



Lewis and Clark County Behavioral Health Local Advisory Council

Tuesday, December 5, 2023 | 11:30am-12:30pm

MINUTES

Lewis and Clark Public Library-Sarah McCabe Power Community Room

(No recording link for in-person only meeting)

Participants: Brandy Vail, Jolene Jennings, Jess Hegstrom, Drenda Niemann, County Commissioner Rolfe, City Commissioner Dean, Matt Furlong, Samantha Martin, Ali Mullen, Cheyenne-MRWH, Brian Coplin and Jillian Danesi N12

I. Welcome & In-person Introductions-Brandy Vail, Past Board

- ❖ *Food and beverages provided at arrival*

II. Approval of Minutes -Brandy

- ❖ *November 7, 2023 Minutes –approved by Drenda N. and Matt F.*

III. Group Share-All

- ❖ *Program events, info from dozen attendees*
- ❖ *Congrats to Jess on the success of the International Survivors of Suicide Loss Day at the Capitol on 11.18.23. Brandy shared positive comments heard at the event and in community. Applause.*
- ❖ *New LCPH Staff and LAC participant, Ali Mullen, spoke about her work as Opioid Prevention Coordinator and Safer Communities MT role and benefits to the community.*
- ❖ *988 Suicide Prevention and MH Crisis Lifeline-how going and discussion on surveys in state discussed. Inquiry to what average hold time is for within state and outside transfers and if survey identifies this. Room to expand on surveys from Call Centers and independent orgs like LAC's and SAA's. SAA identified area for improvement earlier this year on the north central/eastern border-which was identified as a telecommunication problem that was fixed. (Drenda/Jolene)*

IV. Resilience Activity- Brandy

- ❖ *Twenty-minute mental wellness resilience activity during demanding holiday season*
- ❖ *Keeping Positive and Managing Emotions*
- ❖ *Self-care activities –current and new to try*
- ❖ *Accountability check-in with LAC colleague in next week or two-buddy system for resilience activity*

V. Strategic Planning for FY24-26-Jolene

- ❖ *Save the Date: Tuesday, February 6, 2024 from 9:30am – 12:30pm or 10am-2pm depending on location-please hold date/time for this every three-year Strategic Planning Session!*
- ❖ *Location: Helena options in review*

[Next Month: Tuesday, January 2, 2024](#)

[Spotlight Speaker: Joel Peden, Substance Use Disorder Prevention Coordinator](#)

[Location: Remote Zoom Only-New Zoom Link for 2024](#)

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