

January 17, 2018

Phillips County Local Advisory Council for Mental Health Meeting Minutes

The meeting was called to order by Janice Reichelt and continued by Jennifer Marshall, Co.-Chairs. Terri Skiff -Treasurer, Danielle Welch- Youth Dynamics, Sonia Young-Coalition for Healthy Choices, Paula Enkrud-Youth Dynamics, Jennifer Marshall, Janice Reichelt- P.C.H. Hospital, Jennifer Tollefson and Tasha Murphy-P.C. Health Dept. were in attendance.

Reviewed past projects of the Suicide walk and also the National Survivor Day and were pleased with the success. Janice will send a card of thanks to Gina Lamb who was a volunteer for both events and contributed a lot of heart and soul to the effort. Both events were noted to help towards our goal of education and awareness for the public.

Discussed the Suicide Prevention group that is headed by Ward VanWichen and meeting monthly with occasional skips. At the last meeting the school was represented and had completed a QPR training for the teachers. The repr. did not identify needs at that time. She was informed that the researchers have found the YAMS program to be one of the most effective suicide prevention tools despite its cost. One member noted that they had a suicidal child at their work and an appropriate referral was made to the school and now he is getting counseling. Later, Youth Dynamics offered to sponsor a Youth Mental Health Class if there is the interest.

It was discussed that the homeless persons have increased in Malta and continue to be handled on a case to case basis. One case had too much help and despite being moved on, the person has chosen to live here. The motel owners have been very generous to keep her sheltered in our 30 below weather, but she also owes them money. A bartender has been helping her pay for her needs first, but mental illness and gambling affect her judgement. The hospital has been putting people to bed, but not necessarily admitting them due to the lack of a homeless shelter.

A discussion on the ongoing problem of the care and treatment options of a person in a psychiatric crisis was held. The group felt the need to push for protocol plans. The thought of a team approach that included medical, law enforcement, and mental health stakeholders was suggested. It was noted that when a key person is not there for a vacation or a retirement a service gap is noted. The school has experienced this since Mr. John Roberts retired and the Court system will miss Mr. Clark Kelly and his counseling and problem solving efforts with the wayward teens when he retires this spring. The group encouraged this thought process to be expanded at the Suicide Prevention meeting on Feb. 14, 2018 and at the Community Needs meeting next week. Currently Jenny T. and Janice attend the Suicide group and Sonia and Jenny T. attend the Com. Needs meetings.

Some expressed an interest in the suicide prevention group or the community needs group and were encouraged to talk to Ward. It was the general consensus that as long as we have people dying and with unmet needs we need to continue to strive to get the right problem solvers at the table. One member felt strongly that the medical providers need to be more included. She was concerned that they did not realize the scope of the mental health problems in our community.

We still have persons needing QPR training and the group was reminded that this training helps people attain another tool to steer a person with a problem towards help. One business person noted that they have seen suicidal signs such as changing wills and giving away possessions, but that the concerns of HIPPA still prevent them from taking action.

Janice received notice from Glasgow that they had lost the prepared mental health minutes and the taped radio spots so we plan to accumulate some up to date info and resume the project ourselves. The hospital does have an up to date brochure for mental health persons and have been assisting with referrals to the Eastern Mt. Mental Health Service more frequently. There is a class scheduled for Fri. the 19th on Handling Psychiatric Crisis by Billings Benefits, but unfortunately the hospital nurses are already booked to attend a cardiac workshop. Janice plans to attend.

An elderly person sent word that her granddaughter has relocated to Billings to be nearer a psychiatrist in Billings. She told that the girl was working for a person who had guns in their home and she could not resist the urge to get one and kill herself. Grandmother was assured that the family was wise to try to get her the help that she needed even if it disrupted all of their living situations. This case emphasized the relationship between impulses, gun safety, depression, and prevention.

Janice reminded everyone that the ESAA meetings were being held every other month and that the next one is on Tues., January 23 from 10 to 12 per tele-site in the hospital media room. Everyone is invited and Jen is currently a voting board member for our county. ESAA stands for Eastern Service Area Authority and has an active web site with more information as they are our regional group.

Members were also informed that there are mini-grants available to help promote area mental health projects and that the forms are on line. Janice offered to help file for a project if need be. The last grant for our county was to the Hi Line Retirement Center's Education Fund and they purchased teck equipment for aide training and patient wellness programs.

The LAC treasurer paid for lunch and the next meeting will be Wednesday, February 28, 2018. Plans to have a more secluded room, next month, was discussed as it was difficult for members to hear all of the content being discussed.

Respectfully Submitted by Janice Reichelt