Local Advisory Council (LAC) – North

St. Louis County

1/18/2024

**Present**: Linda O’Neil Deremee, Lacy Podlogar, Jennifer Rich, Tod Swenson, Macy Viita, Melissa Brusacoram, Blair Smith, Brenda Shafer-Pellinen, Colleen Davern, Joseph Laufeia,

**Absent:** Katy Lofquist, Katrina Broten, Howard Anthony, Samantha Stocco, Dana Stroschein, John Swenson, Tony Yeley

* Blair read the values from the By-Laws.
* Group sharing, on a skill you wish you were better at.

* Recap on our mission for the current year, “Social Isolation”.
* Spoke about walk in diagnostic assessments, that are available in Duluth, by ACCEND . This created a discussion on how there is a problem with people not keeping their DA appointments. Coleen shared that it is frustrating that these spots are being abandoned. She shared her recent experience with patients not keeping their appts. For her, there were 4 clients, in the last two days, where she had traveled to their homes, and they did not show up. Some LAC members acknowledge there is a wait list for DAs as well as a lack of services. Melissa shared that she has had success with having clients answer all of the screening questions ahead of the DA. Clients would have to have the questions filled out, and handed in, BEFORE they are able to schedule the appointment.

**Guest Speaker**

* Sierra Napoli-Thein and Lauren Pipkin, from Essentia and Fairview, were guest presenters this month. Sierra shared links for health needs assessments. Sierra reviewed the links individually. Both are on the Mesabi Behavioral Health Network (BHN). BHN is looking for a new coordinator. Todd Swenson was the former coordinator. Lauren, from Fairview, spoke regarding CACs need assessment cycle. Community advisory committee (CAC). There are currently 18 people that serve on Fairview’s committee. Their CAC has surveys going out in March to the community. These surveys are mainly going out to Faith leaders, community members, providers, and social workers. They are planning a lot of community engagement activities. Yearly, they create an action plan. Currently they are creating their 2024 action plan. Sierra spoke to Essentia’s CAC. Essentia will submit theirs next year since Fairview is doing theirs this year. Sierra said that currently they do not have a topic for next year. Essentia has explored the problem with access to food and social isolation in the past two years. Sierra is a community health specialist. Youth mental health is a big problem in our community.
* Tod shared that the State asked for our needs assessment plan. Gena B shared Essentia and Fairview’s most recent assessment plan. The purpose is to try to identify gaps.
* Tod asked for recommendations, from the LAC, regarding the problem of social connectedness. Sierra suggested utilizing the library system. We can utilize those spaces. She noted that it is a free place to go and be in the community. There are events going on daily. They have free Wi-Fi and the availability to print. Hibbing library has a telehealth pod that you can reserve for appointments. They have a wellness event on the third Thursday at the Hibbing library in February, March and April. Lauren suggested utilizing the local YMCAs. There are adult day services and exercise facilities there for all ages. Lauren shared that she sees that it is important to keep different generations connected and not separating. We need these “3rd spaces that are multi-generational. Transportation for people to these places is difficult. Improving the transportation system would be helpful. Hibbing has arrowhead transit.
* Speaker for February, Lynn Gertz

Meeting adjourned at 6:00

Links shared by Sierra Napoli-Thein :

* [Current CHNA – Essentia Health](https://www.essentiahealth.org/app/files/public/dbeb0de3-8892-4372-8cb7-5ac1de965c4c/CHNA/CHNA-Virginia-Assessment-2023-2025.pdf)
* [Current CHNA – Fairview Range](https://stcr-prd-cd.fairview.org/-/media/Files/Local-Health-Needs/CHNA-Implementation-Strategy-Report-20222024-Range-1.pdf?_ga=2.111414980.1763504780.1698441929-1946210935.1697571649)
* [Youth Mental Health Day Video](https://drive.google.com/file/d/1dWdLxC_hfQpVdaZA1j3MqIS4SAbA1JJq/view?usp=sharing)
* [United Way Youth Mental Health & Wilder Research Survey Data](https://www.unitedwaynemn.org/youth-mental-health)
  + [Full report](https://www.unitedwaynemn.org/sites/unitedwaynemn/files/2023%20Youth%20Mental%20Health%20Needs%20Assessment%20-%20Wilder%20Research%20for%20United%20Way%20of%20NE%20MN.pdf)