

**Carlton County
Coordinator/HR Office**

1307 Cloquet Avenue
Suite #1
Cloquet, MN 55720
Phone: (218) 384-9141
www.carltoncountymn.gov

CARLTON COUNTY MINNESOTA

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

Issue 02 April / May / June 2024

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Employee Service Awards

- Ryan Carlson - Assessor's Office
10 Years
- Mike Laveau - Sheriff's Office
20 Years
- Joe Mattinen - Sheriff's Office
30 Years
- Peggy Hart - PHHS
30 Years

Carlton County Utilizing Opioid Settlement to Prevent Substance Use in the Community

Between 2021 – 2022, the Minnesota Attorney General's Office joined a historic multistate settlement against 9 pharmaceutical distributors that will bring over 400 million dollars to Minnesota to fight the opioid crisis over the next 18 years. The agreement also details how the funds can be used to combat the opioid crisis, including detailed programs and strategies focused on treatment, prevention, and harm reduction.

Carlton County will receive just over 3 million dollars from the pharmaceutical companies in the settlement over the next 18 years that will be used to fund strategies in the community to prevent opioid overdoses, opioid use disorder, and substance use in Carlton County.

In 2023 (first year of the funding), Carlton County funded strategies within three different focus areas: treatment, prevention, and leadership/evaluation. The strategies funded include:

- Developing a Peer Support Program in the Carlton County Jail and in the community to support people in recovery with substance use disorder.
 - o Organizing free community events to support people in recovery
- Expanding the Carlton County Prescription Drug Take back program
 - o Organizing 2 free community wide Drug Takeback events in Cloquet and Moose Lake
 - o Providing public education/messaging on importance of safe prescription drug disposal
- Coordinating a community wide coalition to collaborate on strategies to prevent substance use and foster cross-sector collaboration among partners.
- Work with evaluators to create measures and outcomes for each strategy, collect local data to inform planning, and conduct focus groups with individuals with lived experience.

A few successes in year 1 include:

- Collected 230 pounds of unused prescription medication at community Drug Takeback event in Cloquet.
- The Peer Support provider met with 409 individuals in Carlton County; 118 in the Carlton County Jail, 291 in the community, and organized 18 community events.
 - Developed and sent out postcards to 14,000 households in the county with prevention messaging and resources for anyone in crisis or looking for services
 - The Carlton County Drug Prevention Coalition had 9 meetings in 2023, with an average of 21 partners at each meeting.

If you want to learn more about the opioid settlement strategies/funding in Carlton County, please contact Ali Bachinski at ali.bachinski@carltoncountymn.gov or 218-481-4287. You can also learn more about the Minnesota Opioid Settlement at www.ag.state.mn.us/Opioids/.



Fall 2023 Prescription Drug Take back event at Walmart in Cloquet. Partners include, Carlton County Sheriff's Office, Cloquet Police Department, United Way of Carlton County, and Carlton County Public Health and Human Services

2024 Carlton County Board of Commissioners



Dick Brenner
Member
218.879.5572

District 1
Dick.Brenner@carltoncountymn.gov



Marv Bodie
Vice-Chairperson
218.879.2085

District 2
Marv.Bodie@carltoncountymn.gov



Thomas Proulx
Member
218.348.4288

District 3
Thomas.Proulx@carltoncountymn.gov



Susan Zmyslony
Chairperson
218.380.2170

District 4
Susan.Zmyslony@carltoncountymn.gov



Gary Peterson
Member
218.380.4949

District 5
Gary.Peterson@carltoncountymn.gov

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

Carlton County Public Health and Human Services Recognizes Critter Harbor

In Honor of Public Health Week, Carlton County Public Health and Human Services wanted to take an opportunity to thank one of their partners in community work.

Critter Harbor's mission is to end euthanasia of adoptable cats in Northwest Wisconsin and Northeast Minnesota. They educate the public about responsible pet ownership, supplement the costs of spaying and neutering free-roaming cats and provide advice and assistance to caregivers of free-roaming cat colonies. They assist in finding homes for cats and kittens who have overwhelmed their caregivers and frequently assist people who are low-income and live in rural communities.

Critter Harbor has been a partner with Carlton County Public Health over the past few years, assisting with improving environmental health conditions for Carlton County residents.

