

# ANOKA COUNTY NEWS

Volume 3-2022


## Mental Health RESOURCES





## Suicide prevention


The Anoka County Suicide Prevention Work Group is a multi-sector collaboration of community partners operating as part of the Northwest Metro Roundtable on Mental Health. The group seeks to prevent suicide by better understanding factors related to suicide, addressing barriers to accessing needed services, reducing the stigma around mental health, and promoting protective factors for positive mental health and well-being in the community.


### BACKGROUND INFORMATION


 The Anoka County suicide death rate nearly doubled between 2000-2020.\*


 **24.6%**  
The percent of Anoka County students who ever seriously considered suicide increased from 20.3% of students in 2016 to 24.6% of students in 2019.\*


 Anoka County's 2020 suicide mortality rate is the highest of any county in the 7-county metro area.\*

 **45%**  
Nearly half (45%) of Anoka County suicide deaths are from firearms.\*

 Between 2016 and 2020, 897 Anoka County adolescents age 15-19 were hospitalized for self-harm injuries, which is the largest of any age group. 74% were female.\*

 Adverse Childhood Experiences (or ACEs), increase risk of suicidal ideation. Protective factors, like positive identity and strong relationships, reduce risk for suicide. These protective factors are decreasing over time among Anoka County students.\*

 Students who identify as LGBTQ, belonging to a racial or ethnic minority, female, and low-income are more likely to have thoughts of suicide.\*

 The 45 to 54-year-old population has the highest suicide death rate in Anoka County of any age group.\*



### What can *you* do to help?

- Educate yourself and colleagues about suicide and mental health.
- Reach out to the Suicide Prevention Work Group to get involved. Contact [Katherine.Podvin@co.anoka.mn.us](mailto:Katherine.Podvin@co.anoka.mn.us)
- Promote the new national suicide crisis lifeline **988lifeline.org**

\* 2016 and 2019 Student Minnesota Student Survey  
\* CDC Vital Statistics  
\* Minnesota Injury Data Access System - hospitalization data

**9-8-8**

9-8-8 is a new nationwide suicide and crisis lifeline. If you or someone you care about is in crisis, please call this free and confidential support line. Text and online chat are also available through 9-8-8.

# You are not alone

People's lives often go in waves: there are the crests — the high points — like landing a much-sought-after job, falling in love, or the birth of the child. Then there are the troughs: the passing of loved ones, being ostracized at school or work, or the fracturing of close personal relationships.

The low points of those waves can make people feel hopeless and alone. And, at times, that feeling of hopelessness can cede to darker states of depression and other mental illness. For those who have felt this way in their lives, it's important to note there are others out there who have dealt with the same struggles or are currently trying to combat mental illness.

According to the National Alliance on Mental Illness Minnesota, one in five U.S. adults experience mental illness each year, with one in 20 of those adults experiencing a serious mental illness each year. The numbers for adolescents are also staggering: One in six youth aged 6-17 experience a mental health disorder each year. Fifty percent of all lifetime mental illness begins by age 14, and 75 percent by age 24. These adolescents and young adults who deal with mental illness sometimes find the struggles too much to bear — suicide is the second leading cause of death among people aged 10-34 in the U.S.

"In Anoka County, staff, elected officials and community partners are working hard to provide resources to people dealing with various forms of mental illness, and they're also seeking to reduce the stigma around mental illness and asking for help," said Scott Schute, chair, Anoka County Board of Commissioners.

The following pages detail Anoka County specific statistics and several initiatives by Anoka County and some of its community partners to enhance mental health resources for county residents.



## Mental health resources available for children

Children’s mental health can be adversely affected by a variety of factors, including physical or mental illness, poverty, abuse, bullying, divorce of parents, and more.

Adolescence is a particularly vulnerable time for children, and sometimes parents or legal guardians may be at a loss when it comes to helping their children during difficult phases. This is when turning to professional resources can help. In Anoka County, help for children starts with a call to the Children’s Mental Health intake line: 763-324-1430. Callers are connected to an intake worker who will talk to them about their children’s needs and provide them with information on both community resources and the application process for voluntary county services.

