

**Carlton County
Coordinator/HR Office**

301 Walnut Avenue, Rm. 214
PO Box 510
Carlton, MN 55718
Phone: (218) 384-9141
Fax: (218) 384-9196
www.co.carlton.mn.us

Carlton County

County-wide newsletter brought to you by the County Coordinator's Office

Issue 04 October / November / December 2020

INSIDE THIS ISSUE:

- Pg. 2 . . . COVID-19 Vaccination
FAQ's
- Pg. 3 . . . Know Your
Responsibilities as a
Mandatory Reporter
- Pg. 4 . . . Carlton County Named
Stepping Up Innovator
County
- Pg. 5 . . . Let's Get Acquainted

Mental Health Resolutions for 2021

We've been through a lot this year. Whether you're working from home for the foreseeable future or still have to go into the office, take a deep breath, take some time out, and get back to self-care principles. There's no better self-care than focusing on your mental health. When you have control of your mind and the way you think, it helps the way you process the world and will bring wholeness to your life. We've got some tips to help you build strong mental health into the year 2021 and far beyond. Keep reading to learn about some mental health resolutions that will fortify your mind and spirit for the coming year.

VOW TO TAKE BREAKS AND TIME OFF FROM WORK

You have to find balance in your life if you hope to have mental health. Aside from taking vacation and personal time off, just reclaiming your weekends can improve your mental health by leaps and bounds. Too many of us work stressful hours at work during the week, only to fill the weekend with loads of personal projects or errands that don't give any time at all to decompress. Make sure that you actually allow yourself time to rest and recharge during the weekend, or your stresses will only keep compounding.

Use your vacation time every year so that you can get away for a while and recharge your batteries. Even taking a small vacation to unwind can help you find a balance that is healthy and fortifying.

CREATE A DAILY MEDITATION HABIT

Meditation is one of the best steps you can take to decompress and sharpen your focus. People who meditate are literally training their brains with each session. Meditation works your brain's Reticular Activating System (RAS), which is responsible for your ability to notice patterns and trends.

By accessing this part of your brain, it becomes easier to sort things out in your life rather than getting lost in the jumble and clutter that your brain naturally creates. The beauty is that the more you meditate, the more comfortable you are with the chaos that your brain naturally thrives in. This can help your decision making and feeling of safety and security.

EXERCISE AT LEAST A LITTLE BIT EVERYDAY

Exercising on a regular basis can help you decrease stress in your life and soothe your body. You can take your mental health in your own hands simply by exercising several times per week. No matter what form of workout you prefer, elevating your heart rate and working up a serious sweat on a regular basis is therapeutic and nature's medicine for your mind. Your brain produces feel good endorphins that act as mental medicine every single time you exercise.

LEARN TO LET IT GO

There's so much of life that we can't control. Because of this, you need to have mastery over the things within your control. So where does that leave the things you can't control? Let them go. Seriously.

If you admittedly have no control over that potential outcome you're stressing out over, submit to this fact, and vow not to worry about it. Trust yourself to be resilient no matter what life throws your way, as opposed to needlessly stressing yourself out over things that may never happen.

Learning to let go is a way of life and something that you will have to revisit on a moment by moment basis. When you give yourself the grace and freedom to not stress over these sorts of matters, you'll learn to appreciate the little things and live lighter.

START A JOURNAL

Studies prove that keeping a journal is one of the best things you can do for your mental health. It gives you a private space to jot down your thoughts, rather than letting them fester in your head.

CARRY THESE MENTAL HEALTH RESOLUTIONS INTO THE NEW YEAR

If you keep these mental health resolutions tops in your life, you can virtually guarantee 2021 will be more exciting and fulfilling than 2020. Your quality of life will improve when you learn to master your mind using these tips.

These tips come from "Mental Health Matters" by Gallagher Bassett. Remember to contact your Behavioral Health Team for any additional information or connect with our Employee Assistance Program!



