

Hennepin County Children's Mental Health Collaborative (CMHC)

Governance Committee Meeting Notes

Wednesday, January 20, 2021, 3:30 – 5:00pm

Voting Governance Committee Members (Quorum 12): Liz Gronert, Pat Dale, Jenna Mitchler, Krista Phillips, Cindy Slowiak, Tonya Allen, Liz Franklin, Aric Jensen, Karen Malka, Stacy McClendon, Adesola (Jaiyesimi) Oni, Mark Sander, Maureen Seiwert, Angela Watts

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

Guests: Raven Baker, Audrey Flack, Rachel Harris, Beth Lovre, Sara Miller, Katie Perzel, Anna VonRueden,

Meeting was called to order by Pat Dale, CMHC Co-Chair.

Approval of Meeting Minutes & Agenda

Anna motioned to approve minutes; Jenna seconded. No conversation or corrections. All approved – no oppositions or abstentions.

Krista moved to approve the agenda; Eric seconded. No conversation or corrections. All approved – no oppositions or abstentions.

Committee/Coordinator Updates

- **CMH Dashboard**
 - Cheryl: Dashboard Committee is relaunching; the scheduling poll has just been sent out. In 2021, Dashboard Committee will be a tool to guide the Collaborative. Invited committee members to join the Dashboard Committee.
- **Parent Catalyst Leadership Group**
 - Margaret/Liz G: Liz G & Karen have been reelected as Co-Chairs; they will serve continue to serve as Co-Chairs for the next two years. PCLG is working on a series of mini workshops (20-30 minutes each) in hopes that parents can participate and ask questions. The mini workshops' purpose are to avoid presenting an overwhelming amount of information and focus on providing the important bits and pieces parents might want to know related to the children's mental health system. Workshops will be largely parent-led – professionals will be included, but the central focus is the parents' perspective. Beth Lovre is the catalyst member that is helping lead the initiative.
- **School Based Mental Health Committee**
 - Mark: Hennepin County Youth Education has compiled information on ways school districts are doing school. In-person options are becoming a more common trend for elementary age kids. Hybrid and distance learning are still most popular. Minneapolis Schools focusing on how they welcome back students to school. Schools are treating return to in person learning like the first six weeks of school – creating those rituals & routines. They're expecting a lot of change for students and families; the energy is excited with some anxiety. Mental health providers are experiencing the same emotions, especially for some providers working within multiple school districts with different plans and procedures. Providers still have a lot of openings. With in-person learning providers are hoping to engage more with students and families, specifically those they were unable to reach before.
- **COVID-19 Relief Funds**
 - Etonde: We're in the end stages of this work! All Provider Relief Fund invoices have been submitted for processing, and only two outstanding Family Relief Funds need to be cashed. Etonde will begin reviewing reports soon. Budgets will be checked against the County's and NAMI's. Coordinators will begin

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preparing information for the annual report as well. A newsletter will be sent out to present all the evaluation information being gathered by Cheryl.

- Cheryl: Part of the information that will be in the newsletter is the summary that was done in late of last year, which was an analysis of what information presented in the Relief Fund applications, e.g., what were people asking for as to the needs of their children's mental health. The summary she's currently working on will include analysis from the review team on what worked well and areas where improvement can be made. The information is estimated to be available for the newsletter in a week or two.
- Roster/Update on Newsletter
 - Etonde: There are open spots on the roster and in the committee collaborative. It has been updated with information on voting members and guest list. Etonde asked people to email her if they have any suggestions or corrections.
 - Etonde: Update on newsletter: please submit information for posting by the last Tuesday of the month.
- Structure/Fiscal Relationship
 - Pat: Laura, Jenna, Margaret and Pat spoke with Emmett. He will be getting back to us providing/recommending bylaws, etc. within the next three weeks. Funds that have been approved are being spent out. Thanked Jenna and Margaret for their participation on the call.

CMHC/Hennepin County SoC Partnership

- Pat: Had a meeting a few days ago – impressed with its efficiency.
- Cindy: Hennepin County will be submitting an application for a SoC grant to a federal SAMHSA. The grant's focus:
 - Build up their mobile response & stabilization service: Starting up with a small pilot; asking for additional grant dollars to learn from pilot and build it out.
 - Building capacity to have youth & family voice at the table, not in terms of system discussion: People value this but we have not before structurally built that.
- Laura: Notes from the meeting are able to be referenced. If the Hennepin County secures the grant, CMHC will partner with County to build parent & youth voice in the SoC work. Discussions had in late 2020 and coming into 2021 have been focused on aligning our efforts as much as possible. She's very hopeful the grant will go through and is excited about aligning SoC efforts with the County.
- Pat: There is a firm budget, approximately one million dollars. SAMHSA requires that if parent work is going to take place, then it has to be at least a .75 FTE. Not looking to replace PCLG, but rather to partner with them and help them grow. The goal is to create a SoC that Hennepin County, CMHC, and PCLG approve. The grant is due at the end of January 2021. CMHC is committed to what has been stated in the meeting materials.
- Laura: Hoping that CMHC can submit a letter of support towards this effort.
- Rachel: Asked about mobile response – what does it mean?
 - Cindy: One of the pillar services in SoC is mobile response and stabilization. This means that when a family is experiencing distress or crisis, they can call and someone can be there within the hour to provide de-escalation services. Stabilization piece works with families for up to eight weeks and provides additional support on a regular basis to help families come up with a plan, etc.
- Angela: Asked about the time frame of the grant and how long FTE would be funded?
 - Cindy: It is a four-year grant, starting October 1st, 2021. Lead family coordinator is a required part of the grant.
- Pat: Asks Cindy to provide a difference between the mobile response and COPE.
 - Cindy: Mobile response and stabilization is organized around a model more geared to work with children and families. COPE is really focused on psychiatric support and emergencies. A difficulty presented by COPE is that many families experience a mental health crisis, however it does not meet COPE's threshold

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they are unable to respond in an in-person response. The goal is to implement from the beginning families having the ability the in-person support. To have a screen-in approach, not asking a lot of questions and just responding.