Anoka County’s Children’s Mental Health Services include:

- **Screening and intake**

During this process, if a child has health insurance that covers mental health services, a referral might be made to a provider(s) of a family’s choice. In some cases, this is all that’s needed; in more intensive cases, a social worker will gather more information and often meet with a family in their home.

- **Referral for diagnostic assessment**

This involves a written evaluation by a mental health professional.

- **Early intervention and prevention services**

This program connects families to a range of community-based therapeutic and supportive resources, and is open to residents of Anoka County.

- **Case management**

County case management services help families assess their child’s mental health needs, develop a treatment plan to meet those needs, and assist children and families in arranging needed therapeutic and supportive services. The case manager will regularly meet with families to assess the appropriateness, delivery and effectiveness of services over time.

To be eligible for Children’s Mental Health services, a child must be a resident of Anoka County and under the age of 18. A current (within the last 180 days) diagnostic assessment must also determine that the child meets the criteria for a severe emotional disturbance. This diagnostic assessment may be completed by a mental health professional of a parent’s or legal guardian’s choosing.

“The Anoka County Children’s Mental Health intake line is a resource that’s always available to area parents and legal guardians, if their children are struggling with mental health issues,” said District 3 Anoka County Commissioner Robyn West. “At-risk children can benefit greatly by going through the screening process — the professionals at our county are adept at directing parents and guardians to the right services for their children.”

**Be ready for REAL ID**

Beginning May 3, 2023, every air traveler 18 years of age and older will need a U.S. passport, U.S. passport card, REAL ID-compliant driver’s license, state-issued enhanced driver’s license, or another acceptable form of ID to fly within the United States.

[www.dhs.gov/real-id](http://www.dhs.gov/real-id)      [www.tsa.gov/real-id](http://www.tsa.gov/real-id)

## Substance use disorder reform leads to more treatment options

In July of this year, Minnesota finished its Substance Use Disorder (SUD) reform, switching to a direct access model that allows individuals more choice when it comes to assessment and treatment.

Since the 1980s, Minnesota has implemented a process for people to access publicly paid SUD treatment services in the state. Prior to this summer, that process, known as Rule 25, required a person’s county or tribal nation to conduct a chemical use assessment, and if it was determined that public funds could be used to pay for that person’s treatment, they would be directed to treatment options in their county or tribal nation.

Direct access allows individuals to go directly to providers they choose and receive comprehensive assessments and access care immediately, according to the Minnesota Department of Human Services. This model removes barriers of timing associated with going through a placing authority, allows for individual choice, and removes duplication of comprehensive assessments.

“The fact that eligible individuals who are suffering from substance use disorders can now seek assessments and care with the provider of their choice is a great step forward when it comes to addressing our state’s addiction treatment issues,” said District 4 Anoka County Commissioner Mandy Meisner. “Less barriers likely means more people get the treatment they need.”

## How Emergency Communications handles mental health calls

In a mental health crisis, 911 operators who work for Anoka County Emergency Communications now can transfer callers to the Anoka County Mobile Crisis Response Team.

When calls come into the 911 Center, either by the emergency or non-emergency line, the dispatcher will ask some key questions to determine the best response for the caller and responders.

Any call that requires a law enforcement, fire or EMS response will not be transferred to the Mobile Crisis Response Team. Calls that will not be transferred involve the presence of a weapon, an injured person, physical violence or threat of physical violence.

Sometimes callers who are experiencing a mental health crisis just need someone to talk to. The counselors at the Mobile Crisis Response Team are often able to help the caller, without law enforcement response. However, if the caller wants EMS or law enforcement response, Anoka County Emergency Communications will dispatch those services.

All Emergency Communications employees have completed online and in-house training to provide them with the tools they need to process these events.



