

STATE ADVISORY COUNCIL ON MENTAL HEALTH
and Subcommittee on Children's Mental Health

June 4, 2020 – 10:00am-1:00pm via WebEx

Attendees:

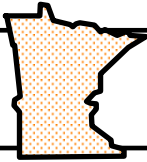
Dave Lee, Jeff Lind, Michael Trangle, Michelle Schmid-Egleston, Claire Cortney, Donna Lekander, Jennifer Bertram, Addyson Moore, Kim Stokes, Elise Holmes, Jeshua Livstrom, Kim Baker, Lisa Hoogheem, Gertrude Matemba-Mutasa, Sarah Fuerst, Stephanie Podulke, Mary Kjolsing, Melissa Balitz, Meredith Jones, Alison Wolbeck, Maleenia Mohabir, Steve Huot, Ken Moorman, Ed Morales, Pa Kong Lee, Tom Delaney, Jennifer Giesen, Dave Johnson, Jode Freyholtz-London, Claudia Daml, BraVada Garrett-Akinsanya, Cecelia Hughes, Shelley White, Helen Ghebre, Linda Hansen, Ashley Warling-Spiegel, and Abigail Franklin

Minutes:

Welcome, approved minutes from 5/7/2020 and today's agenda

Check-ins/Program updates: How is everyone doing during this challenging time?

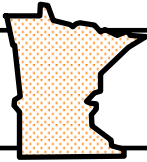
- Jeff Lind - Some oblivious to what was going on because was camping, it was depressing to see what was transpiring, and what had facilitated the event and the justified anger
- Steve Huot lives near everything in Mpls, is inspired by the positives that could come from this, will be retiring so this is last meeting.
- Jode Freyholtz-London - all services for Wellness in the Woods are virtual and have been doing a lot of warm-line supports and virtual peer support network. Lots of tears and frustration and networking, annual conference will be virtual. Dr. BraVada will be one of the keynote speakers. I will never really understand what is going on and am encouraging staff to process, grieve, say thank you, etc.
- Pa Kong - things have been very difficult for family coping with COVID and protests, break-ins and fires, difficult to tell child he can't play outside. I have to take off work to go to the grocery store because ours is not open, child not going to daycare. Can't sleep without my kids safe beside me. Working with other moms of color who are supporting the cause and are talking about our mental health and wellbeing. I appreciate these meetings because I know that people are out there doing the work
- Gertrude Matemba-Mutasa - Identify as an African woman and am married to a man who is Black. I'm going to call the thing a thing; meaning what happened last Monday was a murder and it was very unfortunate what happened and that it has been happening for 400+ years and the perpetrators do not get punished. What is encouraging is when I see my brothers and sisters marching in the street against the hate. There is no place for this hate. We all have responsibility to call out the hate. All of us can do something by saying no to participating in a hateful discussion.
- Linda Hansen - I am deeply pained by every piece of what is going on. Plays so heavy on my mind, I find it simple to say this isn't ok when I hear hateful statements. Working in Juvenile Justice, it pains me over and over that the system is so broken. How do we move forward? We have to have action every single day. What is our action?



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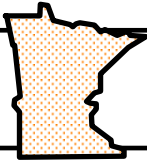
- Kim Stokes - rural MN, I have children of color but we are isolated from what is going on as far as personal impact. I have such a deep sorrow and I'm on the outside. I can't imagine. Looking forward to action
- BraVada Garrett-Akinsanya - contract with mpls police, not getting any referrals because the culture is so closed. Such a chauvinistic organization, don't feel, do what you are told, don't think on their own, paramilitary, good old boy network. The last thing they want is a black woman like me. Warriors get tired. The battles are so overwhelming. I love this group, I feel like I'm in the space where decisions get made. Why is it so hard to pull out the diversity needs among us? Why is it we don't see the racism, the needs? The system is not working well in many ways. The first space is to take responsibility as white to see who is not being supported and who is overly represented in our systems. Why is it that white people do not get harassed? White policeman are meaner to black people more than any other group. I'm really hurting and I'm really really angry. I don't believe in violence, but do not dehumanize us. Self-reflection is what I need, self-accountability is what we all need. If we love each other like we say, we all have hard work. Step courageously. Today is the memorial service. You cannot wake up a person who is pretending to be asleep - Navajo saying. We need action There is shame in not doing the hard work. The only hope is that we step out together and take personal responsibility for what you have failed to do. Systems don't change, people change and we change the system. I need your hope and your prayers for all of us. We have to do better. When Jamar Clark was killed in 2015, then police chief resigned. Since Arradondo has been chief, they have implemented a Citizen's Advisory Board and OPTIONAL trainings. I think they should make these trainings mandatory.
- Michelle - COVID thing is exhausting. I go to work everyday in Red Wing with 70+ juveniles and 40+ adults 80% are black, 7% are Native American, the rest are white. They are disconnected from what is going on in the world. I try to educate them. Until last week they were very worried about their families getting sick. We are a correctional facility that pretends to be a treatment facility. Got an email this morning, another young man who left in 2019 was murdered last night. This is a common thing, not rare. I never talk about that with anyone in my world. I don't think that people understand. Red Wing has been super strict since COVID with visits. Our norm now is they are more disconnected than before. They don't know how to get out of here now. After the murder of George Floyd, I've started talking to the kids about what they know. Some knew absolutely nothing others had very distorted views. Some learned that their families were involved in the riots. Adults are more worried than kids at Red Wing. When I leave and go home at the end of the day I have to disconnect - I have never watched the video. I have so much secondary trauma that I cannot watch it. I have seen and heard so much over the past 30 years. I cannot watch that level of trauma because I think about everything I have heard. Secondary trauma is real. I cannot emotionally put myself into more right now and cannot go to the protests. I have to get through this week. All of the violence is overwhelming. I am so rageful about Hennepin County right now. We need systemic improvements at all levels.
- Claudia Daml - I have been on a roller coaster of emotions this past week and half. Some days I'm good then I'm not so good. Emotions spill over like a cup filled to the top. Cognizant of that and trying to engage in self-care. I resonated with a lot of things people are saying. I hope that this time we are going through together does not just lead to zero. I think we have an opportunity to make change happen. Mpls police has so much work to do in addressing the systemic racism. In 2007 there was a racial discrimination case brought forth by 5 officers of



