

Attendees: Madison Peterson (BBPH), Susan Kahler (BBPH), Sierra Lang (MSU Student), Tiffany Melberg (Evolve Mind), Melanie Hanson (Centre Inc.), Katie Fitzsimmons (NDUS System), Cathy Palczewski (Heartview), Raquel Ritcher (Ministry on the Margins), Jennifer Pelster (Western Plains PH), Deputy Jason Stugelmeyer (Bismarck Police Department), Carrie Sorenson (Quality Health Associates of ND), Sara Eastman (Youthworks), Matthew McCleary (MHAND & NDFFCMH), Kyle Kirchmeier (Morton County Sheriffs Office), Michelle Erickson (AARC), Verna Baker (MHA Nation), Jena Gullo (United Way), Mike Ness (ORS Program Midwest HIDTA), Renae Moch (BBPH), Theresa Schmidt (BBPH), Melarie Pretty Paint (United Tribe Technical College), Charlotte Williams (ORS CDC), Lindsae Timm (CommonSpirit Health), Wendy Hafner-Bakken (BHS School Coordinator), Jenessa Reinisch, Heidi Bean (West Central Human Services), Dick Dever (ND State Legislator), Jennifer Harrington (Sanford Health), Bea Kaiser (Bismarck Public Library), Andrea Sailer (ND Brain Injury Network), Kodi Pinks, Kandy Swenning (CHI St. Alexius Hospital).

Total Attendance: 32

Welcome/Introductions:

Susan Kahler, SAP Coordinator, Bismarck-Burleigh Public Health (BBPH)
Susan Kahler welcomed participants and coordinated introductions.

Ministry on the Margins Update

Raquel Ritcher, Ministry on the Margins Coffee House

Raquel Ritcher provided information on Street Outreach. Ministry on the Margins has partnered with Heartview and Bismarck Burleigh Public Health's social worker to work on Street Outreach where they find unsheltered individuals and meet them where they are at. They help to bridge the gap for those who are interested in treatment and also work to provide the individuals any resources they may need such as food and clothing. Ministry on the Margins also offers open hours for individuals to follow up Tuesday afternoons and Friday mornings, where they provide individuals with resource connections and application assistance. After starting Street Outreach, Ministry on the Margins in the last month has encountered 53 individuals, 2 in treatment, 1 scheduled an evaluation, and 17 individuals at their open hours. Raquel provided an update that due to the closure of trailer homes, Ministry on the Margins has seen an increase in their numbers during their night hours of 80-90 people per night.

Subcommittee Updates:

Prevention & Education Subcommittee

DFC Grant- Madison Peterson, SAP Intern

Madison Peterson, SAP Intern, provided an update on projects the Drug-Free Communities grant has been working on. Madison will be taking some of her students and their school coordinator to the CADCA Mid Forum in July. CADCA forums provide opportunities for member networking, sharing ideas, and learning from substance misuse professionals. The goal is the committee members will bring back ideas to use for the future of the grant. Madison also

explained they have applied for DFC Year 6-10. DFC grant currently is set to end in September. Some future plans that the DFC grant wants to focus on in Year 6-10 are promoting more family friendly events, getting marijuana curriculum or presentations into the highschools, since there is a rise in THC vapes being found, and incorporating more childcare with events to lift that barrier for parents to attend. Madison has also presented at Good Shepard Lutheran Church during the youth's Life Skills night with the Tobacco Prevention Specialist. They educated about 150 parents and youth on the effects of substance use, about different products, peer pressure, and coping skills. Madison also attended a booth during Military Family Safety Night about 40 parents on the effects of underage marijuana and alcohol use.

Student Committee Updates- Wendy Hafner-Bakken

Wendy Hafner-Bakken, BHS School Coordinator, discussed recent projects that the DFC Student Committee has been working on. The DFC Student Committee went into a few elementary schools and gave a presentation to the 5th graders on the effects of alcohol and after would have them write letters to about what they learned and then give those letters to graduating seniors. The hope for the future of the grant is to give presentations to the middle schoolers and have them write letters and give the letters to them once they graduate. The Student Committee also partnered with 5 local coffee shops and provided a 1000 coffee sleeves with positive messaging about talking to youth about the harms of drugs and alcohol. More recently the Student Committee is getting ready for the end of school year and creating graduation bags for the graduating seniors. Wendy also talked about hoping to get more schools involved and expand the Student Committee's outreach for the future.

SOR Grant- Sue Kahler, SAP Coordinator (BBPH)

Susan Kahler, SAP Coordinator, provided an update on Onebox placements. The Onebox provides video instruction on how to administer Narcan and provides all the necessary tools needed in an event that Narcan will need to be administered. Onebox has now been placed at BSC, Sidelines Bar, Sport Page Bar, Bismarck Community Church, State Historical Society, and Stadium Bar. Sue also provided an update on Narcan trainings. From February to April, Sue has attended U of Mary Social Work class, BSC Social Problems class, U of Mary Alcohol Awareness Class, and completed a Community Narcan Training, training over 170 people. Next Community Narcan Training is on May 14th, at Bismarck Burleigh Public Health at 6:30pm. There will also be a Take Back Event at Burleigh County Senior Center on May 28th from 8:00am-11:30am. Anyone is welcome to attend both events if you are need of Narcan training or have any unused medications that need disposing.