“The goal is to get everyone the help they need, use the appropriate measures, and not escalate incidents,” District 2 Anoka County Commissioner Julie Braastad said. “The partnership between our Emergency Communications Center and Anoka County Mobile Crisis has been an asset to our community — quickly identifying when people need mental health services leads to more positive outcomes.”



## Community partners embed social workers with law enforcement

### Mental health crisis?

Call 763-755-3801

If you or someone you know is having a mental health crisis, the Anoka County Mobile Crisis Response Team can help. This free line is open every day, all day, and it's available to adults and children. If you are in immediate physical danger, call 911.

Some of Anoka County's community partners in law enforcement and crisis response are addressing the mental health needs of the community by having licensed independent clinical social workers embedded with law enforcement.

The Columbia Heights Police Department started with one embedded mental health professional, Eileen Sowry, in January, and have since brought on a second, Erin Buller. They contract one of the positions through Canvas Health, which is the Mobile Crisis Response provider for Anoka County, while the other is funded through a Department of Justice grant.

The Blaine Police Department just approved the embedded mental health position full time, after a year of splitting the position with the Coon Rapids Police Department. Social worker Amanda Terwey was formerly contracted for the split position through People, Inc. before being brought on full time by the Blaine PD.

All three social workers ride with officers and respond to calls involving mental health concerns, and they follow up on calls they're not at via referrals.

Columbia Heights Police Capt. Erik Johnston said the mental health professionals have been an asset to his department and the city. He noted there's been about a 70 percent increase in calls from Columbia Heights to Anoka County Mobile Crisis Response since the program started.

"I look at an increase like that as a sign that we're now addressing a huge unmet need," he said.

As of August of this year, Terwey had responded to more than 30 active scenes with officers and conducted more than 200 follow-ups.

Sowry, Buller, and Terwey said their positions are flexible, which allows them to help community members in a variety of ways. Sometimes, it's as simple as getting someone a phone they're not paranoid about using; they could be helping people touch base with their doctors to get prescriptions refilled; or, especially when they're on-scene, the social workers are adept at helping de-escalate domestic situations.

"We just really try to find solutions and meet people where they're at," Sowry said.

There's been much cross-learning between the social workers and officers at the Columbia Heights and Blaine Police Departments, and this has led to a better understanding of how to address mental health needs when responding to emergency calls.

"I really truly think it's beneficial to have mental health professionals working with law enforcement," Terwey said. "I think the community and those individuals served benefit when systems work together, not separately."



## Training Helps Deputies Respond to Mental Health Crises

As most people are aware, the mental health crisis in Anoka County is continuing to increase. This has brought many new challenges to the Anoka County Sheriff's Office, as well as law enforcement in general.

The Sheriff's Office's deputies are not mental health professionals, but increased training and assistance from outside organizations has helped deputies respond to cases so individuals in crisis receive beneficial help. When a deputy has been called to an incident, one of the first things they try to determine is if the situation requires criminal enforcement or medical assistance. While many variables determine a response, county deputies are equipped with resources in the event of a mental health crisis.

If there is immediate danger to an individual or others in a mental health crisis, deputies can place an individual on a brief transport hold, which will allow that person to be transported to a hospital to be assessed by a physician. At that point, the trained physician can determine the best plan of action for the patient, which could involve a longer hold for treatment. If the situation does not bring immediate risk to the individual, the Sheriff's Office works with county mental health resources to refer those who may need their services. Finally, deputies possess mental health and suicide prevention resources to distribute to people who may need them.

Detention deputies at the Anoka County Jail also work with many individuals daily who are dealing with mental health struggles. During the intake process at the jail, inmates receive a mental health assessment. Based off the inmate's responses, they may be referred to the jail's medical staff to be further assessed and treated. Seven days after intake, and every 30 days thereafter, inmates are again assessed to determine if any changes in their mental health have occurred, which might require further assessment or treatment.