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color. It ended with no change and \$800K settlement to the officer. We can't miss the opportunity to make actual change. It hurts to know that systems are corrupt. I want to know who they are so I can make change. I'm not going to accept this any more. We need actual behavior change. How much authorization does the state have to enforce bias training in police departments? I'm grieving, I'm hurt, and I'm angry. The worst thing that could happen is nothing.

- Cece Hughes - giving staff a space to talk about what is going on and address how they help clients is something they are doing at Headway.
- Jennifer Bertram - these past few months have been hard for myself and my children. My ex-husband had COVID and the kids could not visit him. Both children have special needs and both failed at distance learning. My heart sank when I heard about George Floyd. And a lot of people give surface level thinking to race relations. I've been in MN for 20 years but it doesn't feel like home. It is difficult to feel the passive aggressiveness of white folks; Minnesotans don't let you in to their circles and they feel proud about that. We have 2 states in MN, we are number 1 in all these areas for whites but for people of color and American Indians we are failing. I've tried to become friends with people of color here, but it doesn't go beyond surface level. The passive-aggressive nature of MN needs to change.
- Kim Baker - as another out-of-stater, I agree. Nothing goes beyond face value. This is really challenging with kids with special needs. When I try to have conversations about white privilege in my suburb, they think it is all ok because we donate to charity. Not everyone of color needs your help. They think everything is perfect and MN is just fine. I have a hard time advocating because of these views.
- Addyson - being someone with a disability, trying to break down the stigma is challenging.
- Ed Morales - parent of kid with exceptional needs. I'm Puerto Rican, my wife, kids are black. My wife works for a big grocery store who has declined to put out any statements about current events because they believe all they do is sell groceries. They don't do much to support their black workforce. Why is it so hard to come up with the next action? I hope that folks will continue to lean in and have conversations with others about who are not getting it. These protests are about so much more than George Floyd. There is so much rage. We need to be really mindful that the rage that boils over is completely justified because they have protested for generations.
- Sarah Fuerst - thank you everyone. We have a huge responsibility to help our kids and it is our job to do better and teach them to do better
- Jennifer Giesen - I have been trying to not talk, but to listen carefully. Moving forward - there are bills going forward that hope to change police practices. I think that something this group could do is review those proposals and offer support to help move them forward. Shared this quote: "We are at a point in our history where black teenagers constitute the most unemployed and undervalued people in our society. And instead of making a real investment in education that could pay itself back many times, our society has chosen to pay the price three times: Once when we let kids slip through the educational system, twice, when they drop out to a street life of poverty, dependence and maybe even crime; and a third time when we warehouse those who have crossed over the line and have gotten caught. The cost of this neglect is immense in dollars and in abuse of the human spirit. We must educate our children. We don't have a choice. Once we've let it reach this point, the problem is virtually too big and too expensive to solve. But we can make a difference, if we go back into the schools and find the shy ones and the



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stragglers, the square pegs and the hard cases, before they've given up on the system, and before the system has given up on them." Excerpt from Alan Page's 1988 Hall of Fame Speech (shared by his son, Justin Page)

- Michael Trangle - I have been reacting to a lot through a lens of growing up in Mpls and being picked on for being Jewish. It is not at all like being black because it is mostly invisible except for to the people who know me. I feel guilty. I have tried to make life better for people with mental illness and SUD. I wandered the streets after the first fires and felt bad/not qualified to say much. How many folks with mental illness and SUD are killed by cops. There isn't much literature about this. There aren't many speaking out about this. I think the charge to our group is how to bring change for those with mental illness. We can make recommendations about police training changes and how it impacts people with mental illness.
- Dave - the country is run by rich white guys. I cannot thank you enough for sticking with us and this process. So many members are new and others were wondering if they should be done, but you didn't leave. We have a lot of work to do. Our charge is to work with ALL state agencies and we are doing that.

General SAC/Subcommittee updates:

- The 2020 State Fair has been cancelled. We will host Mental Health Awareness Day at the State Fair in 2021.
- The Governor's Office is making announcements to fill seats vacated Jan 2020. We still need applicants for the Metro County Commissioner and Senate seats on the SAC.
- No SAC terms expire January 2021; five (5) Subcommittee seats expire January 2021. Members have been notified to submit application materials by 10/15/2020 if they would like to reapply. Also need to recruit for the Metro County Commissioner and Legislature seats. Applications must be completed [online](#).
- Please submit vendor invoices via email to mhadvisory.council.dhs@state.mn.us

Next Steps:

- Notify Abbie as soon as possible if workgroup meetings need to be scheduled
- Send final recommendations to Abbie by 7/3 mhadvisory.council.dhs@state.mn.us

Next Meeting:

Date: August 6, 2020

Time: 10am-1:00pm

Location: WebEx – follow the link in the calendar invitation you receive to join the meeting

Reminder:

More information about the State Advisory Council on Mental Health and Subcommittee on Children's Mental Health, including meeting minutes, reports, and membership lists, can be found online:

<https://mn.gov/dhs/mh-advisory-council/>