinds of conversations families of color have with their kids. Because of the locality of all of this happening, at least in this community, the conversations are more widespread than there maybe would have been. It also became a suburban thing – the boarding up of windows. He breaks it down into two things: 1. There are conversations happening rather than a conversation. His hope is that one of the things we'd grow into is being a place people come to for some of those answers – either hires someone to do this, or you get membership who has these things and are willing to share them. Within their agency, they're having multiple conversations with multiple lenses, etc. Families having the conversation whether they're ready or not.*

- **Debbie:** SLP school superintendent is black...he wrote a letter to an editor about talking to his children and went to local protest. Talked about the role of the school in being anti-racist.
- **Maureen:** They're starting to order a whole new set of books for their preschool classrooms & for parents. Thinking about contextualizing the message to be developmentally appropriate, but some parents disagree. A lot of white families are asking about how to talk about this, how to teach their children, etc.
- **Amie:** Having a lot of conversations as well. Restorative circles for staff, affinity circles for staff of color, etc. She listened to a town hall with AA leadership which was really interesting – was focused on the impact of these events on children's mental health. She took a lot away from the conversations she's been having and what she's been listening to.

Laura: Are those connected with staff doing direct services whether they're talking about it? Are there resources available that people are seeing?

- **Liz:** With PCLG they're looking at shifting towards mini-education/workshops. Wondering if we shouldn't look at doing something around this for parents on how to talk with their children. It's a small opportunity,
- **Anna:** At FamilyWise, they've talked about holding a parent circle. They have parent mentors on staff that have been crucial with having those dialogues. They've received a lot of tips from RC Children's Mental Health Collaborative.
- **Debbie:** Jennifer Harvey's work focuses primarily on racial justice and white anti-racism. Her most recent book, *Raising White Kids: Bringing up Children in a Racially Unjust America*. A number of our elementary teachers are promoting this and/or reading.
- **Pat:** From a provider standpoint, providers have to be very careful about the introduction of any topic. Topic/conversation should be client-driven. That said, they've had challenging conversations about kids wanting to talk about issues that aren't aligned with their parents' values (parents finds out, etc.) It's a tricky issue to tread.

2. Should Hennepin County Children's Mental Health Collaborative take a formal position on these issues? If so, is there a small group of people who are willing to work with us to develop?

- **Pat:** He's assuming that we need to take a position on equity – and try to make them real terms, not the buzzwords, etc. What he doesn't know from an 'official logic wording kinds of thing' is whether there are any limitations we need to care about.
- Lots of thumbs up on taking a formal position on this matter.
- **Jody:** Her recommendation would be to go from a position of "what is our sense of help? How do we raise children to thrive and meet their highest ambitions?" Want a statement that healthy children & families grow in healthy communities. What might we say in the positive reframe of "this is what we're working towards/growing into"?
- **Cindy:** Likes what Jody is saying. Focus on police brutality is symbolic of structural racism that exists in their community. As white people, have to be willing to have difficult conversations about it. Don't want to let ourselves off the hook in terms of how we're complicit (policies, culture that white people benefit from + continue to encourage its existence).
- **Jody:** What has struck her in the last two weeks: oppression of white teachers + article about SEL being oppressive.
- **Cheryl:** There's part of her that likes framing from Jody, but does think we need to push really strongly & with specificity/directness. Flipping it to a position on health could help as long as we don't shy away about where we stand on equity, anti-racism, etc. and our commitment to looking at it as individuals, schools, clinical practices, communities, etc.

Laura would like to see if PCLG members (other than leadership) could help support us developing a statement. Could also be an area that youth would be powerful to add to the conversation. Liz said

they've been talking about it some, so there's an opportunity. Only concern with those two groups together is facilitation – making sure it's a safe space for youth to open up.

- Cheryl said she's interested in being in this small group to help develop a statement.

Etonde: She will share it with POI providers to see if they're interested, but will leave it up to them. It's an intense time, and people will have varying appetites for participating in these kinds of efforts. In this movement to defund/abolish police, part of what it requires is that systems like mental health be able to step in where police have traditionally been called upon to handle situations. We have an opportunity here (along with system of care) to figure out how we can step up and transform into this vision. In whatever statement, whoever it is that's contributing to crafting it, we have to make sure we stay on message: we're talking about black lives and police brutality. And we have to listen to those who are at the forefront of this fight.

Anna: The space they can immediately change as a provider is taking a step back when they're calling police to their space, etc. They are assessing how they as an organization can respond differently to incidents + reconsider the use & presence of police.

Laura: Appreciates everyone diving into this + has to happen in all of our spaces.

6. **Committee & Other Updates**

- **Parent Catalyst Leadership Group:**
 - Two new catalysts.
 - Been doing weekly support groups, but going to phase that back and do workshops with guest speakers.
 - Liz said if anyone knows someone who can come in and talk about getting these most out of the telehealth experience.
- **BIPOC CMH Providers:** Held meeting in late May and early June. Providers were appreciative of having the space to come together. The intention is to meet with some regularity.
- **SBMH:** No significant updates.
- Due to time constraints, Cheryl was unable to update Committee on the dashboard & long-term implications of COVID-19 document. had to leave and could not provide an update.
- **Debbie:** George Floyd was a resident of St. Louis Park. His housemates are struggling. Alvin has been out of work due to COVID-19 and Theresa is working two jobs as a PCA and staff in a group home. She works M-F 6am - 11pm...such heavy lifting to do this work while attempting to process and grieve this deep loss. There is a GoFund Me to help support their needed rent funds. If you want to contribute, here is the website: <https://gf.me/u/x7uakm>.

7. **Adjourn**

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

Wednesday, July 15

Wednesday, August 19

Wednesday, September 16

Wednesday, October 21

Monday, November 16

Wednesday, December 16