

**WASHINGTON COUNTY  
LOCAL MENTAL HEALTH ADVISORY COUNCIL  
Minutes of November 18, 2014**

<b>NAME</b>	<b>present</b>	<b>absent</b>	<b>NAME</b>	<b>present</b>	<b>absent</b>
Tracy Klein	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Commissioner Weik	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Sarah Amundson	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Linda Stanton	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Daniel Parnell	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Joseph Bauer	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Susan Seiler	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Gail Burns	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Kathy Mickelson	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Carol Treague	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Stacy Kislenger	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Jeremy Jenkins	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Ken Schwarten	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Kris Roberts	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Amy Rostron-Ledoux	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Melva Radtke	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Pam Johnson	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Lydia Engle	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Renee Beberg	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Mark Perseke	<input type="checkbox"/>	<input checked="" type="checkbox"/>

**Guests:** Traci Thompson, Therese Gilbertson, Lori Goetz, Kay King

**Called to Order:** Jeremy Jenkins, Chair, called the meeting to order. Linda Stanton moved to approve the September 9, 2014 meeting minutes with a second by Kris Roberts.

**Mental Health and Aging – Kay King, Older Adult Program Director, NAMI Minnesota**

- One in four adults will experience a mental illness during their lifetime. It is a treatable medical condition.
- What causes mental illness? We don't know. Mental illness is a complex illness. Some factors are heredity, biology, brain chemistry, life experiences, trauma, and environment.
- U.S. Adults with a Mental Illness in Any One Year
  - Anxiety Disorder – 18.1%
  - Major Depressive Disorder – 6.7%
  - Schizophrenia – 1.1%
  - **Any Mental Disorder – 26.2%**
- Sadness and Grief are Normal. Normal sadness passes; untreated depression does not.
- Depression affects a person's
  - Emotions, thoughts, behaviors, and physical health
  - Ability to work, engage in activities and have satisfying relationships
- Risk Factors for Depression
  - Distressing and uncontrollable event
  - Exposure to stressful life events
  - Ongoing stress and anxiety
  - Another mental illness
  - Previous episode of depression
  - Family history
  - More sensitive emotional nature
  - Illness that is life threatening, chronic, or associated with pain
  - Medical conditions
  - Side effects of medication
- Suicide and Older Adults
  - U.S. suicide rate for all ages is 12.4 per 100,000 (11.4 for MN)
  - U. S. suicide rate for ages 65 and above is 14.9 per 100,000 (10.1 for MN)
  - U.S. suicide rate for ages 15-24 is 10.5 per 100,000 (12.0 for MN)

- Warning Signs of Suicide
  - Withdrawing from family, friends, or society
  - Demonstrating rage and anger or seeking revenge
  - Appearing agitated
  - Having a dramatic change in mood
  
- Resources
  - NAMI Minnesota, [www.namihelps.org](http://www.namihelps.org) – classes and support groups
  - NIMH (National Institute of Mental Health), [www.nimh.nih.gov](http://www.nimh.nih.gov)
  - Senior LinkAge Line, 1.800.333.2433
  - Metro area senior behavior health resources: Volunteers of America, People Incorporated and Jewish Family Services of St. Paul

**Office of Ombudsman for Long-Term Care – Lori Goetz, Regional Ombudsman**

Enhancing the quality of life and the quality of services for consumers of long-term care through advocacy, education and empowerment.

- A service of the Minnesota Board on Aging
- Advocates for adults needing or receiving long-term care
- Serves residents in nursing homes and boarding care homes, residents of other adult care homes, persons requesting or receiving home care services, Medicare beneficiaries with hospital access or discharge concerns, and anyone seeking information about long-term care services
- As an independent consumer advocate, an ombudsman can:
  - provide information and consultation about consumer rights, service options, regulations that apply to long-term care facilities and in-home and community-based services
  - investigate and work to resolve individual complaints relating to quality of care or services, quality of life, rights violations, access to services, service termination, discharge or eviction, public benefit programs, work with service providers to promote a culture of person-directed living, and identify systemic issues and advocate for change

**Senior LinkAge Line:** provides free information and assistance to any Minnesota resident.

800-333-2433 [www.MinnesotaHelp.info](http://www.MinnesotaHelp.info)

**CSN Warmlines:** non-crisis lines for anyone who desires “some to talk to...someone who will listen”

Twin Cities/Metro Warmline - Local: 651-288-0400 or Toll Free: 877-404-3190

**Office of Ombudsman for Long-Term Care** – 1-800-657-3591 or [www.mnaging.net](http://www.mnaging.net)

**Other:**

Linda Stanton mentioned Recovery International that is a program for young adults to help them learn how to manage symptoms related to anxiety, depression, and anger. RI is for anyone living with emotional difficulty in life and looking for a safe place to quickly learn how to change difficult personal patterns of behavior to helpful ones. RI is a LIVE web-based weekly meeting. [www.supportgroupscentral.com/recoveryinternational](http://www.supportgroupscentral.com/recoveryinternational)

Jeremy Jenkins reminded everyone about the elections for Chairman and Vice Chairman at our next meeting in January.

**Adjournment:** Pam Johnson made a motion to adjourn the meeting. Ken Schwarten seconded the motion. Meeting adjourned.