Critter Harbor's staff dedication to promoting the health and welfare of both animals and Carlton County residents is a testament to their organization's values and mission. Because of this partnership, Carlton County Public Health and Human Services wanted to recognize the support and dedication that Critter Harbor has provided related to environmental concerns within the County. Their partnership is appreciated and the time/services they have donated does not go unnoticed. They have been an integral partner in improving environmental health in Carlton County.



Critter Harbor Board Member Matt Rosera accepts the Certificate of Appreciation from Carlton County Public Health Educator/Specialist Meghann Levitt

Veteran's Corner - Did You Know

Provisions of the Comprehensive Cleland-Dole Act

Your mental health is important to you and a priority for us. Section 193A of the [Cleland-Dole Act](#) enhances access to care and lowers out-of-pocket costs for outpatient mental health and substance use disorder (SUD) care.

If you [owe copays](#) for your VA outpatient mental health and SUD visits, this benefit makes the soonest and best care better by canceling and refunding the first three copays in each calendar year between June 27, 2023, and Dec. 29, 2027.

Am I eligible?

1. You must be enrolled in VA health care and owe copayments for VA outpatient mental health and substance use disorder (SUD) visits.
2. The visits must be with a qualified outpatient mental health provider at a VA facility or through VA's Community Care Network (CCN).
3. The visits must occur in each calendar year between June 27, 2023, and Dec. 29, 2027 (when the benefit ends).

What do I have to do?

1. Attend your appointments; we'll do the rest.
2. We'll review the copays we received on or after June 27, 2023, and issue a cancellation or refund by direct deposit or check for eligible copays already made to VA.

What is covered?

The copay exemption applies to the first three outpatient mental health and substance use disorder (SUD) visits in each calendar year between June 27, 2023, and Dec. 29, 2027. You'll still be responsible for medication and other care copays.

Public Health In Action



What Does Public Health Do?

Here are a few ways public health makes a difference in Carlton County.

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| <p>300</p> <p>hours of in-person home visits in 2022, including prenatal, postpartum, and newborn visits.</p>  | <p>\$155,000</p>  <p>leveraged by SHIP (Statewide Health Improvement Partnership) strategies to support community health improvements over the past five years.</p> |
|  <p>93%</p> <p>of women participating in WIC (Women, Infants, and Children) were supported in breastfeeding their newborns during the first quarter of 2022, when a national recall on infant formulas led to nationwide shortages.</p> | <p>863 out of 1,273</p>  <p>people incarcerated--or every patient who was incarcerated that did not decline services or get released prior to an appointment--was seen by nursing staff in 2023, leading to more successful outcomes upon return to the community.</p> |
| <p>8,600</p>  <p>doses of COVID-19 vaccine administered from Dec. 2020 - May 2023 in partnership with Fond du Lac, local healthcare, and emergency medical services.</p> | <p>people incarcerated--or every patient who was incarcerated that did not decline services or get released prior to an appointment--was seen by nursing staff in 2023, leading to more successful outcomes upon return to the community.</p> |

Wise Investments, Healthy Communities

Prevention programs can lead to broad cost savings and population health benefits.

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|  | <p>A 10 percent increase in public health spending has been linked to declines in mortality rates of up to 6.9 percent. (1)</p> |
|  | <p>Public health programs have a median return on investment of \$14.30 for every \$1 spent. (1)</p> |
|  | <p>Nurse home visiting programs help reduce child abuse and neglect, improve birth outcomes and school readiness for children, increase high school graduation rates for participating parents, and decrease crime. (4, 5)</p> |
|  | <p>The return on investment for high-quality home visiting programs is 5:1. (3)</p> |
|  | <p>Childhood vaccinations can save \$5-11 for every \$1 invested. (1)</p> |

Carlton County Public Health will publish ongoing quarterly messages through this newsletter.

PIO Graduation Ceremony

On Wednesday, June 26th the Carlton County Sheriff's Office, Carlton County Community and Family Initiative Department, Children's Mental Health and Family Services Collaborative held a graduation ceremony for two incarcerated individuals for completing the 12-week Parenting Inside Out (PIO) program. The graduation ceremony included a few words from the PIO coaches and graduates, both graduates donning graduation cap and gown. The two graduates also received their graduation certificate for completing the program.

PIO, is an evidence-based program that addresses the unique challenges that face criminal-justice-involved parents and their children. In a classroom setting, PIO coaches lead participating parents through a sequence of 12 two-hour cognitive behavior-based parenting education sessions, focused on development of specific parenting skills and a parenting plan specific to their needs. Both graduates shared a few examples of how the program changed their outlook on parenting and being parents and provided them tools to be positive role models as father's. The PIO curriculum addresses problem solving through role play and group activities, both of which they enjoyed. Both graduates, emphasized what a great opportunity it was to be involved in the PIO program and allowed them to utilized their time incarcerated in a positive way.

