FSR Board Consent Agenda

3-22-23

*Mission: Family Service Rochester will provide community based social services of the highest quality and maintain a commitment to excellence in all operational areas.*

*Brand Message: Family Service Rochester is a community-based organization providing mental health, senior independence, child wellbeing, and family stability services. We listen to what people need and together, we build better lives.*

Executive Director’s Report:

**Programming Updates:**

Senior Independence Legislative Efforts: We have received a “Live Well at Home” grant from the Minnesota Department of Human Services for many years. This grant supports our senior independence efforts. We have long been concerned the dollar amount allocated by the legislature has not kept up with statewide needs, particularly with the unprecedented demographic shifts our state is seeing with the growth of the aging population. We initiated a bill which continues to move through the legislative process with authors and support from both the house and senate. We recently had staff testify before a legislative subcommittee on the bill’s importance. The request is to increase the annual dollar amount for statewide efforts from $9 Million annually to $35 Million annually.

Fetal Alcohol Spectrum Disorder (FASD) Legislative Efforts: We are a sub grantee of dollars allocated to the PROOF Alliance. These dollars support our FARR Program which serves pregnant of parenting mothers with a history of substance use. The PROOF Alliance has initiated a bill to support their efforts. We recently had staff testify before a legislative subcommittee on the bill’s importance.

Father Project Legislative Efforts: We are a sub grantee of dollars allocated to Goodwill Easter Seals to support fathers. These dollars support our Father Project program supporting dads to be emotionally and financially involved in the lives of their children. Goodwill Easter Seals has initiated a bill to support these efforts. We recently had staff testify before a legislative subcommittee on the bill’s importance.

Fentanyl Crisis Event: We are hosting an event to learn about the challenges within our community affecting those struggling with addiction. This event will be held on April 13th from 3 pm to 7 pm. Prior to the keynote speaker and panel discussion will be a training on Narcan. Narcan reverses the effect of an opiod overdose and is legal for the general public to have and administer. See flier included in this board packet.

Meals on Wheels: “March for Meals” is a month long national celebration of Meals on Wheels and the consumers we serve. The week of March 20th will kick off our celebration and publicity drive. On Monday, the week will start with a media event and mayoral proclamation. Throughout the week, local “celebrities” and government officials will deliver routes. We receive funding support from Meals on Wheels of America for the activities and publicity we generate. Please notice the social media attention we will receive and forward posts to your network.

Dialectical Behavior Therapy: We have increased our capacity to provide this intensive therapy by training two new staff in this model. Dialectical behavior therapy (DBT) is a type of talk therapy for people who experience emotions very intensely. It’s a common therapy for people with borderline personality disorder, but therapists provide it for other mental health conditions as well.

Salvation Army: the Salvation Army has submitted a grant proposal to provide therapy services provided by FSR to their clientele of individuals currently or previously homeless.

Meadow Park Initiative: The Meadow Park Initiative is our “place based” effort to empower a neighborhood towards their hopes and dreams. This is a partnership with United Way of Olmsted County and IMAA. Due to funding challenges and shifting priorities at United Way of Olmsted County, FSR will no longer hold a position coordinating these efforts. Instead, we will share in the coordination of these efforts. We will still likely receive funding support from the United Way for the efforts we lead, in partnership with Rochester Public Schools, to provide learning opportunities and enrichment for kids in the neighborhood.

Mental Health 1st Aid: Mental Health First Aid is a course that teaches one how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives one the skills needed to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis. From 2016 to 2019, we delivered mental health 1st aid courses in this community in partnership with NAMI and Zumbro Valley Health Center. Olmsted County Public Health has approached us and asked us to consider delivering this in partnership with them (and others) in the community. Olmsted County Public Health is writing a grant that will cover the cost of training some of our staff.

Mental Health Day at the Capitol: We had a staff member attend the activities of this day at the capitol. She was able to educate legislators on the importance of a number of bills being considered addressing mental health. Most importantly to FSR is a bill requesting reimbursement rates for psychotherapy to be increased by 35%.

**Operations Update**:

Lawsuit: A former client had initiated a lawsuit against FSR in March of 2022, but did not follow through with the legal process. The client was requesting to have her medical records changed (which legally and ethically we cannot do). With legal guidance, we decided not to initiate court action to dismiss this case. Assuming the client would not follow through, it was decided to simply wait for the 1-year statute of limitation to expire. The 1-year anniversary was March 12th. This should absolve FSR from further litigation on this matter.

