

Mental Health Supports in Scott County

Location: Hosanna Lutheran Church

Date: February 13, 2020 9:30 – 11:00 a.m.



FISH Chair Tom Christie welcomed 60 people to the presentation. FISH stories were shared.

Cynthia Fashaw, Director of Children's Programs and Multicultural Outreach at NAMI Minnesota, led off the meeting. She explained what mental illness is. It commonly starts in adolescence. NAMI provides trainings for educators and high school students on the warning signs of mental illness. Much more information is provided on the attached PowerPoint.

Most people with mental illness live with it for 11 years before seeking help. Some reasons for not seeking help are stigma, the cost, they don't know they have it, or their culture looks down on it.

NAMI requires their employees to either have a mental illness or live with someone with mental illness in order to work there.

Minnesota has the highest concentration of people from war-torn countries. They often suffer from trauma and toxic stress.

Cynthia then focused on suicide because it is a Public Health issue and affects more than just the victim. Men have a higher rate of suicide than women because they are more likely to use lethal weapons. There are 47,000 confirmed deaths by suicide in the United States each year, and that figure may be higher because some drug overdoses and car accidents are not known to be accidental or intentional.

Minnesota has mental health crisis lines and police may be called as well. Half of the police forces in Minnesota have had CIT training (Crisis Intervention Training). More information is contained in the PowerPoint.

NAMI has reached over 5,000 students in the state since January and has also trained school staff. Kids need language and skills to identify feelings and get treated early. Resources and ways we can help are included on the PowerPoint.

Brad Benson, a case manager with Scott County Children's Mental Health, explained that in 1989 Minnesota established the Children's Mental Health Act which set priorities for the state regarding emergency services, outpatient services, screening and early identification, case management and residential treatment. In order to get services for a child a call is made to Central Intake at Scott County Health and Human Services. Parents need to agree if it is an outside referral. In order to be eligible for services there needs to be a mental health diagnosis with risk of harm to self or others, or if the child is a victim of abuse or trauma, or if there is significant impairment of functioning due to emotional disturbance. There is short-term help for those without a diagnosis. Case workers do a functional assessment, goal/case planning, coordination of services and monitoring. In rare cases a residential treatment screening is done and there is public funding if the child needs to be placed in a treatment facility. However it is always the goal to keep the child safe and with their family.

In 2019 the Children's Mental Health unit received 168 new referrals for services. They currently serve 80-90 families. They are seeing more mental health issues in parents, trauma and poverty. There is a shortage of services in child psychiatry, respite care and in-home supports. Because of increased cases they see children

for shorter periods of time and are seeing more complex cases. Here is a link for more information:
<https://www.scottcountymn.gov/204/Childrens-Mental-Health>.

Lori Reller supervises Adult Mental Health in Scott County. They provide targeted case management to adults with mental illness. They help clients find psychiatric resources, medical services and in many cases, chemical health services. Many clients are socially isolated. There is a grant that helps them find jobs via vocational counseling and in some cases helps finish their education.

Services can be accessed by a call to Central Intake. They want the individual to call if possible so they are on board with getting help. They need a diagnostic assessment and receive help with a medical assistance application. The unit served 561 clients in 2019 and have an average of 210 receiving ongoing case management. So far in 2020 they have 212 clients, with 56 new clients.

The Anchor Center provides community support to anyone with a mental illness who wants to come – they don't need to be a client. It is located in the CareerForce Center on Canterbury Road. Individuals can socialize and make friends. They bring resources in to provide educational opportunities. There is also a mental illness / chemical dependency group. Here is a link for more information:
<https://www.scottcountymn.gov/254/Adult-Mental-Health>.

Teresa Cresap provided a tour of the HEART warehouse in the Hosanna church building for anyone who wanted to see it.

Events:

- 2nd Harvest food distribution on the second Thursday of each month at Friendship Church in Prior Lake – 5:30 – 7:30 p.m.
- Scott County Community Development Agency 2020 First-time Homebuyer Workshops coming up February 21 and 22. Check website at www.scottcda.org for updates. CDA also has census information and encourages everyone to respond to the census survey. The survey doesn't ask for names, only addresses so undocumented people will not be reported to INS.
- Scott County has a new Law Librarian, Emmalie Brudzinski, who wants to broaden services and be a liaison between social services and the legal community.
- The CAP Agency has a new Executive Director, Jeff Hansen.
- FISH is hosting a Faith Breakfast at Hope Lutheran Church on February 25. The topic is Ending Child Abuse in Scott County.