

*St. Clair County Community Mental Health Authority*

**Advisory Council Meeting Minutes**

Wednesday, November 18<sup>th</sup>, 2020

**PRESENT:** Advisory Committee Members: Barbara Belkiewicz, Lisa Clark, Larry Doherty, Cheryl LaFrance, Nancy Levitt, Mark Paulus, Cyndy Raymo, Erin Rusch, Antoinette (Tosia) Tucker, and Nancy Thomson (Chairperson)

CMH Staff: Debra Johnson (Executive Director), Kathleen Gallagher (Program Director) and Kaeley Hux (CMH Recording Secretary)

**ABSENT:** Advisory Committee Members: Lisa Murphy, Richard Parker, Martha Partipilo, Edward Rieves and Amy Sanderson

CMH Staff: Karen Zultak (Program Supervisor)

**GUESTS:** Melissa Hunt (CMH Children's and Family Services)

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**I. CALL TO ORDER/AGENDA CHANGES – N. Thomson**

Chairperson Thomson called the meeting to order at 12:02 PM. The agenda changes were as follows:

- Addition of item **III.B. St. Clair County CMH Services Plan 11-16-2020.**
- Addition of item **IV.E. Virtual Secondary Trauma Training for Families – Melissa Hunt**

**II. REVIEW/ACCEPT MINUTES – Group**

The Advisory Council members accepted the previous month's minutes with no changes noted.

**III. EXECUTIVE DIRECTOR UPDATE – D. Johnson**

**A. McCartan Tree Dedication Ceremony – Postponed to Spring 2021**

In light of the recent MDHHS Executive Order, the McCartan Tree Dedication Ceremony has been postponed until Spring 2021. Date of ceremony TBA.

**B. St. Clair County CMH Services Plan 11-16-2020**

Due to the MDHHS Executive Order, it is mandatory for staff who can complete their work at home to do so. As such, CMH has resumed a remote-working process for many staff. Services that must be conducted in person are continued at this time. Virtual services will continue also continue and be adjusted as necessary. A handout has been provided for the council that highlights the changes in CMH services, introduced via the new order.

There was discussion regarding the NAMI Affiliate.

**IV. CMH UPDATES – K. Gallagher**

**A. Program Updates – Community Enterprises and Clubhouse, CMH**

Due to a recent COVID exposure, the Clubhouse has been closed until November 23<sup>rd</sup>, 2020 for necessary sanitization purposes. Community Enterprises, Goodwill, and Bright Futures are still currently in operation. Updates for closures will be posted on their direct Facebook pages. There has been a handout provided for the council, see item III. B. All community group homes are currently hiring for direct care staff.

**B. Late Night Tuesday**

At this current time, the St. Clair County CMH locations at 3111 Electric Avenue and 2415 24<sup>th</sup> Street will be open on Tuesdays until 7:00 PM until further notice. The increased hours offers flexibility for the individuals we serve, thus creating less traffic in hopes to slow the spread of the coronavirus.

**C. Virtual Secondary Trauma Training for Families – Melissa Hunt**

Melissa Hunt gathered information from the council and determined that she will produce an educational seminar for parents. The objective of the seminar is to teach parents how to be a healthy and positive support for their child(ren). This training will explore what trauma is, the signs of trauma, what to look for in your child, what can be done for supports and treatment, etc. A draft of this training will be provided to the council to offer their input and suggestions.

**V. CCBHC UPDATE – K. Gallagher**

**A. Flu Shot Clinic**

Free flu shot clinic Friday December 4<sup>th</sup>, 2020 from 10:00 AM – 3:00 PM located at 3111 Electric Avenue. There is no cost out of pocket to the individual. Brought to you by collaboration with the St. Clair County Health Department.

**B. Virtual Yoga Classes**

Hosted on Thursdays from 7:00 PM- 7:45 PM, this class is free to all residents of St. Clair County. In addition to the adult class, teen virtual yoga class is hosted on Mondays from 4:15 PM – 5:00 PM. Participants do not have to receive CMH services to join. Lifesize connectivity information is found on the handout provided to the council.

There was brief discussion serving as a reminder of the community intervention team that is available to offer supportive assistance pertaining to the pandemic. There is a separate community intervention team as well that offers supportive assistance if in the event of any traumatic happening in the community. Please contact Amy Smith at 810-985-8900.

**VI. POLICY REVIEW – Group**

There are no policies to review at this time.

**VII. COUNCIL ROUNDTABLE – Group**

Larry Doherty shared his personal goals with the council.

Nancy Levitt inquired if there is a CMH representative included in the state-level committee designated to lessening the restrictions placed on our individuals who reside in community group homes. Kathleen Gallagher informed Nancy Levitt that there is a CMH representative who is acquiring all up-to-date information in regard to this process, however at the state-level the attention to this matter has dramatically shifted and as such it has been placed on hiatus.

Cheryl LaFrance discussed the obstacles older parents face on selecting a supplemental Medicare plan. She notes that if the individual receives both Medicaid and Medicare, they do not have to enroll in a plan. She also asks that people who live in community group homes are receiving adequate wireless internet as it is now a necessity as opposed to a luxury. Kathleen Gallagher informed her CMH is doing their part to help the homes stay connected.

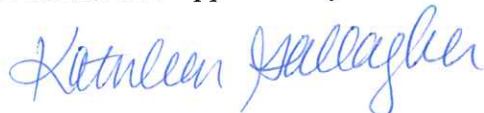
Tosia Tucker shared with the council the toll the pandemic is taking on her and asks that mindfulness be practiced while existing with fellow humans at this time.

**VIII. ADJOURNMENT – N. Thomson**

Motion to adjourn the meeting accepted at 12:47 PM.

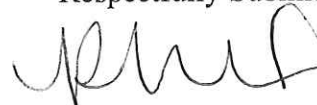
**IX. NEXT MEETING: Wednesday December 16<sup>th</sup>, 2020 from 12:00 PM – 1:00 PM via Lifesize.  
Subject to change.**

Reviewed and Approved By:



Kathleen Gallagher  
Program Director

Respectfully Submitted,



Kaeley Hux  
Recording Secretary

cc: Debra B. Johnson, Executive Director  
Kathleen Gallagher, Program Director  
Tracy Goyette, Executive Secretary  
Advisory Committee Members  
Marcy Cameron  
Electronic Record