

**WASHINGTON COUNTY  
LOCAL MENTAL HEALTH ADVISORY COUNCIL  
Minutes of March 10<sup>th</sup>, 2015**

<b>NAME</b>	<b>present</b>	<b>absent</b>	<b>NAME</b>	<b>present</b>	<b>absent</b>
Tracy Klein	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Commissioner Weik	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Randy McAlister	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Nic Brave	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Daniel Parnell	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Joseph Bauer	<input type="checkbox"/>	<input checked="" 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 checked="" type="checkbox"/>	<input type="checkbox"/>
Stacy Kislenger	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Jeremy Jenkins	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Ken Schwarten	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Kris Roberts	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Steven Girardeau	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Melva Radtke	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Pam Johnson	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Lydia Engle	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Renee Beberg	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Mark Perseke	<input type="checkbox"/>	<input checked="" type="checkbox"/>

**Guests:** Jeff Treague, Therese Gilbertson, Derek Gilde, Tommi Goodwin, Sarah Amundson, Ryan Carufel

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**Called to Order:** Sarah Amundson called the meeting to order. Kris Roberts moved to approve the January 2014 meeting minutes with a second by Ken Schwarten.

**Adolescent Health and Well-Being in Washington County—Tommi Goodwin, Public Health**

Tommi presented on behalf of Cathy Mackiewicz on the overall mental health of adolescents (5<sup>th</sup>-11<sup>th</sup> graders) in Washington County. Data collected from statewide surveys in public schools allowed a comparison Washington County and other counties in MN. While the surveys initially focused on substance use during adolescence, it has since expanded to include other areas relating to mental health:

- School connectedness and safety
  - Average Minnesotan student feels safe in school
  - Rapid drop in trends of physical violence in schools—2013 levels dropped by 50% compared to 2010—shows evidence that anti-bullying campaigns are effective
  - Electronic bullying (via Facebook, email, texting, etc.) is a relatively new area of concern; rates of this particular type of bullying is higher for females
- Traumatic experiences
  - 94.6% is Washington County’s target rate for percentage of children with maltreatment determination who do not experience repeat maltreatment determination within 6 months—we have consistently reached, surpassed, or came within 5% of this target rate since 2009
  - Among the four types of child maltreatment (medical neglect, sexual abuse, non-medical neglect, metal injury/emotional harm, physical abuse), child placement intake encounters non-medical neglect the most
- General mental health
  - Females reported higher rates across the board for all measures
    - Depression
    - Anxiety
    - Non-suicidal self-harm
    - Suicidal thoughts
  - Anxiety rates much higher than other measures—up to 44.2% for females in 9<sup>th</sup> grade
  - Suicidal behavior rates among Washington County adolescents are similar to the rest of MN
- Addictive substances
  - Marijuana and alcohol use increases with age
  - Marijuana use in Washington County is at 13.6%, compared to 9.5% statewide

- Alcohol use in Washington County is at 16.7%, compared to 14.2% statewide
  - However, alcohol and cigarette use has decreased in Washington County AND statewide since 2007
- Perceived risk of harm lowest for marijuana, highest for cigarettes
- Compliance checks in Washington County
  - Alcohol: 94.8% passed
  - Tobacco: 92.3% passed
- Growth in collaborative efforts among school initiatives and community initiatives
- DISCUSSION
  - Impact of legalization of marijuana—changes in perception of safety; need to promote the concerns of brain development during adolescence
  - Data shows evidence for the need of school-based mental health resources

**Veterans Services in Washington County—Ryan Carufel, Veterans Services Officer**

- Washington County has 16,000 veterans—6<sup>th</sup> largest in Minnesota; Difficult to get a realistic number, as there are too many variables
- Receives approximately 7,500 calls/month and 125 office visits/month
- Services offered include pension, healthcare, burial benefits, one-time grants, education, etc.
- Washington County’s homeless veterans rate is much lower, compared to Hennepin and Ramsey County; MN has launched an initiative to reach 0% rate of homeless veterans
- DISCUSSION
  - Gaps in mental health services for vets
  - Awareness of resources for vets
  - Tri-care and how it relates to VA
  - Younger veterans suicide rate in comparison to the rest of the state

**Other:**

Ken Schwarten started a discussion about resources available for young adults in need of supportive housing/services. There needs to be a focus improving the quality of supportive housing. It was suggested that someone from a supportive housing organization come speak at a future meeting.

**Adjournment:** The meeting was adjourned at 5:15 PM.