2020 Carlton County Board of Commissioners



Dick Brenner
Member
218.879.5572

District 1
Dick.Brenner@co.carlton.mn.us



Marv Bodie
Member
218.879.2085

District 2
Marv.Bodie@co.carlton.mn.us



Thomas Proulx
Chairperson
218.348.4288

District 3
Thomas.Proulx@co.carlton.mn.us



Mark Thell
Member
218.384.3878

District 4
Mark.Thell@co.carlton.mn.us



Gary Peterson
Vice-Chairperson
218.380.4949

District 5
Gary.Peterson@co.carlton.mn.us

*Board meetings are held at the Transportation Building on the 2nd Tuesday of every month at 8:30 a.m. and the 4th Monday of every month at 4:00 p.m.

COVID-19 Vaccination FAQ's

Will the vaccine be mandated/required?

No, the vaccine will not be mandated, but will be strongly recommended.

How do I know the vaccine is safe?

COVID-19 vaccines went through the same rigorous clinical trials that other vaccines go through. Steps were taken that allowed the process to be more efficient, such as being able to make vaccine while it's still going through trials so it's ready if/when it is approved, without impacting important safety steps. Check out more about how the COVID-19 vaccine was made [here](#).

When can I get vaccinated?

It is important to remember that there will be a phased approach to vaccine distribution since there will not be enough for everyone right away. The Minnesota Department of Health (MDH) has provided guidance on vaccine priority groups in the initial roll out of vaccine distribution, based on the Center for Disease Control and Prevention's (CDC) Advisory Panel. The first waves of COVID-19 vaccine will be given to health care personnel dedicated to working directly in COVID-19 units, care, or COVID-19 vaccine administration, EMS, and long-term care staff and residents in skilled nursing facilities. More doses will continuously be made and distributed, but the process of vaccinating Minnesotans will take time and will be a fluid situation; moving from one phase to the next will be determined by vaccine supply and uptake, which is why firm dates for when one phase will end and another will begin cannot yet be determined.

What is the cost of the vaccination, and what if I am uninsured?

The federal government covers the cost of the COVID-19 vaccine; it will be provided to people at no cost. Providers will be able to charge an administration fee. This can be reimbursed through the patient's insurance, or the Health Resources and Services Administration's Provider Relief Fund. So, people getting the vaccine may be asked for insurance information, but will not see any bill.

If I have already had COVID-19 and recovered, do I still need to get vaccinated with a COVID-19 vaccine when it's available?

According to the CDC, due to the severe health risks associated with COVID-19 and the fact that re-infection with COVID-19 is possible, people may be advised to get a COVID-19 vaccine even if they have been sick with COVID-19 before. Read more [here](#).

Do I still need to mask/social distance/etc. if I get the vaccine, or if I have already had COVID-19?

Yes. While experts learn more about the protection that COVID-19 vaccines provide under real-life conditions, it will be important for everyone to continue using all the tools available to us to help stop this pandemic, like covering your mouth and nose with a mask, washing hands often, and staying at least 6 feet away from others. Together, COVID-19 vaccination and following CDC's recommendations for [how to protect yourself and others](#) will offer the best protection from getting and spreading COVID-19. Experts need to understand more about the protection that COVID-19 vaccines provide before deciding to change recommendations on steps everyone should take to slow the spread of the virus that causes COVID-19. Other factors, including how many people get vaccinated and how the virus is spreading in communities, will also affect this decision. Also, keep in mind that it will take a few weeks after receiving the COVID-19 vaccine for your body to build immunity.

How will I find out when the vaccine is available to me?

Please continue to check the [Carlton County COVID-19 HUB](#) for information regarding upcoming public distribution of vaccine. In the meantime, Carlton County is interested in your vaccination plans! Please take this [5-minute anonymous survey](#) so that we can best plan to meet your needs. You can also access the survey by scanning the QR Code below.



Looking for more information about COVID-19 vaccine related to myths/facts? Visit [this article](#) from the Mayo Clinic Health Systems: "COVID-19 Vaccine Myths Debunked".

