

Hennepin County Children's Mental Health Collaborative (CMHC)

Governance Committee Meeting Notes

Wednesday, February 17, 2021, 3:30 – 5:00pm

Voting Governance Committee Members (Quorum 12): Liz Groner, Pat Dale, Wendy Webster, Angela Watts, Deborah Wells, Cindy Slowiak, Jenna Mitchler, Elizabeth Franklin, Krista Phillips, Nita Kumar, Maureen Smith Seiwert, Jody Nelson, Tonya Allen, Karen Malka, Meredith Martinez

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

Guests: Sarah Miller, Rachel Harris, Julie Atella, Emily LaCroix-Dalluhn

Approval of Meeting Minutes & Agenda

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

Jodi motioned to approve the minutes. Liz F. seconded. No conversations or corrections. All approved – no oppositions or abstentions.

Maureen motioned to approve the agenda. Krista seconded. No conversations or corrections. All approved – no oppositions or abstentions.

Committee/Coordinator Updates

Review updates on:

- **CMH Dashboard**
 - Cheryl: Had no current updates.
- **Parent Catalyst Leadership Group**
 - Margaret: The Parent Catalyst Leadership Group (PCLG) had a well-attended "Let's Talk About It" event on the topic of Case Management. The outcome was great for the group's first mini-workshop.
- **School Based Mental Health Committee**
 - Mark Sander's sent in a written report through Etonde. Etonde attached the written update to the meeting materials for people to review.
- **Structure/Fiscal Relationship**
 - Pat: Getting ready for our first meeting and awaiting information from our attorney. Welcomes people to join the committee.
 - Liz: Asks what type of interests would the committee appeal to have someone want to join?
 - Laura: We are looking for someone that enjoys looking over and discussing our governance structure. We will be reviewing our physical host agreement and decisions on whether we continue our agreement or find a new host.
- **2021 Scholarship Criteria**
 - Laura: We need to re-establish our criteria for our 2021 scholarships. We do have allocated funds set aside for scholarships. Asks everyone to be thinking about diverse ways to support mental health. As of now we have trainings for providers, and trainings that families and members of the community have access to. Volunteers are welcomed.
 - Pat and Jody volunteered via chat.

Year End (2020) & Year Beginning (2021) Statements

- Laura: Shares final 2020 budget and 2021 budget. Overall spent 87% of budget. We spent 84% of our COVID-19 Provider Relief Funds, and 100% of our COVID-19 Family Relief Funds.
- Margaret: Asked for clarification about the unused funds.
- Laura/Pat: Clarified that we will not lose unused funds, but that the funds get re-deposited.

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- *Laura: Reviews the 2021 budget, document provided in meeting materials. We put money aside for a system of pilot.*
- *Maureen: Asks for clarification on the underspent revenue.*
- *Laura: Provides clarification.*
- *Liz: Asks about the \$18,000 scholarship, is it accurate we have not used a good portion of the scholarship funds?*
- *Pat: It has been inconsistent; it is dependent on the year.*
- *Laura: Will provide more information to the Committee.*

CMHC & Legislative Advocacy

- *Pat: Brings up a discussion on CMHC's role regarding legislative advocacy that pertains to children's mental health, the Executive Committee wanted to hear thoughts from the Governance Committee on CMHC's role or involvement in legislative advocacy. This conversation was brought about by information presented in our latest e-newsletter.*
- *Laura: Reiterates the Executive Committee wanted to hear thoughts from the Governance Committee, on should we get involved in legislative advocacy? There is an upcoming committee meeting at the legislature, do we want to go down this path? If we do, we should discuss. Opens floor up to questions and comments.*
- *Maureen: Asks about the CMHC's history in legislative advocacy work.*
- *Pat: Answers, prior to this we have said "no" and have not been involved in advocacy work. However there has always been pressure or discussion to change it. The most CMHC has weighed in is, as to advocacy work is providing a letter of support.*
- *Cindy: Asks more clarification on the history.*
- *Pat: Responds reiterating that CMHC has always leaned away from advocating.*
- *Pat: Asks for other thoughts or concerns?*
- *Etonde: Asks about verbiage. The way we put the announcement from NAMI in our e-newsletter was presented an opportunity not a suggestion. Reminds people to make the distinctions of the spectrum of advocacy. Providing an opportunity to support vs. Asking individuals to write letters of support. Expresses hesitations about advocacy due to there will always be things happening at the Capital and it requires a lot of attention and needs. States her comfortability in promoting information as opportunities rather than asking for your individual's support. Believes these are things we should all be putting into consideration in having this conversation.*
- *Maureen: Agrees with the sharing of information as opportunity.*
- *Deb: Asks Cheryl is she believes that our dashboard is a form of advocacy because it is gathering information and sharing it to the community.*
- *Cheryl: There is a lot of space to be building awareness. Suggests highlighting what we know and what we need that does not go to the space of asking people to contact legislators.*
- *Laura: Provides clarification on the "advocacy," be we would give our partners information that is helpful, and that they might want to act on. Reminds everyone that not everyone has equal access to policy proposals that are out there. Those with resources are well represented at the Capital. This would be a way to give more people opportunities. Reiterates there are fine lines in education, advocacy, and lobbying. Provides an example on how the advocacy comes into play, "if you are interested contact this person."*
- *Elizabeth: Appreciated what Laura's statement on people not having equal access to policy proposals at representation at the Capital.*
- *Pat: Appreciated Laura's differentiations. Pat does not struggle in the ability to identify the lines education, advocacy, and lobbying. Suggests that it would be helpful to define a line that the Governance Committee views as clear.*
- *Etonde: Asks about the relationship of this conversation and our system of governance. If this does require legislative action, what is our role?*

