FSR Board Consent Agenda

3-27-24

*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:**

EMDR Training: EMDR (Eye Movement and Desensitization and Reprocessing) is a psychotherapy that enables people to heal from the symptoms of emotional distress that are the results of disturbing life experiences. FSR will be hosting this training and making it available to our school based mental health collaborative partners (Zumbro Valley and Fernbrook) and others throughout the state. The state of Minnesota is marketing our effort. We anticipate generating some income from this endeavor while allowing many of our therapists to be trained for free.

Sherburne County: We have had some preliminary discussions with Sherburne County to provide training, consultation, and some facilitation for Family Involvement Strategies services.

Families First Prevention Services Act: Olmsted County is receiving federal dollars that are to be dedicated to the prevention of child abuse and neglect. They intend to contract with us to expand concrete assistance available to consumers through our GPS program, fund some start up costs for a program called Parents as Teachers (more information below under Grants/Contracts Updates) and support some of our initial startup costs for our Family Resource Center. The contracted amount will be approximately $124,000 for this calendar year with the expectation this funding will continue into 2025 and beyond.

Day at the Capitol: Our FARR program staff recently attended a day at the capitol recognizing prevention efforts focused on FAS (Fetal Alcohols Spectrum). Our FARR (Family Advocacy in Recovery and Restoration) program provides case management support to pregnant or recent mothers with a history of substance use disorder.

FARR Program Expansion: We are expanding our efforts into Goodhue County. We recently had a meeting with county and local leaders including potential referral sources. Over 40 individuals attended. We were pleasantly surprised with the turnout and pleased with the interest in our services.

Mental Health Rate Study: The State of Minnesota completed a rate study specifically regarding the delivery and reimbursement of mental health services. Here is an excerpt from the findings “The Department of Human Services presented [a new report](https://www.house.mn.gov/comm/docs/2EalZUA_kEWBU-ZWWr2L5Q.pdf) showing Minnesota’s low Medical Assistance reimbursement rates are hurting mental health providers, resulting in long waitlists, severe workforce issues and clinics closing their doors altogether. The DHS report found that Medical Assistance last year reimbursed providers at about 74% of what the federal Medicare program would have paid for the same services.” We are hoping efforts to increase reimbursement rates will gain traction in the next legislative session. FSR intends to engage legislative and community partners to influence.

**Operations Update**:

Cloud Migration: We continue with our efforts to migrate from on premise servers to the cloud. We will be going live with our new accounting and finance software (Sage) on April 1st.

**Grant/Contract Updates**:

AARP Grant: We have submitted an AARP challenge grant to support a pathway to be built between Madonna Towers and the adjacent city park. This grant request is being made in partnership with the City of Rochester’s Parks and Recreation Department and is part of our Age Friendly Olmsted efforts.

Parents as Teachers: Parents as Teachers is an evidence-based home visiting program. We are applying for a grant to support FSR to become an affiliate of this national effort. For organizations delivering this curriculum/program there are seven outcomes. The outcomes are the following: 1. Increase parent knowledge of early childhood development and improve positive parenting practices, 2. Provide early detection of developmental delays and connection to services, 3. Improve parent, child and family health and well-being, 4. prevent child abuse and neglect, 5. Increase children’s school readiness and success, 6. Improve family economic well-being, 7. Strengthen community capacity and connectedness. Once we have staff trained in this model, we can bill the state for these efforts.

FARR: A grant has been issued by the Minnesota Department of Health that focuses on the prevention of babies born having been exposed to chemicals and alcohol during the pregnancy. We are applying for this grant to support our FARR (Family Advocacy in Recovery and Restoration) that provides case management support to pregnant or recent mothers with a history of substance use disorder. This funding would support our efforts in Dodge and Goodhue Counties. The funding amount to be requested has yet to be determined.

Live Well at Home Grant: The state has allocated additional monies to support current recipients of Live Well at Home Grants. This grant supports our senior independence services. We will be submitting an amendment to this existing grant for a yet to be determined amount of money to support expanding our efforts.

Dementia Grant: We have formed a partnership with Olmsted Medical Center to provide services to support those with Dementia (and their caregivers). We intend to pursue a grant opportunity that will support these efforts. The requested funds are yet to be determined.

School Based Mental Health: The state is allocating additional monies to those grantees and subgrantee that provide school based mental health services. We are a subgrantee of a grant that Fernbrook Family Center has. We will be receiving an additional $23,000 dollars.

Lions Club: The Lions Club recently awarded FSR $2000. $1000 each for our Senior Independence Services and Father Project.

Think Bank: We recently submitted a grant request to Think Bank to support our Meals on Wheels Program and our Mental Health Services. We have requested $50,000.

United Way of Olmsted County: United Way has released a request for proposals that address food insecurity. We have received support for our Meals on Wheels program from United Way for many years. In this proposal will also include our efforts through “FSR Fresh” to additionally provide fresh fruits and vegetables to seniors. We have been notified we will receive $23,000 annually for two years. This is $3000 more than we receive annually now. I know of at least one organization that has received this funding in the past and will into the future, but they saw a significant decrease in their funding.

**Marketing/Fundraising/Volunteer Updates:**

Week of Champions: This week concluded our week of “champions” who delivered Meals on Wheels. This effort allows us to earn “points” with Meals on Wheels of America, which then provides funding support based, in part, on how many points we earned. The week started with a mayoral proclamation. Our champions this year were:

* Brian Mueller (County Commissioner)
* Brooke Carlson (City Council)
* Caitlin Alexander (KTTC)
* Emily Watkins (Women’s Magazine)
* Jim Franklin (Police Dept. Chief)
* Kelly Rae Kirkpatrick (City Council)
* Dr. Kent Pekel (RPS Superintendent)
* Kevin Torgerson (Olmsted County Sheriff)
* Laurel Podulke-Smith (County Commissioner)
* Kim Norton (Rochester Mayor)
* Michelle Rossman (County Commissioner)
* Norman Wahl (City Council)
* Patrick Keane (City Council)
* Randy Brock (KAAL)
* Rep. Kim Hicks (MN State Rep.)
* Robin Wolfram (KAAL)
* Ryan Manguson (RPD)
* Ryan Penticoff (Sam’s Club)
* Sen. Carla Nelson (MN State Sen.)
* Sen. Liz Boldon (MN Stated Sen.)
* Steve Lange (Post-Bulletin)
* Sylwia Bujak Oliver (125 Live)

Volunteer of the Month: Our Volunteer of the Month for March is Andrea Dittrich. Andrea, originally from Brooklyn, New York, was raised in Arkansas before settling in Rochester in 1999 with her husband Steven. Recognizing the prevalence of unaddressed societal issues, Andrea passionately dedicates herself to initiatives like collecting eyeglasses for the visually impaired, donating laundry detergent to homeless shelters, and volunteering with FSR’s Fresh program and Learning Center activities in Meadow Park. Through her volunteer work, she hopes to inspire others to lend a helping hand and dispel the notion that seeking assistance is a sign of weakness. As Andrea puts it, “When I am volunteering, I feel connected with our community neighbors. I want our neighbors to understand seeking and receiving help is acceptable and not shameful. My role as a volunteer gives me a sense of pride, happiness, and accomplishment.”