Other Resources/More Information:

- 1) [Center for Disease Control and Prevention](#) (Frequently Asked Questions about COVID-19 Vaccination)
- 2) [Minnesota Department of Health](#) (COVID-19 Vaccine, includes more FAQ's)

Know Your Responsibilities as a Mandatory Reporter

By Lauri Ketola, Carlton County Attorney

In 1975, the Minnesota Legislature enacted a statute mandating that certain people report the maltreatment of minors. The statute has been amended several times since it was originally enacted, but its purpose has not changed.

The legislature declared that the public policy of the state is to protect children whose health or welfare may be jeopardized through maltreatment.

In addition, it is the policy of this state to:

- 1) protect children and promote child safety;
- 2) strengthen the family;
- 3) make the home, school, and community safe for children by promoting responsible child care in all settings;
- 4) provide, when necessary, a safe temporary or permanent home environment for maltreated children;
- 5) require the reporting of maltreatment of children in the home, school and community settings;
- 6) provide for voluntary reporting of maltreatment of children;
- 7) require an investigation when the report alleges sexual abuse or substantial child endangerment;
- 8) provide a family assessment, if appropriate, when the report does not allege sexual abuse or substantial child endangerment; and
- 9) provide protective, family support, and family preservation services when needed in appropriate cases.

The persons who are mandated to report ("mandated reporters") under the statute are those individuals who know or have reason to believe that a child is being maltreated, or has been maltreated within the preceding three years, if the person is a professional or a professional's delegate engaged in the practice of the healing arts, social services, hospital administration, psychological or psychiatric treatment, child care, education, correctional supervision, probation and correctional services, or law enforcement, or employed as a member of the clergy and having received the information while engaged in ministerial duties, except that clergy need not report information that is subject to the clergy privilege under Minn. Stat. § 595.02, subd. 1(c). In other words, the definition includes professional persons in the above-listed fields who regularly come into contact with families and children as part of their professional duties.

Many County employees are mandated reporters. These include: social workers and other professional staff in Public Health & Human Services (PHHS); law enforcement and other professional staff in the Sheriff's Office; public health nurses and other professional staff in PHHS; the County Attorney, Assistant County Attorneys, and other professional staff in the County Attorney's Office; probation officers and other professional staff in the Community Corrections Department; child support officers and other professional staff in the Child Support Enforcement Program; and professional workers in the Employment & Economic Assistance Department. This list is not necessarily exhaustive, but it includes those whom we believe are clearly included within the definition.

A mandated reporter must report suspected maltreatment of a child, including both the direct observations of such abuse or neglect (e.g., personally seeing physical injury to a child) and indirect information that gives the mandated reporter reason to believe a child is being maltreated. The law requires a mandated reporter to make an immediate oral report (meaning within 24 hours) of the maltreatment to the child protection agency of the county (or tribal agency), or to the police department (or tribal police department), or to the sheriff's office where the abuse or neglect is believed to have occurred. The oral report shall be followed within 72 hours, exclusive of weekends and holidays, by a report in writing to the same entity. The report shall be of sufficient content to identify the child, any person believed to be

responsible for the maltreatment of the child if the person is known, the nature and extent of the maltreatment, and the name and address of the reporter. The name of the reporter is confidential, and can only be disclosed with the consent of the reporter or if a court finds that the report was false and made in bad faith.

The term maltreatment means:

- 1) egregious harms as defined in Minn. Stat. §260C.007, subd. 14;
- 2) neglect as defined in Minn. Stat. §260E.03, subd. 15;
- 3) physical abuse as defined in Minn. Stat. §260E.03, subd. 18;
- 4) sexual abuse as defined in Minn. Stat. §260E.03, subd. 18;
- 5) substantial child endangerment defined in Minn. Stat. §260E.03, subd. 22;
- 6) threatened injury defined in Minn. Stat. §260E.03, subd. 23
- 7) mental injury defined in Minn. Stat. §260E.03, subd. 13 and
- 8) maltreatment of a child in a facility.

Continued on page 4.