Intoxication/Withdrawal Management

Heidi Bean – West Central Human Service Center

Heidi Bean provided an update on West Central Human Services. Heidi discussed they are focused on community outreach as they find many individuals do not know about them or the services they offer. One way they have been doing community outreach is by doing 988 trainings in schools and having more presence in the community and county they work in. Heidi also discussed the importance of 988. Calling 988 (crisis hotline) can at times be more effective if an individual is experiencing a crisis. The individual can be met with a crisis intervention team to assist with de-escalation. 988 is also screened to assess the severity of the crisis that individual is experiencing so West Central can assess the best way to help them.

Deputy Jason Stugelmeyer – Bismarck Police Department

Deputy Jason Stugelmeyer provided some updates related to CHI. Deputy Jason explained he is meeting with CHI to discuss law enforcements response to the new Outpatient Partial Care facility. CHI also had plans to make an entire floor an inpatient unit. Deputy Jason also discussed some cases of overdoses they have been experiencing. Narcan has been used multiple times, and they have been finding if the individual is not breathing properly when Narcan is administered, Narcan is not as effective and not working right away. They have had to assist individuals with their breathing to increase effectiveness. Deputy Jason explained they have been seeing not only fentanyl overdoses, but meth overdoses as well.

Treatment & Recovery Subcommittee**Cathy Palczewski, Heartview – Opioid Grant Project Manager**

Cathy Palczewski provided an update about Heartview's Justice Department Overdose Grant. Cathy explained the grant is currently in Year 3 and that they struggled to get traction with the local emergency rooms so they have now moved to the local clinics. So far since doing so they have had 11 calls, 5 placed into treatment, 2 pending. Another piece of the grant is focused on street outreach and is now working closely with Ministry on the Margins and Bismarck Burleigh Public Health's social worker. The goal is to provide resources to individuals who are unsheltered and bridge them into treatment. They are also assisting with Ministry on the Margins open hours. The grant is also working closely with Bismarck Burleigh Public Health to help to make Narcan more accessible and assisting with Narcan trainings. Next public Narcan training is on May 14th at 6:30pm at Bismarck Burleigh Public Health. In addition, Heartview has a HEART Program that is a program specifically for families or anyone that is a loved one, that knows someone suffering from substance use disorder. HEART Program occurs every other Tuesday evening at 6pm. Next meeting is on May 13th at 6pm at Broadway 101 location. Another meeting that is happening at Heartview is bringing back AA meetings. Heartview's AA meetings occur every Saturday night at 7:30pm at Broadway 101 location.

Tiffany Melberg – Evolve Mental Health

Tiffany Melberg discussed a new technology that she provides at Evolve Mental Health called PRISM. PRISM is for PTSD and is an evidence-based, prescription therapy that was cleared through FDA to utilize for treatments. PRISM is non-invasive and works through a computer simulation and EEG headset to create an environment where patients engage in non-trauma-based experience to help control PTSD symptoms. PRISM works by individuals putting on the EEG cap to measure brain waves. When the individual is put into the simulation such as waiting room or train station and the simulation will be noisy and overstimulating. The person will then think of a situation that calms them down and find a comfort place. As the persons emotions quiet, so will the environment and simulation. Technology works on helping with individual work through their emotions, rather than reliving the traumatic experience. Overall response rate is 67% with 32% in remission. PRISM Regimen includes 15 sessions over 8 weeks. Booster sessions included as needed. Each session lasts about 45 minutes. Technology is currently being tested for treatment for depression. Tiffany explained she will need to complete an intake to verify PTSD and will take referrals from anywhere. PRISM is currently self-pay, but PRISM is working to include Medicare and Medicaid for insurance and hopefully more insurances in the future.

[Gray Matters PRISM Information](#)

[Evolve Mind Mental Health Website](#)
[PRISM Brochure Information](#)

New Members/Organizations

Additional Comments:

Matthew McCleary – MHAND & ND Federation of Families for Children's Mental Health

Matthew McCleary explained that MHA has a hotline number that individuals can use to help get connected to mental health services in their community, including spreading the word about West Central Human Service center. The hotline will connect individuals to West Central Human Service center, open access, and any other private provider that they might need, and also try to get them connected to other services besides mental health as well. MHA is working to be a warm handoff to other service providers and make services known. Matthew also explained that MHA and NDFFCMH will be having a Bloomin' Light the Darkness Gala on May 22nd at the Raddison hotel. For May Mental Health Acceptance Month, there will be a floral runway fashion show. Tickets currently available and there will be a silent auction.

MHA Hotline number: (701) 255-3692

[Bloomin' Light out of the Darkness Gala Flyer](#)

[MHAND Helpline Handout](#)

[Parent Support Group Flyer](#)

Meeting Link to Parent Support Group:

<https://zoom.us/j/93844966675?pwd=2yiYHna79RGcqLL1Fuoa0jbaBPLSO.1>

Meeting ID: 938 4496 6675 Passcode: 093021

Assignments/Next Meeting

August 5th, Tuesday at 10am-11:30am

Meeting Adjourned at 11:15am.

Meeting minutes taken by: Madison Peterson, SAP Intern

The Mission Statement:

"To lead and guide a continuum of care model to reduce substance abuse & behavioral health issues in our communities."

The Vision Statement:

"A safe, healthy, vibrant community, free of substance abuse, addiction and behavioral health issues."

