

**Navigator Network Workgroup of the
CJCC Early Intervention & Prevention Committee
February 8, 2022 at 2:00 p.m. via Zoom**

Present: Rachel Stoll, Kalene Engel, Marissa Gerke, Taylor Zonotti, Amy Sixty, Andy Kranz, Deb McClellan, Bill Moe, Shannon Sullivan, Amanda Rodriguez, Kay Peterson, Zoey Lewis, Linda Jacobs, Jen Brietlow, Vanessa Southworth, Loice Odoul, Milly Stanton, Jon Loomis, Lisa Howard

Minutes by: Kalene Engel

Introductions: Persons present introduced themselves and their role.

History of the Workgroup: Kalene reviewed the history and purpose of the workgroup. She discussed the Sequential Intercept Map (SIM) Workshop that was held earlier this year and which identified criminal justice system gaps for persons with mental health and/or substance abuse issues. The current workgroup (and six others) were formed to address some of these gaps. This workgroup reports to the Early Intervention and Prevention (EIP) Committee which reports to the CJCC Main Council. This purpose of the Navigator Network is to bring together people who assist others in “navigating” services or supports so that they could share experiences and information and serve as resource and support to each other.

Presentation on FARR (Family Advocacy in Recovery and Restoration): Marissa Gerke, Case Manager for the Winona Branch of FARR, provided an overview of the program, as follows:

- FARR is a program which provides support for pregnant and/or parenting adults in Winona and Olmsted counties.
- There are two case managers in Olmsted and one in Winona who provide one-on-one case management for their clients to assist with goals related to sobriety, mental health, parenting, child development, employment, education and resource navigation.
- Lately, a lot of what Marissa has been helping her clients with is schedule management, as most of the women have numerous appointments and other obligations.
- In addition to case management, the program offers sober support groups at each location. The Winona group meets on Tuesdays from 4-6pm at Faith Lutheran Church. They recently obtained a grant to cover child care during group sessions. The group includes a group check-in, community updates and then a group activity or topic. During the past month, the topics covered have included self-sabotage, boundaries, stress management and “recognizing the good stuff.”
- Case managers can also offer UA drug screens; this is not a requirement for women to be in the program, but it is another service that is offered.
- Pre-COVID, the program offered monthly social events including children. This has been a challenge during COVID, but one of the fun activities they have done is go to Ferguson’s Apple Orchard.

- The case managers work with families and other service providers using a team approach.
- Financial support includes providing diapers, wipes, basic needs items and monthly Kwik Trip fuel and Walmart cards.
- Program participation is one year at intake, but if a pregnant woman is participating, the one year starts on the birth of the child. Graduates of the program can participate as an alumni. Participants can also stay longer than one year if they desire the support.
- Graduation is achieved if a person has participated for one year, met their case plan goals and attended at least 75% of groups.
- Future plans include having alumni become more active and possibly facilitate the group sessions to emphasize the peer approach.
- There is no cost to participate in the program and insurance is not required.
- The program is completely voluntary; however, sometimes program participation is included in child protection case plans.
- Anyone can refer to FARR, including self-referrals. Most referrals are from child protection, public health and lawyers. Recently a social worker from Winona Health made a referral.
- FARR is funded through the Minnesota Dept. of Health and Human Services and Proof Alliance and is aimed at decreasing the impacts of Fetal Alcohol Syndrome Disorders.
- There are three active alumni: one graduated from college and is working as an elementary teacher, the second is starting as a behavioral health technician and one is currently employed in the longest employment she has had. Bill noted that he's had two treatment court participants with ties to FARR (one participant; one where the significant other participated) and neither would have been as successful without FARR's help.
- There are no strict guidelines as to the recency of the substance abuse.
- Rachel noted that the peer engagement of FARR is really important because people often lose their previous friend circle when they stop using.

Upcoming Speakers: Rachel encouraged attendees to sign up on the speakers list in the Google drive:

<https://drive.google.com/drive/folders/1sgL5G1BnSmz01jnrpjTGAf9dpFxuSZxT?usp=sharing>.

Access to Health & Human Services Survey: Another one of the workgroups that was created as a result of the SIM Map Workshop is focusing on improving folks access to programs administered by the Winona County Department of Health and Human Services (HHS). That group has created a survey to obtain information from navigators about any issues that they have experienced in helping their client know about, access or maintain benefits through HHS. The survey is accompanied by two handouts: one explains the survey and the other has a brief description of the programs. This survey can be shared with other navigators, but is not intended to be taken by clients, as HHS already has audits that include client surveys. Kalene will send the documents to Rachel for distribution to the members of the Navigator Network. Responses are due by February 28th.

Leadership/Membership: Rachel reminded everyone that she is completely fine with having some else step forward to lead the group. She also reminded people to add their names and contact information to the membership list in the Google drive.

Other Discussion:

- Bill shared that the Frozen River Film Festival is showing a film called Clean Slate on February 12th. The film is sponsored by Winona Health and is about two men in a Christian treatment program. Treatment court participants will be attending.
- Marissa shared that an activity being held in conjunction with the Frozen River Film Festival is a snowshoe event at Prairie Island sponsored by the Outdoor Recreation Collaborative.

Next Meetings: The next meeting of the workgroup will be on March 8, 2022 at 2:00 p.m. via Zoom. Carin Hyter will be presenting on Treatment Court of Winona County.

Adjournment: Meeting adjourned at 2:44 p.m.