Continued from page 3: Know Your Responsibilities as a Mandatory Reporter

Mandated reporters are also required to report when they know or have reason to believe that a woman is pregnant and has used a controlled substance for a nonmedical purpose during the pregnancy, including but not limited to tetrahydrocannabinol, or has consumed alcoholic beverages during the pregnancy in any way that is habitual or excessive

Please read and be familiar with what constitutes maltreatment for reporting purposes. As with any other information in this memorandum, you may consult with the County Attorney's Office if you have a question about whether an act meets the definition of maltreatment for reporting purposes.

The statute provides that a mandated reporter who knows or has reason to believe that a child is being maltreated or has been maltreated within the past three years, and fails to report, is guilty of a misdemeanor. A mandated reporter who knows or has reason to believe that two or more children not related to the perpetrator have been maltreated by the same perpetrator within the preceding ten years, and fails to report, is guilty of a gross misdemeanor.

The law also provides immunity from civil and criminal liability for making a voluntary or mandated report if the reporter acts in good faith. In other words, filing a truthful report based upon observations or information obtained from others will not expose the reporter to civil liability or criminal charges, even if it is later determined that no abuse had occurred. Furthermore, an employer cannot retaliate against an employee for making a mandated report.

The statute is unclear whether a mandated reporter is required to report only when the information is received in the course of the mandated reporter's official duties and while actually on duty. While it is unclear whether mandatory reports outside of "on-duty" situations are required to report, we strongly recommend that any mandatory reporter report any information they obtain concerning child abuse or neglect regardless of whether this information is obtained while on or off duty. Reports of neglect or abuse observed by a mandatory reporter who is "off duty" are considered voluntary reports.

Even if a person does not meet the definition of a mandated reporter, a person may be a voluntary reporter and is strongly encouraged to make voluntary reports whenever they have information that a child is being or has been neglected or physically or sexually abused, or threatened with abuse. As noted above, mandated reporting responsibilities apply to any maltreatment which has occurred within the last 3 years. Even if the abuse occurred some time ago, a voluntary report is encouraged as this may prevent further injury or harm to the child or other siblings. The same immunity applies whether a reporter makes a mandated or voluntary report, provided the report is made in good faith (i.e., that the report is not knowingly false). It is important to remember that the purpose behind the mandatory reporting law is to protect children. Voluntary reports further this same purpose. Without these reports, there is no opportunity for law enforcement and child protection to investigate the situation and intervene to protect children when this is necessary.

Child protection agencies and law enforcement agencies have the duty to cross report to one another incidents of reported child maltreatment. Such cross reporting is not optional but is required in all circumstances. Mandated reporters do not need to report to both agencies because their mandatory cross reporting duties notify all necessary agencies.

A mandated reporter may request of PHHS whether the report was accepted or not. PHHS must provide a response to the reporter within 10 days of the report date. The reporter shall receive a summary of the disposition of any report made by the reporter, including whether the case has been opened for child protection or other services, or if a referral has been made to a community organization, unless release would be detrimental to the best interest of the child.

If there are questions as to whether you are a mandatory reporter or whether a report is mandated or could be made as a voluntary report, they can be answered by calling the Carlton County Community Services Department at 218-499-6315. If you have any legal questions concerning your obligation or ability to report, you may contact the County Attorney's Office at 218-384-9166 and ask to speak with a child protection attorney.

Carlton County Named Stepping Up Innovator County

Carlton County was recently named as one of a select group of Stepping Up Innovator Counties in the United States for our commitment to collecting data on the number of people in jail who have mental illnesses and ensuring they are connected with treatment and services. The Stepping Up initiative was launched in May 2015 by the National Association of Counties (NACo), The Council of State Governments (CSG) Justice Center and the American Psychiatric Association (APA) Foundation to mobilize local, state and national leaders to achieve a measurable reduction in the number of people in jail who have mental illnesses. Since that time, more than 475 counties, including Carlton County, in 43 states, representing 45 percent of the U.S. population, have committed to the Stepping Up goal. Hennepin County is the only other county in Minnesota with this designation. Carlton County joined the national Stepping Up Innovator County Initiative in November.

