

## TOPICS AND PRESENTERS

[BRIAN EDWARDS, EMS CHIEF, NORTHFIELD HOSPITAL](#)

[SUE ABDERHOLDEN, EXECUTIVE DIRECTOR OF NATIONAL ALLIANCE ON MENTAL HEALTH \(NAMI\)](#)

[COMMISSIONER JAN MALCOLM](#)

Mayor Doug Anderson welcomed everyone to the March 15, 2021 RCM meeting.

We are glad that we could bring this important topic to this group. All of us have stories and in our roles as mayors we bring those stories to the table.

Mayor Anderson welcomed Mayor Joshua Hoyt, City of Farmington to the RCM.

## DIRECTOR'S REPORT

- Next Month: April 12, 2021 11:30-1:30PM – Future Earth / Future Cities with Pat Hamilton, Science Museum of Minnesota.
- Racial Equity Workgroup within RCM
  - Update in April and dedicated May meeting.

## SUMMARY NOTES

### **We need Collective Action to Build a Mental Health System**

- It is a top concern in our communities.
- COVID impacts are significant and will continue.
- Children and young people are particularly impacted.
- There is more awareness that we need to build a mental health system.
- We have a place to start: the Eisenhower plan, which did not get implemented.
- We need incentives for local providers to join in.
- We need more mental health beds... people are taken to other states.
- Preventative care and screening are crucial. Keep people out of crisis, they need services, not jail time.
- Don't let NIMBY keep out clinics.
- Health insurance should support mental health.
- Mental health systems should mirror health care systems.
- We have come a long way, more to go.

### **Mental Health Resources**

- National Suicide Prevention Lifeline: 1-800-273-8255
- Crisis Text Line: Text "MN" to 741741
- Safe Harbor: <https://www.health.state.mn.us/communities/safeharbor/>
- Day One Hotline: <http://www.dayoneservices.org/>
- National Alliance on Mental Illness – Minnesota (NAMI): <https://namimn.org/>

**Savage example of recent new construction:**

**Guild Crisis and Recovery Center - 12390 Ottawa Ave, Savage MN 55378**

[Virtually Tour Guild Crisis and Recovery Center](#)



Photo credit: UrbanWorks Architecture

- 16 beds of inpatient residential mental health services operated by [Guild](#)
- [Intensive Residential Treatment Services \(IRTS\)](#) is a residential service that helps individuals stabilize their mental or chemical health. Clients can stay for up to 90 days to get help managing their symptoms.
- [Crisis Stabilization](#) is a residential service that helps those who are in a mental health crisis get immediate care. It provides a safe place to go where individuals can focus on regaining stability. Clients typically stay for up to ten days.

## BRIAN EDWARDS, EMS CHIEF, NORTHFIELD HOSPITAL

Mayor Rhonda Pownell welcomed Brian Edwards, EMS Chief of Northfield Hospital + Clinics

[LINK TO PRESENTATION](#)

[2007 EMS BEHAVIORAL HEALTH REPORT](#)

[INFO ABOUT COMMUNITY BEHAVIORAL HEALTH HOSPITALS](#)

- Disclaimer: Brian is not speaking as an EMSRB board member.
- The Patient in Crisis:
  - Many times, law enforcement and EMS are summed in the case of someone experiencing a mental health crisis. This is often a co-response.
- EMS ambulances serve at the interfacility transfers transportation service.
  - Patients sent to “wherever there is a bed” with proper care - often times **out of state**.
- Much more difficult to place if they have multiple complicating factors.
- Community Behavioral Health Hospitals are usually at 100% capacity so no transfers can be made to these facilities.
- In 2020, a total of 1097 persons were transferred from MN facilities to neighboring states.

## SUE ABDERHOLDEN, EXECUTIVE DIRECTOR OF THE NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)

Mayor Janet Williams welcomed Sue Abderholden, Executive Director of NAMI Minnesota

### [LINK TO PRESENTATION](#)

1-888-NAMI-HELPS

[www.namimn.org](http://www.namimn.org)

It is not broken if it has not been built yet. We do know what works, we just have to fund it and build it.

As a community you can promote mental health awareness:

- May is mental health awareness month.
- The first week of October is mental health awareness week.

Stand up to NIMBY (not in my backyard).

Advocate for policies and programs to build systems that foster recovery.

Promote education in schools, work places, faith communities, civic organizations.

Work with leaders to ensure mental health resources are available in libraries, schools, work places, etc..

