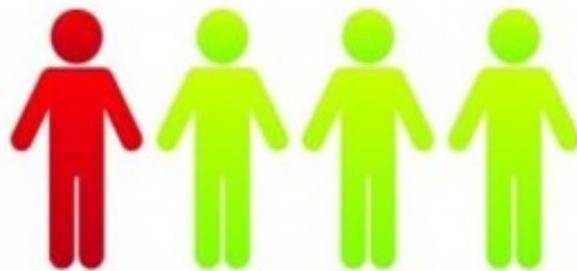


May is Mental Health Awareness Month



One in four people has a **mental illness**.
You can be the **one** that helps.

Clay County Local Advisory Council
for Children’s Mental Health
2022 Report to the County Board

Mission:

“To promote an accessible, comprehensive, and unified children’s mental health system with Clay County.”

Members:

Amanda Brandt	Parent
Brea Krause	Solutions Behavioral Health
Bryan Hanson	West Central Juvenile Center
Carolyn Strnad	Clay County Collaborative
Chandra Calixte	Churches United for the Homeless
Christina Fike	Nystrom and Associates
Haley Heinen	Friends of the Children
Hope Schatzke	Access of the Red River Valley
Jenna Kahly	Clay County Board of Commissioners
Jenni Beilke	Lakes and Prairies Community Action, Headstart
Jeremy Pratschner	Lakeland Mental Health
Jill Ambuehl	Clay County Collaborative
Joni Medenwald	The Village Family Service Center
Leslie Funk	Mobile Crisis Response Program
Megan Weiland	Clay County Social Services
Melissa Varanai	Parent Representative
Merri Christlieb	Freedom Resource Center
Michelle Mullikin	Lakeland Mental Health
Michelle Thordal	Clay County Social Service
Roy Rostvet	Lakeland Mental Health
Steve Summers	Solutions Behavioral Health
Denette Narum	Solutions Behavioral Health

Projects:

- Printed and distributed more of the “Who Do You Call” brochures and the “Parenting Tips” wallet cards throughout the community
- Successfully transitioned duties due to Carolyn Strnad’s retirement
- Explored LAC duties and membership to increase participation and define purpose
- Purchased kites to give to kids who attended KidsFest
- Revamped the Annual survey for parents and professionals and added distribution options for them to access while offering gift cards for completion.
- Mental Health Awareness activities – A billboard advertisement will be running the first week of May-

Parent Survey Summary:

The council made some changes as far how the survey was distributed in a concerted effort to ensure accessibility to those who may want to respond. Parents with children ages birth through 21 completed the survey. Unfortunately, survey participants were significantly down this year despite new efforts to increase participation by offering gift cards for completion, making a QR code while still offering completion to be done online or on paper and advertising on social media. The council is exploring ways to increase participation in the coming year. The following is the result of that survey collection.

- 100% of parents completing the survey indicated that they knew what mental health services were available in our county.
 - 40% of parents reported they were very aware of mental health services in our county
 - 60% of parents reported they were somewhat aware mental health services in our county
- The most helpful services that parents felt included individual therapy, children's case management, in-home therapy/skills building/CTSS, psychiatry/medication management and school-based mental health services.
- Barriers to accessing services noted by parents completing the survey included:
 - Insurance
 - Transportation
 - Long waiting list
 - Interpreter needed
 - Service not available when my child needs it.
- 75% of parents completing the survey were not aware of the Mobile Crisis Response Program.
- 80% of individuals surveyed reside in Moorhead.

Professional Survey Results:

This survey was available online through Google Survey. Professionals who responded were therapists, county case managers, ARMHS workers, substance use disorder provider, probation, housing case manager and in home therapists.

Feedback from professionals on their opinion of the level of awareness by parents on services available and how to access them:

- 7.7% very aware of services and how to access them.
- 46.2% conscious of services but not aware of how to access them;
- 46.2% not aware of services and how to access them.

Do families experience barriers in accessing mental health services:

- 92.3% of families accessing services face barriers. Barriers identified in survey that families face in accessing services:
 - Transportation
 - No insurance /Underinsured

- Language
 - Completing paperwork
 - Parents and/or child's substance abuse
 - Homelessness
- Addressing transportation barriers:
 - We connected with individuals with Paratransit when appropriate, teach individuals how to utilize MA transportation, help qualified individuals get bus fare assistance
 - We oftentimes provide transportation for them.
 - We are located near bus stops, depending on client and payers we provide telehealth, we are licensed in multiple states and can provide telehealth services across such states, depending on services we have funds to help with transportation costs
 - Help clients be aware of resources. Provide appointments either before or after normal work/school hours.
 - Providing bus passes, gas vouchers
 - Offered telehealth via video or phone
 - We provide transportation for clients to/from their appointments, if needed.
 - Referrals to Parent Support Outreach program
- If your agency accepts referrals to programs and services you provide, where do the referrals come from?
 - Self-referral 92.3%
 - Therapists – 84.6%
 - Clay County Social Services – 69.2%
 - Primary Care Physician – 69.2%
 - School social worker – 46.2%
 - Clay County Public Health – 38.5%
 - Teacher – 30.8%
 - 7.7% - Surrounding County/psychiatry, other clients, Rule 79 case managers, anyone can make a referral with the individual's consent to do so
- If home-based services are being provided, is participation by families higher in that setting than their participation in appointments in the office?
 - 50% yes
 - 50% no
- Are there any services that are not available or services that are limited in availability?
 - Respite, residential, autism specific support (especially non-ABA) testing
 - Psychological testing, ACT teams, residential treatment
 - None
 - Pediatric psychiatry, residential spots, emergency responses for safety concerns
 - Therapy services can have a long waitlist, which can be frustrating for parents
 - We are limited in easy-to-access, free, parenting classes in Moorhead
 - Mobile crisis units, shelter beds
 - Residential services

