



Adult Mental Health Local Advisory Council

Date: July 16th, 2026

Time: 1:30-3pm

Location: North Minneapolis Human Service Center Community Room and Virtually via Microsoft Teams

Attendance

In Person Attendees: Eve Lee, Laila Zemar, Thomas Normile, Ellie Skelton

Online Attendees: Donna Rapacz, Margie DuPois, Tanoa Thome, Rachel Engstrom, Negin Emami, Todd Heintz, Dayna Henry, Jeff Alberts, Hannah Cushing, Annie Backe, Sheila Wigman, Theresa Dolata, Paul Crosby, Kiz Gorham, Katie Schober-Ordenez, Raven Baker, Marilyn Galloway

Agenda

1. **Welcome and Introductions-** Laila
 - a. Everyone share their name, role on council and how long they have been involved
2. **Approve June Agenda & Minutes –**Laila
 - a. Any changes or additions to the June meeting notes? Meeting notes approved
 - b. If not, make a motion to approve the meeting minutes.
3. **Presentation from Touchstone Mental Health-** Ellie Skelton, CEO (Eve introduces)
 - a. Learn about what Touchstone does
 - b. Help Touchstone understand gaps in MH services to inform their strategic plan- show powerpoint and discuss if there are other gaps not noted from the survey
 - c. Collaborate around MH Awareness event for the fall

Presentation Notes:

- Ellie has been the executive director for 10 years
- Touchstone has 3 IRTS facilities
- Supportive housing- challenges with funding; primarily waiver funding
- Rising Cedar is the largest facility- now is known of Integrative Community Supports

- Minnehaha Commons- Customized Living for 55+, harm reduction housing, 24/7 care, micro efficiencies for people exiting homelessness
- Calgarden square-59 units; people pay 1/3 of income for rent and 6 different ways to qualify
- New housing projects:
 - Enclave Overlook- 10 units of brand new housing in Rockford MN; onsite care 20 hours/week. Referrals are through coordinated entry. Openings November 1st. No public transit there.
 - Exodus- In Mpls, 1/3 of people can be referred by BH, don't need to be homeless. 72 places total and 30 can be referred by HC BH. Was the old Catholic Charities program but is being completely renovated and will have patio space
- New programs in the last year:
 - Senior outreach program for seniors with MH challenges
 - CSP in Anoka to replace Bridgeview which closed
 - Housing navigation for people who don't have insurance; need more referrals- program is underutilized
- Rental Subsidies:
 - Bridges subsidy- Mental health resources also provides these
 - Housing Trust Fund
 - There is a waiting list; Ellie will keep the LAC posted on openings
- Currently doing strategic planning
 - Looking at where the biggest needs in the community area
 - Affordable housing especially for people leaving IRTS or institutions
 - Some people struggle to find housing within 90 days of having the subsidy (largely due to credit, criminal record)
 - Received foundation funding to help with housing navigation.
- Questions:
 - No apartments are owned by Touchstone- most are nonprofits
 - All tenants have a 1 year lease with the property owner
 - Enclave is a for profit owner (SAND)
 - All apartments are efficiencies or 1 bedrooms

4. Presentation from Raven Baker, Optum Care Counseling- Laila

- DBTPTSD Specialist
- Engagement Specialist- help others access care
- Katie Schober-Ordenez, Clinical Director DBT-PTSD Specialist in Plymouth
 - Trauma focused DBT
 - Providers trained in trauma treatment modalities
 - Complex PTSD- adolescents and adults

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- Care Counseling has 10 different locations throughout the twin cities metro
 - Work with all ages
 - 160 clinicians
 - Same week availability
 - Take many types of insurance
 - Treat a variety of diagnosis
 - Services include, counseling for individuals and couples/family, EMDR, DBT, CBT and medication management for all ages
 - Virtual care lines in every state except 4
 - A number of in person clinics as well throughout the United States and in MN
 - DBT-PTSD for ages 14+
 - DBT is evidence based therapy for emotional dysregulation
 - Teach coping skills, group skills 2.5 hours/week, individual therapy, 24/7 access to therapist by phone, weekly consultation for therapists
 - 1 year long commitment
 - Things treated include suicide ideation, trauma, OCD, etc...
 - There is adult and adolescent programming (in person)
 - Consult calls with clinicians and providers
 - Don't work with folks with psychosis or if people are actively putting others at risk or folks who are in outpatient treatment programs
 - Program has been active for 10 years- small team of 12 clinicians
 - Community based approach to treatment
- Referral Process:
 - 1-877-509-0060 Referrer Concierge Line
 - 1-877-OBC-0013 Patient/Family Scheduling
 - Online Referral Form-easy to navigate:
 - DBT-PTSD Referral- 763-412-0722 or [Referring Providers - DBT-PTSD Specialists of Minnesota - Plymouth, MN](#)
- Optum Behavioral Health Includes: Care Counseling, Northern Psychiatric and DBT-PTSD Specialists

