Meeting Date: Thursday, August 25, 2022

Meeting Location: Virtual (Zoom) 9:00 am to 10:00 am

Agenda & ARQC (Arrowhead Regional Quality Council) Meeting Minutes:

Introductions and Opening Round

- All council members introduced themselves and answered the question: If you had to put together a presentation about anything (not related to your job) what would it be about? Here is what people said: Becky- Home buying process Ann-Historical homes Shawn-Standing up for yourself Tara-Basics of self-advocacy Amy-Golfing Kate-Did not have one Beth-How to swim or be an only child Mary-Speak to younger parents of children with disabilities on what to expect and importance of work/job Oliva-Expectations what people think and what the reality is Josh-People doing unbelievable things Heath-Going to college for people with a disability Michelle-How to be the fun Grandma

Bite Size Learning

- We watched a short video clip on the 4 plus 1 tool and its importance @ https://www.youtube.com/watch?v=KYzxYcMN7sE.
- Beth attempted to do the 4 plus 1 tool with the ARQC by asking; Over the last 8 months of meeting as the ARQC, what have we tried, what have we learned, what are we pleased about, and what are we concerned about. This failed miserably for many reasons, and I apologize for wasting your valuable time. I would say the question was too broad and I did not facilitate the tool as effectively as I would have liked to the large group. Thank you to those who participated in the activity. Even though the 4 plus 1 tool failed miserably, some useful information was gathered. Some council members said they are **pleased** by the variety of backgrounds on the council, and the strong representation of self-advocates we have, also the length of the ARQC meeting being one hour. Some council members said they **learned** one hour goes by fast when we are engaged in discussions. Some Council members said they are **concerned** about the length of the meeting and want it to be a little longer, DHS (Department of Human Services) delays on grants which affect the ARQC momentum and work groups, staffing shortages, high inflation with wages staying the same, and asset limits for those receiving benefits.

Work Group Updates

- Becky asked council members who are participating in the work groups if they would be willing to give an update on the work they are doing. No one was willing to participate so Becky gave the update.
- Becky explained we currently have a COS (Culture of Safety) Data Action work group who is working with Aric G. from Culture of Safety Project to make recommendations to DHS on assistive technology and accessibility to it. **The next meeting for this group is September 20, 2022, from 1:00 pm to 3:00 pm via Zoom.**
- Becky explained we currently have the Adapting Person-Centered Principles and Practices work group and they have met once so far. This group is working on creating a hybrid person-centered principles and practice educational component/training that will be used by smaller providers, landlords & tenants, and transportation companies to assist them in understanding what things are important to and for people. This group is currently focused on researching what Person-Centered training already exists and why service providers are not sending their staff to the free Person-Centered training. **The next meeting for this group is August 29, 2022 from 1:00 pm to 2:00pm via Zoom**
- Becky explained the Self-Advocate and Family Members work group has not started yet due to the ICI (Institute on Community Integration) grant being on hold at DHS. This group is going to work on plain language materials that incorporate PBS (Positive Behavioral Supports) and PCPP (Person Centered Principles and Practices) philosophies for individuals using services. Becky explained she would be calling in the next few weeks those interested in this work group to inquire about what times would work for everyone to meet. Becky stated she hopes to get this group up and running soon, and that until the ICI grant is active, this group will be meeting to socialize and preplan future work with the ICI grant.

Meeting Format and Time

- We discussed the current meeting time of the ARQC being the 4th Thursday of the month from 9:00 am to 10:00 am via Zoom, and if that time is still working for everyone. Most council members felt this was a good meeting time and still worked for most. We will continue to meet at this time via Zoom.
- We discussed the interest of having an in-person meeting for next month, as we had decided in a previous meeting that we would like to meet in-person two times a year to have face-to-face contact with everyone. Several self-advocates were interested in meeting in-person. We decided for next month we will have a virtual meeting via Zoom as usual and have an in-person option as well. The in-person option will be held at the Ordean Building located at 424 W. Superior Street Duluth, MN 55802 in conference room #2 (use the Superior Street entrance) at 9:00 am. Just a reminder-Coffee and donuts are always served at the in-person meeting, and we hope to see you there. We will contact self-advocates to discuss transportation issues so you can attend the meeting.

Other/Closing

- Becky and Beth thanked everyone for attending the meeting

Our Next Meeting is September 22, 2022 at **9:00 am**

In person: Ordean Building 424 W. Superior Street Conference Room #2

Virtual: https://us02web.zoom.us/j/2874703989

Attendance

Name	Member Representation		Present Y/N
Becky Lambert	Arc Northland	ARQC Staff	Y
Beth Johnson	Arc Northland	ARQC Staff	Y
Ruth Rowenhorst	Carlton County	Lead Agency	N
Amy Patenaude	St. Louis County	Lead Agency	Y
Olivia Bonander	Cook County	Lead Agency	Y
Sara Beauchene	DHS	Lead Agency	N
Michelle McDonald	Lake County DAC	Lead Agency	Y
Beth Swanson	Lake County	Lead Agency	N
Kate Wallin		Self-Advocate	Y
Tara Wilson		Self-Advocate	Y
Heath Maki		Self-Advocate	Y
Becky Jakubek		Self-Advocate	N
Shawn Stanich		Self-Advocate	Y
Amanda Crosby	Arc Northland	Advocate	N
Mary Martin	Family Member	Advocate	Y
Kristie Buchman	Choice Unlimited	Service Provider	N
Nicole Lind	RSI	Service Provider	N
Ann Dahl	Udac	Service Provider	Y
Josh Howie	Trillium Services	Service Provider	Y
Others Present:			