Senior Independence Restructure: As you may know, one the objectives of our strategic plan is to *“Ensure our organizational structure supports effectiveness and growth.”* We have seen tremendous growth in the work we do to support senior independence. Additionally, we anticipate more growth in these services due to the demographic shifts in the communities we serve which includes Olmsted, Rice, and surrounding areas. For the past 5 years, Jackie Glynn has worked 30 hours per week as our Program Manager and has done a phenomenal job leading our efforts! To support our growth moving forward we have determined FSR needs more program management time dedicated to these efforts. Jackie was given the opportunity to increase her hours to full-time, but declined. Jackie has been a great asset to FSR and we wanted to retain her. So, Jackie will remain at FSR moving into a new Program Coordinator role focusing on home safety/falls prevention, household helper coordination, volunteers, and billing. We have decided to move forward with two “hybrid” Program Manager Positions. These Program Manager positions will be very similar to the “hybrid” roles that Kate Perry (Family Based Services) and Dr. Jessica Garcia (Outpatient Services) provide for our Clinical Department in that both Kate and Jessica provide program management while also providing direct services. This restructure does not increase our number of FTE’s but rather moves existing staff around and into new roles.

**Grant/Contract Updates**:

Southeast Minnesota Area Agency on Aging (SEMAAA): In the last few months, we have been notified by SEMAAA that we will be receiving grant funding totaling approximately $150,000 for our senior independence efforts focusing on dementia, handiwork/chore services, mental health services for seniors, Rice County activities, and for the delivery of “Matter of Balance” classes for seniors.

Mayo Clinic: We recently received grant funding in the amount of $30,000 from Mayo Clinic to support our senior independence efforts.

Rural Senior Independence Grant: We applied for a grant from the Minnesota Department of Human Service to support our efforts toward aging in place in rural communities. If awarded we are hoping to receive around $100,000 annually.

Age Friendly Communities Initiative: We are applying for a grant to from the Minnesota Department of Human Services to support our Age Friendly Olmsted efforts. If awarded we are hoping to receive around $100,000 annually. We have been notified the state received grant requests totaling $80 million dollars though they only have $1.2 million dollars available.

Otto Bremer Trust: We submitted a grant request to the Otto Bremer Trust requesting general operating funds to support our senior independence efforts and our mental health services. We have requested $150,000. We have a virtual site visit and discussion scheduled with the representative from the Trust in early February. I expect we will receive some funding support though it may not be the full amount. Less than this amount has been included in our budget.

Think Bank: We have received funding support from Think Bank annually to support our Meals on Wheels Program for many years. This year we have requested additional dollars to support our mental health efforts. We requested $30,000 for Meals and Wheels and $50,000 to support the delivery of our mental health services.

Assessing Digital Inclusion Grant: We submitted a grant proposal to the Department of Employment and Economic Development (DEED) to engage and assess the needs of seniors as it relates internet affordability, devise access, and digital skills. We were awarded approximately $4000.

No Child Left Inside Grant: We submitted a grant proposal to the Department of Natural Resources to support activities that bring children outside through fishing. We were awarded approximately $5000.

Southeast Minnesota Area Agency on Aging (SEMAAA): The Minnesota Board on Aging is proposing a new formula to determine how they divide state dollars by region. SEMAAA understand this new formula will reduce their allotment by around $250,000. If this were to happen, this could indirectly impact FSR and the clients we serve. There is a public comment period commencing on April 3rd. SEMMAA has asked Olmsted County and their other partners, including FSR, to consider lobbying on their behalf. We intend to do so and I may ask our board members to do so as well. This is an important issue for seniors receiving services in Southeast Minnesota. More information to come in the near future.

**Marketing/Fundraising/Volunteer Updates:**

Denim and Diamonds: Our fundraiser to support Meals on Wheels will be held on March 25th. More details will be provided at this board meeting.

Volunteer of the Month: Our March Volunteers of the Month are Larry and Gwen Scilley. After retiring from IBM, Larry joined the Rochester Kiwanis Day Makers. This year Larry celebrates his 25th anniversary with the club! For nearly all those years, Larry and Gwen have been volunteering together delivering Meals on Wheels. Larry said he appreciates the opportunity to volunteer with his wife. After many years of delivering Meals on Wheels, Larry stepped into the role of coordinating other club members to deliver a weekly route. Often picking up additional substitute routes himself, Larry said he enjoys subbing and seeing different parts of the city. “The need is there. It’s satisfying to give back and I am able to.”

Approval of the minutes from the January 25th, 2023 board meeting.