## COMMISSIONER JAN MALCOM

Mayor Doug Anderson welcomed Commissioner Jan Malcolm, Minnesota Department of Health

### [LINK TO PRESENTATION](#)

Suicide Prevention Efforts:

- [Kognito At-Risk](#)
  - The Minnesota Department of Health, the Minnesota Department of Education, and Kognito have partnered to bring online mental health training to Minnesota schools. The training initiative provides **free** access to Kognito At-Risk for Minnesota districts and schools.
  - At-Risk is a series of three online interactive modules. The modules help educators and other school staff improve their skills, confidence, and willingness to help students in distress.
- [Zero Suicide Framework](#)
  - The Zero Suicide Framework provides a framework for systemic, clinical suicide prevention in health and behavioral health care systems; and provides a specific set of best practices and tools that transforms system-wide suicide prevention and care to save lives. The Zero Suicide Framework aims to improve outcomes for people at risk of suicide in health and behavioral health care systems, with a focus on a commitment to patient safety and closing gaps in care management and treatment plans and transforming the culture around suicide prevention.

## PANEL DISCUSSION & Q&A

Q: Is there an effective mental health system that we can use as a model in Minnesota?

- There is not one perfect state that we should look to replicate, but certainly elements that are good examples to pull from.
- Our system is not broken – we never built the system

Idea: Do we have any examples of a response team that is expert in race/culture? Much in the same way that we are looking at mental illness.

- It is a very good question! There is a bill at session that is working to require more training on being more culturally informed.

Q: What can we do within education system?

- 2008 there was legislation that enabled a school to have a mental health professional co-locate within a school. Diagnosis and treatment stays with a medical record rather than within a school record. The American Rescue Package may help to increase funds for this.
- Training on the Early Warning Signs
- Suicide Prevention Training – Kognito At-Risk
- Work to put suicide help numbers on school IDs.

Idea: Has MDH looked at establishing a framework for cities to use to assess the impact of the death of George Floyd on their respective communities?

Q: Is staffing in these professions an issue?

- There are workforce shortages. Many are retiring in the next 5 years. Many are graduating, but not becoming licensed, due to the requirements.

## ATTENDANCE

### MAYORS

James Hovland	City of Edina (co-chair)
Doug Anderson	City of Lakeville (co-chair)
Marylee Abrams	City of Maplewood
Tracy Bertram	City of Becker
Kirt Briggs	City of Prior Lake
Anne Burt	City of Woodbury
Tim Busse	City of Bloomington
William Droste	City of Rosemount
Laurie Elliott	City of Newport
Mike Elliott	City of Brooklyn Center
Jacob Frey	City of Minneapolis
Mike Franklin	City of Jordan
Joshua Hoyt	City of Farmington
Courtney Johnson	City of Carver
Marvin Johnson	City of Independence
Elizabeth Kautz	City of Burnsville
John Keis	City of Little Canada
Chris Lund	City of Hamburg
Julie Maas-Kusske	City of Maple Plain
Mike Maguire	City of Eagan
Amáda Márquez Simula	City of Columbia Heights
Sandra Martin	City of Shoreview
Deb McMillian	City of Victoria
Kim Norton	City of Rochester
Rhonda Pownell	City of Northfield
Jake Spano	City of St. Louis Park
Randy Stille	City of St. Anthony Village
Brad Wiersum	City of Minnetonka
Janet Williams	City of Savage
Jeff Wosje	City of Plymouth

### GUESTS

Brian Edwards, EMS Chief, Northfield Hospital

Sue Abderholden, Executive Director of the National Alliance for Mental Illness (NAMI) Minnesota

Commissioner Jan Malcom, Minnesota Department of Health

Molly Cummings, Metropolitan Council; Dave Higgins, McGough; Jessie Houlihan; ULI Minnesota Management Committee and Stahl Construction; Andrea Inouye, City of Minneapolis, Office of Mayor Jacob Frey; Andrea Kajer, Comcast; Jay Lindgren, Dorsey & Whitney; Patricia Nauman, Metro Cities; Dave Unmacht, LMC

### ULI MINNESOTA

Caren Dewar, Rachel Keenan, Cathy Bennett

## UPCOMING MEETINGS

**Monday, April 12, 2021:** Future Earth / Future Cities with Pat Hamilton, Science Museum of Minnesota  
11:30 a.m. to 1:30 p.m. – Zoom meeting, by invitation.