The PIO program is part of the Family Friendly Jail Initiative (FFJI). Now in its sixth year, FFJI had 46 parent education participants last year, representing 129 children. Minnesota School Survey data from 2022 shows 22.5% of Carlton County of 8th, 9th and 11th graders have/had a parent in prison or jail. Parent education sessions are offered in the jail as well as in the community upon request.



Left to Right: Director of Carlton County Community and Family Initiatives Department and Children's Mental Health and Family Services Collaborative Donna Lekander, Carlton County Jail Program Coordinator Leah Collier, PIO Coach Tess Christensen, PIO Graduate Preston Lepinski, PIO Graduate Reynoldo "Sonny" Hain, PIO Coach Bobbi Bergeron, Carlton County Sheriff Kelly Lake, Carlton County Jail Assistant Jail Administrator Jason Wilmes

Employee Assistance Program

No-Cost Access to Qualified Counselors

The MCIT Employee Assistance Program (EAP) is a risk management tool designed to help employees and officials of MCIT members identify and resolve challenges that may affect their personal life or performance at work. It is a voluntary program that can assist employees, their spouse and dependents with difficult personal concerns through no-cost access to qualified counselors.

This voluntary program provides short-term, no-cost counseling services for: relationships, work-related concerns, family issues, stress, depression, anxiety, financial concerns, loss and grief, substance use, career concerns and other personal concerns.

Call 1.800.550.6248 to connect with an Employee Assistance Program counselor.

Carlton County Committee's

Building Committee -
2nd Wednesday of the month at 1:00 p.m.
(Government Services Building -GSB)

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

Diversity Committee -
4th Tuesday 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.
(GSB)

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

Let's Get Acquainted With the Carlton County Sheriff's Office Lieutenant



My name is Doug Rotta, I am the Lieutenant with the Sheriff's Office. I oversee day to day operations with our Patrol Deputies, Investigators, and Courthouse/Transport Deputies. I enjoy being able to lead and work alongside such a diverse group of deputies who are dedicated to serving the citizens of Carlton County.

I obtained my Associates of Applied Science Degree in Law Enforcement from Alexandria Technical College in 1997. I am starting my 27th year in Law Enforcement and in December I will be completing my 22nd year with Carlton County.

My wife Tara and I live just outside of Moose Lake with our three children, Gwen, Laura, and Jacob. Gwen just graduated from Barnum High School and will be attending St Scholastica in the fall. Laura will be entering her junior year of High School, and Jacob will be starting 8th grade. Tara

and I enjoy time with our children and working on projects around the house.

I have a lengthy background in Emergency Medical Services (EMS) as an Emergency Medical Technician (EMT). I volunteer as an EMT with Carlton Fire and Ambulance to keep up on my training and skills. I am also Adjunct Faculty at Fond Du Lac Tribal and Community College teaching the Emergency Medical Responder (EMR) course. I am a CPR Instructor and a Minnesota state skills examiner for EMT and EMR students. My EMS background is why I have the nickname of Doc around the office

I have thoroughly enjoyed meeting and serving the citizens of Carlton County over the past 22 years and look forward to continuing that for the foreseeable future.

Build North Housing Summit

On April 25, 2024, Carlton County Recorder Kristine Basilici and Collaborative and Family Initiatives Director Donna Lekander attended the "Build North Housing Summit" in Grand Rapids, MN. They were in attendance as members of Carlton County's Housing Workgroup. The summit covered topics such as data on current housing stock and the state of housing availability. Solutions for maintaining, creating, and sustaining housing opportunities for all were a pivotal focus. This annual event was hosted by the Itasca Economic Development Corporation, and provided an excellent opportunity for hands-on learning as well as building connections focused on housing development in the region. The information gathered was distributed to the Carlton County Housing Trust Fund Committee to create a database for future reference and potential action.



Are you interested in submitting an article in the next Carlton County Newsletter? Email or mail your articles and pictures by the September 20, 2024 deadline to:

Shanny Hurst
Carlton County Coordinator's Office
1307 Cloquet Avenue, Suite #1
Cloquet, MN 55720
shanny.hurst@carltoncountymn.gov

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

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