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- *Cindy: Believes we must commit to sharing the whole piece, not just the information that supports our goals. Authenticity is important.*
- *Liz: Expresses concern in providing information and educating people on opportunities and always being careful on the advocacy piece. In fear of there is a potential for advocacy to become too influential and can come off as manipulative. Suggests this conversation to be continued. Asks if there needs to be a vote.*
- *Laura: Asks if anyone has concerns with us providing opportunities in the e-newsletter? There does not need to be a vote.*
- *Etonde: Reiterates that providing information for the e-newsletter is and always has been welcomed.*

Planned Supports for Upcoming Chauvin Trial

- *Laura: Raises the question to collaborative partners, should CMHC be involved in providing mental health supports and resources with the Chauvin trial coming up? How can we provide mental health support for the trauma that is going to be experienced in this time, specifically in our BIPOC community? Are individual organizations thinking about this or providing additional supports? Do we feel as a collaborative to raise up these organizations? Asking if organizations' plan (if any) to offer supports for children, youth and providers as the Derek Chauvin trial commences and whether CMHC should be in this space?*
- *Liz: Suggests beginning by addressing the first question?*
- *Cindy: At Hennepin we have had a lot of conversations around the trial, a lot of our focus has been to create space for our staff to be able to discuss it. We are having conversations about institutional racism in safe space. Creating a safe space for staff to be able to honestly discuss the trauma. Cindy is not aware of anyone else having an action plan currently.*
- *Laura: Asks if any of the school districts thinking about this?*
- *Nita: States she does see the need in providing extra support. However, as a district they have not started planning for it.*
- *Tonya: From our district perspective we are heavily focused on racial equity. Thinking of ways that creates a safe space for staff to feel heard and supported. If we do not address our staff and allow them to feel supported in discussion and tools, how are they be able to support our kids. We have mostly focused on increasing mental health staff. The trial is on our radar, we want to create additional support for our district community students, families, faculty/staff. We will have additional resources reaching out to staff.*
- *Elizabeth: A great resource, the National Trauma of Child Distress. States appreciation for CMHC seeing the need in creating space for us to begin speaking about it.*
- *Laura: Asks do we want to provide county wide resources and let people know these resources are available? Is there something we want to offer to the kids and families of Hennepin County? There is a lot of energy already focused on physical safety and there is a gap in attending to mental health safety needs. Brings up Etonde having been in communication with some BIPOC providers. Asks if reaching out to BIPOC providers is a way in which to provide support. However, recognizing BIPOC providers are going to be holding enough weight on their own and do not need to waste energy and resources on telling us how people can help.*
- *Etonde: Agrees with Laura. States she would only be comfortable going to BIPOC providers if we had a clear list of what we can help them with. Does not feel comfortable asking BIPOC providers what they need and then having to tell them we cannot help in those ways.*
- *Liz: Suggested addressing the conversation as providing an offer to BIPOC providers. Asking the providers what people are doing and then providing an offering rather than an asking.*
- *Tonya: Mentions a previous training, that she had shared with Etonde. Most of our staff are white working and teaching BIPOC children. The training's focus what is happening when you are in a white body and hearing and helping a child that is not in a white body. Owning that what is going, the unconscious part of the conversation in those situations and providing people with tools on how to address it and be able to support kids. We cannot provide support for children if we do not address the necessary difficult conversations.*

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- *Pat: Believes there is value in asking this question on how CMHC can provide support, getting this on people's radar, so we can get ahead or be prepared.*
- *Laura: We have plenty of Trauma informed trainers, I like the idea of an assessment, but I am wondering if we want to begin a training to get their head spaces there. I am worried all our kids in Hennepin County will get smacked in the head with this.*
- *Cindy: Asks if MACMA is doing anything around this?*
- *Elizabeth: Is on the board of MACMA and can ask.*
- *Etonde: Asks Elizabeth to reach out and get back to us.*
- *Laura: We know the trauma caused by the murder of George Floyd. We are looking at six to eight months of the trail in the daily news cycles. Shares concern about timing and wondering if we need to make an executive decision and be proactive, we need to move quickly.*
- *Margaret: Helpful resources will be most hopeful and broaden what we are looking at.*
- *Laura: My intent is to do more than trainings. Ask if it possible for collaborative partners to get involved with the media? Asks about the ability of presenting them with ways to post traumatizing information without people relive the trauma.*
- *Nita: Brings up offering to the media guidance on how to post traumatizing stories of this trial, from the same tools people provided the media on how to discuss suicide?*
- *Pat: Whatever we can do to help families first.*
- *Maureen: Suggests people begin to think about this as what is in my sphere of control, what is the influence that I hold? What areas in our own organizations can we control and prepare in this?*
- *Elizabeth: Reminds everyone that you do not have to be a therapist or a mental health specialist to listen/talk to kids about feelings.*
- *Maureen: What we are seeing in the schools with children right now, is there need for routine and rituals. Addressing kids' feelings and give them a way to connect back to routine. Routines are proven to reduce anxiety.*
- *Karen: Asks if schools that are downtown, will be having in-person class during the trail?*
- *Maureen: Answers Karen, as of now I do not know of any schools not having in-person class.*
- *Pat: We have gone over on time. Suggests making a survey to gather more ideas. Reminds everyone the ideas need to come from all of us.*

Adjourn

Krista motioned to adjourn. Pat seconded. Motioned adjourned was approved. No conversations or corrections. All approved – no oppositions or abstentions.

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

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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