Continued on page 5.

Carlton County Committee's

Building Committee -
2nd Tuesday of the month at 7:30 a.m.
(Transportation Building -TB)

Committee of the Whole -
1st Tuesday of the month at 4:00 p.m. (TB)

Diversity Committee -
3rd Thursday of the month at 9:00 a.m.
(PH&HS)

Finance Committee -
1st Tuesday of the month at 2:30 p.m. (TB)

Policy Committee -
3rd Monday of the month at 2:00 p.m.
(Law Enforcement Center - LEC)

Management Team -
1st Tuesday of the month at 8:30 a.m. (TB)

Supervisors Committee -
3rd Thursday quarterly at 2:00 p.m.
(Varies)

Wellness Committee -
2nd Wednesday of the month at 8:30 a.m.
(PH&HS)

**For a more detailed Carlton County
Committee list [click here](#).**



Are you interested in submitting an article in the next Carlton County Newsletter? Email or mail your articles and pictures by the March 19, 2021 deadline to:

Shanny Hurst
Carlton County Coordinator's Office
P.O. Box 510
Carlton, MN 55718
shanny.hurst@co.carlton.mn.us

*Please note that all submissions are subject to editing, as needed.

Let's Get Acquainted with Carlton County Public Health Educator



My name is Ali Mueller, and I am a Public Health Educator with Carlton County Public Health and Human Services (CCPHHS). I have been working with CCPHHS for three and a half years. In my role, I work on substance abuse prevention/education, and housing work in the community. I work on a statewide grant called the Statewide Health Improvement Partnership (SHIP) which aims to reduce chronic disease and obesity across MN working on healthy eating and active living in the schools and in the community. I am also the Emergency Preparedness Coordinator for CCPHHS. Much of this role is planning, training, exercising, and responding to Public Health emergencies. Much of my work as a Public Health Educator is working on community prevention, community organizing and developing strong partnerships and relationships to make our communities healthier.

Outside of work, I grew up in White Bear Lake, MN. I moved to Duluth in 2011 to attend

the University of Minnesota Duluth. After graduating college with a degree in Public Health Education and Promotion, I knew I didn't want to move back to the Twin Cities because of my love for the outdoors.

Currently, my fiancé and I, and our two dogs live in Superior, WI. In our free time, we love to go hiking, biking, running near the lake, fishing, spend time with family/friends, and go cross country skiing. We also have a cabin in Iron River, WI where we go many weekends in the summer!

It was always a goal of mine in college to work for local government because of the change that can be made at the local level. I feel very grateful to work for such a great organization!

Continued from page 4: Carlton County Named Stepping Up Innovator County

The Stepping Up Innovator County Initiative suggests using a three-step approach to collect and analyze timely data on the prevalence of people in their jails who have serious mental illnesses (SMI). These steps include establishing a shared SMI definition for their Stepping Up efforts across criminal justice and behavioral health systems, ensuring everyone booked into jail is screened for mental illnesses, and regular reporting on this population.

Through joint efforts between the Carlton County Jail and PHHS, and among our community partners, we are working on enhancing and increasing communication and collaboration with the goal of improving service delivery and care coordination for individuals with behavioral health needs in Carlton County and the Fond du Lac service area. The embedded Community Based Coordinator (CBC) is a full-time Public Health & Human Services social worker who works directly with individuals in jail by providing behavioral health screenings, consultations, care coordination, assisting with crisis intervention, making service referrals, and other reentry services before the person is released from the jail. The goal is to identify and then provide direct, immediate assistance to individuals with complex needs. The County is developing a system for identification and data collection for the jail population defined as "repeat offenders." The goal is to increase understanding of reasons for recidivism and identify barriers and gaps to help better address and reduce recidivism rates. As an Innovator County, Carlton County will learn from and help other counties improve their data collection efforts through networking opportunities and by participating in training sessions, taking part in presentations, sharing information and its experiences through the Stepping Up website, and more.

"This institution is an equal opportunity provider and employer."