- Liz G: Is excited about the mobile response and stabilization program. What Cindy is describing is hopeful for families. What is viewed as an absolute crisis to a family may not be classified as one under COPE. The mobile response is designed to respond to families that have been dismissed in other realms and may not need a threshold. Families are very hopeful about this response.
- Cindy: This grant's focus is based off of feedback provided by family. It is in hopes to take away escalation if it is not needed. Hope is to build this grant out to more than just families, bringing in school and broaden it to allow earlier intervention for families.
- Krista: Asks if the grant will cover the cost of parent and youth entirely, or if CMHC will be asked to cover some of the costs as well?
 - Cindy: No, it will be written into the grant.

Pat asked for the motion to approve a letter of support to Hennepin County's SAMHSA grant. Liz F. motioned; Maureen seconded. All were in favor, no oppositions or abstentions.

SoC Planning

Liz G.: Walked Governance Committee through what Executive Committee had discussed and developed to date with regards to SoC planning. Asked for Governance Committee members to participate in Y1 subcommittees on the following areas: recruitment, structure & governance, service continuum mapping, system navigation/journey mapping, CMH dashboard, and engagement. Asked members of Executive Committee to provide a snapshot summary of each subcommittee:

- Jenna/Krista will be leading the service continuum work. Plan is to identify categories of children's mental health services and provider types, indicate access points, and levels/tiers of supports.
- Pat/Laura will be leading the CMHC structure work, which will entail working with Emmett, determining physical arrangement, most beneficial payment structure, bylaws, etc. It will be essential work for moving forward.
- Cheryl/Margaret will be leading journey mapping/system navigation work. Original vision is for this work to be a systems evaluation tool – understanding what families experience when navigating in the children's mental health system & creating visuals on areas of difficulties within the system. Will involve lots of family interaction and input. End goal is to create a journey map.
 - Rachel asked about journey mapping timeline. Cheryl said the details are still being worked out, but they're hoping for February to June timeline. Rachel said the information from this work would be of value to her collaborative.
- Cheryl will continue her work building the CMH Dashboard. Dashboard is being refined. Looking to see how to share it and how to use it with the limited data we have.
- Etonde/Liz will be leading the broader engagement work. Engagement is needed with our community and stakeholders to fill out this plan. There will need to be a lot of coordination within Governance Committee's various arms of work. We'll be reaching out to communities and identifying the needs or opportunities for engagement. Timeline for completion is February to July.
 - Sarah M: I heard about this group through a Rule 79 training, and that was a great place to reach a lot of folks!
- Cindy will be leading the recruitment work. Recruitment is assessing whether have the right voices at the table, determining the voices that we are missing, and then actively recruiting them to join our Governance Committee table.

Feedback:

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- *Liz F: Re – service continuum – she read through those descriptions a couple times, and she’s not seeing anything specific to mental health services x culturally responsive practices/language. Hoping that’s one of those domains that will be considered/explored.*
- *Rachel: Asked the Governance Committee to consider involving cultural liaisons within the grant/subcommittees. She works with students who parents don’t recognize the need to focus on mental health – a lot of this is cultural. Encourages group to facilitate cultural lenses for mental health.*
- *Adesola: There’s a piece worth exploring re: how one defines mental health & what that means in various communities and beliefs on what they should/should not do re: mental health. Believe the engagement work will certainly speak to that, but she’s also thinking/hoping this group will consider how our questions/engagement might be framed to talk about/illuminate those experiences & beliefs.*
- *Cindy: Finding difficulty not pairing engagement and recruitment together.*
 - *Pat: Participating and attending are two different things. At some level we want to bring people to the table and have active engagement. Placing action to the words.*
 - *Etonde/Liz G: In support of emphasizing the need to differentiate engagement and recruitment.*

Liz G. asked for a motion to adopt planning document as a living and breathing document. Adesola motioned, Stacy and Cindy seconded. All in favor, no opposition or abstention.

Liz G. asked Governance Committee members to sign up via chat:

Engagement	Liz G., Etonde, Tonya, Adesola, Liz F.,
Structure & Governance	Laura, Pat
Recruitment	Cindy
Service Continuum	Jenna, Krista, Aric, Beth (PCLG), Maureen, Jody, Peggy (PCLG)
Journey Mapping	Margaret, Cheryl, Karen, Liz F (if needed)
Dashboard	Cheryl, Jody, Stacy, Cindy, Karen, Pat

Adjourn

Krista motioned to adjourn. Everyone seconded. So moved.

2021 Governance Meeting Schedule: 3:30 – 5:00 pm

- February 17th, 2021
- March 17th, 2021
- April 21st, 2021
- May 19th, 2021
- June 16th, 2021
- July 21st, 2021
- August 18th, 2021
- September 15th, 2021
- October 20th, 2021
- November 17th, 2021
- December 15th, 2021

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