5. Discuss Next Steps for the fall Mental Health Awareness Community Event:

- a. Day/Time of event: October 17th from 12-4pm
- b. Locations: Minneapolis Central Library [Minneapolis Central Library | Hennepin County](#)
- c. Discuss community partners:
 - Touchstone MH
 - MN MH Clinics
 - BlueCross

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- NAMI Hennepin (Rachel will ask)
- Wellness in the Woods- Dayna Henry will check with leadership
- Minneapolis Library- Andrea Hansen-Miller is the social worker at Central Library and she would be a great contact in assisting/ promoting the event. (Laila is connected)
- Annie Backe- Library
- Care Counseling (Optum)- Raven Baker
- Prairie Care- Kiz Gorham
- d. Discuss sponsorship: HC BH, BlueCross. Other ideas?
- e. Performance/Art idea:
- f. Food/refreshments:
 - Kiz Gorham (Prairie Care) can support water/refreshments
- g. Marketing/communication plan to increase attendance:
 - i. Promote to all wavier and MH CM providers
 - ii. Council members promote in their respective organizations
 - iii. Get on HC social media/website and AMH LAC webpage
 - iv. Create flyers and post in local community shops, businesses
 - v. Inform other areas/depts at Hennepin County to promote

6. State Fair Mental Health Day- Laila

- a. Date of MH Day at the Fair is August 31st starting at 5:45am (set up) to 5pm.
- b. Send sign up around- need two people for each time slot
 - 6-8am (join Eve for set up): Eve and Ashwak
 - 8-10 am: Lewis, Ashwak
 - 10-12 pm: Ann Clark (BH Employee) and Tanoa Thome
 - 12-2 pm:** Tom Normile (tentative), Laila (tentative); Eve will check with BH employees to see if anyone can help
 - 2-5 pm: Laila and Tom Normile
- c. The fee to attend the fair \$385; this has been approved by EC and BH Director
- d. Order a \$20 State Fair Mental Health Day T-Shirt here: [T-Shirts — Mental Health Awareness at the Minnesota State Fair](#). Can pick up shirts the day of volunteering
- e. Eve will either bring tickets to volunteers at August LAC mtg or meet you on the day of at the state fair entrance near Dan Patch park to give you your ticket.

7. Pride Tabling Report out- Laila

- a. Laila, Tanoa, Tom, Eve and Margaret Kinney (BH employee) did outreach for Pride at Loring Park on Saturday June 27th from 1-4pm.
- b. Connected with nearly 300 people
- c. Handed out our new AMH LAC magnets!

8. Juneteenth Event Report Out-Eve

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- a. Ashwak, Daisy (BH employee), and Eve did outreach at Juneteenth Centennial Lakes Park in Edina 12-4 on 6/19
- b. We connected with a diverse crowd of nearly 300 people and planted seeds about a fall Mental Health Awareness Event with community collaborators

9. Touring Anoka Regional Treatment Center (ARTC)- Eve

- a. Each year the AMH LAC has members tour the center and receive updates about it's operations
- b. This year the tour will be from 10-11am on Thursday September 17th
- c. We can have up to 10 people attend and it can't be anyone who has already toured previously
- d. Those who attend the tour could have lunch together somewhere if desired prior to the LAC meeting at 1:30pm the South Mpls Human Service Center (or online)
- e. ARTC employees will join our 9/17 meeting for Q and A for 20-30 minutes following the tour
- f. Who would like to attend and can confirm that time on 9/17 works?
 - i. Tanoa Thome, Laila Zemar, Tom Normile, Eve Lee, Negin Emami, Sheila Wiegman, Rachel Engstrom (attended in the past), Ashwak Hassan, Lewis McKinley?, Raven Baker (if no other members want to attend)
- g. Eve will send additional details as it gets closer

10. Review LAC Member Engagement Survey Results- Eve- ran out of time, will discuss at August meeting

- a. We asked for your feedback on how the council meetings are going and to gather your ideas.
- b. The link to the survey that Eve put in the chat for the June meeting and emailed out afterwards:
https://forms.microsoft.com/Pages/ResponsePage.aspx?id=n9_vioCHv0aPt0ySRlOovlkrQKOMCo9NkhaZ3ygc4EBURFY0TkpESFhQWE82Sjl1RFBaVVBOR09SVC4u
- c. If you are a board appointed member and haven't taken the survey yet, please take a few minutes to take it now or following the meeting
- d. Review results and discuss

11. Next Council Meeting- Laila

- a. August 20th 2026 from 1:30-3pm
- b. North Minneapolis Human Service Center or Online via TEAMS
- c. The meeting will be heavily focused on planning our Mental Health Awareness Event
- d. If you can't attend, please let eve.lee@hennepin.us know

12. Council Announcements- Laila

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- a. Corey at Animal Humane Society does a temporary crisis foster program for people with mental health needs seeking hospitalization or longer term treatment that takes them away from their pets. Contact: Chayden@animalhumanesociety.org.

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