- Psychiatry

Successes:

- School-based mental health services are available in four of the five-county public schools.
- Collaboration among LAC partners occurs as a result of conversations that arise at council meetings.
- Networking at meetings continues to be the most popular agenda item.
- The LAC donated to the annual Kidsfest resource fair and family event.
- We went back to in person meetings!
- Caravel Autism Health joined the LAC

Recommendations:

- COVID continues to heighten the awareness of mental health. While not every child will be diagnosed with a mental health disorder due to COVID, they will struggle with mental health, affecting their overall health. Systems are seeing an increased need for mental health services at the early intervention level.
- Wait times for Rule 79 case management need to be reduced when possible. There is a case management waitlist for those served with Medical Assistance funds. Applications for case management using other insurance options may be placed on a processing waitlist while medical documentation is gathered. This service is key to children and families accessing the mental health system of care.
- Mental Health agencies are doing their best at increasing staff however the demand for mental health services exceeds available providers. For some positions, mental health agencies are now competing for staff with fast food restaurants due to increased wages and benefits being offered to employees in that industry.
- We need to continue to bring awareness to the shortages of pediatric psychiatrists, therapists, case managers, foster caregivers, autism providers, and respite caregivers in our area.
- Continue to fund and support important social service programs such as respite, Coordinated Intensive Bridging Services, and case management.
- Continue to promote the Mobile Crisis Response Program to ensure that families are aware of the service, its benefits and how it can be accessed.
- Continue to address the transportation challenges of the community
- Increase awareness of mental health jobs to foster more young adults into the field to increase providers. We have seen a trend in providers leaving the field or choosing to retire early due to burnout.

Goal	Tasks	Partners
<p>Seek input from the local children’s mental health system of care providers, parents, former consumers, and community members on</p> <ul style="list-style-type: none"> • services needed by families raising children with mental health needs • coordination of care between services • quality of care provided. <p>(statutory requirement)</p>	<p>Reports from agencies are to be included routinely on the council agenda.</p> <p>Agency presentations at council meetings as identified.</p> <p>Utilize the following opportunities to request information from families:</p> <ul style="list-style-type: none"> • Families who are receiving Rule 79 Case Management services. • Clay County Public Health • Head Start • Mobile Mental Health Crisis Response Program • Feedback obtained at LAC meetings. • Community Event Resource booth 	<p>Children’s LAC Clay County Collaborative Clay County Social Services Clay County Public Health West Central Regional Juvenile Center Children’s Mental Health Providers County school districts Lakes and Prairies Head Start Parents Children’s Mental Health Case Managers Mobile Mental Health Crisis Response Program Clay County Collaborative Adult LAC</p> <p>Timeline: January/February: Determine what information to gather for the annual report March: Develop a Mental Health Awareness plan April: Review report to County Board May: Present the report to County Board September: Approve work plan October: Election of officers; presentation of the county budget.</p>
<p>Review and evaluate the local children’s mental health service system of care and make policy recommendations regarding any element of the local system of care.</p> <p>Provide input in the development of mental health planning in the county.</p>	<ul style="list-style-type: none"> • Communicate Council position to other policymakers and organizations which may have a significant effect upon the local mental health system of care, • Review the mental health service mapping project, a co-project of the Collaborative and LAC. • Identify presentations for council meetings. • Communicate with Social Service Director and supervisor for any planning the council can provide 	<ul style="list-style-type: none"> • LAC members • County Board members • Legislative representatives • Children’s Sub-committee of State Advisory Board on Mental Health <p>LAC Membership required: One person who was in a mental health program as a child or adolescent One parent of a child or adolescent with a serious emotional and behavioral disorder One child’s mental health professional Representatives of minority</p>

	<p>input.</p> <ul style="list-style-type: none"> • Add areas of input needed to council agenda • Share input from the council with Social Service Director 	<p>populations of significant size residing in the county One representative of the children’s mental health local coordinating council One family community support services program representative.</p>
<p>Provide an annual report to the county board of the unmet needs of children residing in the county. (statutory duty)</p>	<ul style="list-style-type: none"> • Gather information for reports throughout the year. • Develop and approve a yearly report • Attend County Board meeting to present yearly report. 	<ul style="list-style-type: none"> • LAC • Country Board • Clay County Social Service Director
<p>Mental Health Awareness (Mental Health Act function of LAC)</p>	<p>As determined based on activities approved by the council</p>	<p>LAC members</p>