Anoka County Jail staff take comments regarding suicide, violence towards others, and poor mental health very seriously and if concerning behavior is exhibited, inmates may be separated for their own safety, and assessed daily by mental health staff. In very serious cases, inmates may also be transported to local hospitals to be treated by physicians. The Anoka County Jail recently began a partnership with People Inc., which provides post-release services to inmates. These services include treatment, counseling, and housing options. This relationship helps inmates leave the jail in a better condition than when they came in, which hopefully will allow them the opportunity to thrive in the community.

"The Sheriff's Office has made great strides in serving those in Anoka County with mental health challenges, but there is more that can be done," said District 5 Commissioner Mike Gamache. "Therefore, the Sheriff's Office is always looking for ways to increase partnerships with mental health professionals and train its staff to effectively handle individuals in crisis. All individuals in Anoka County deserve a caring and helpful response in their time of need."

### Protect WATER From Salt Pollution

One teaspoon of salt can pollute five gallons of fresh water. Salt from your water softener ends up in our lakes, rivers, and groundwater. It's virtually impossible to remove, and builds up over time. This harms our fish, gardens, and will likely cost Anoka County money in the future. The Anoka Conservation District recommends the following to reduce your salt pollution:

- Switching your toilet, garden hose, or cold water tap to un-softened water.
- Research smart softener options for your home.
- Match your softener settings exactly to your water hardness (and save money).



The SAMHSA Treatment Services Locator is a federal government website that can help you find a treatment facility near you. Simply enter your zip code and you will get a map of nearby facilities that offer treatment for mental and chemical health problems.

[findtreatment.samhsa.gov](https://www.findtreatment.samhsa.gov)

# NEW DISPLAYS AT WARGO NATURE CENTER



Wargo Nature Center has a new look! New interactive displays were installed this fall on the main level of the center, replacing the 30-year-old original displays. In the 2015 Wargo Nature Center Master Plan, one of the primary goals was to improve the visitor experience. The Parks Department worked with Chase Studio, an exhibit division of the Ozark Museum of Natural History, to develop displays that focused on the natural and cultural history of the area.

The main centerpiece is an 18' Maple tree with a spiral staircase which leads visitors up to the canopy in search of different animals and birds. At the top of the tree, visitors can be immersed into the sky with seasonal bird migration projections. At the base of the tree, a large computer screen provides accessible views and information about the animals found above.

Visitors will also see detailed dioramas, which highlight the prairie ecosystem, life under the soil, and cultural history of the area. The cultural display teaches visitors what the local landscape looked like 10,000 years ago and how it has changed over time. Taking technology to a new level, an augmented reality sandbox lets visitors create different landforms and water features, teaching them about river processes, vegetation, climate and more.

**WARGO NATURE CENTER HOURS**

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Monday - Closed  
 Tuesday through Friday - 8 a.m. - 4:30 p.m.  
 Saturday & Sunday - Hours may vary. Call in advance.

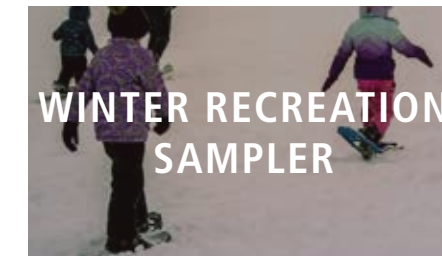
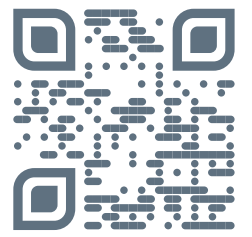
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\*Wargo is open Saturday and Sunday from May through September.

# FUN ALL WINTER LONG!

REGISTER FOR CLASSES AT [ANOKACOUNTYPARKS.COM](http://ANOKACOUNTYPARKS.COM) • 763-324-3350

DID YOU KNOW WE HAVE **E GIFT CARDS**? An E gift card is good for all things Parks. Annual permits, facility or equipment rental, programs, Bunker Beach Water Park, Chomonix Golf Course and more!



**DECEMBER 18, 1-3 PM  
AT WARGO NATURE CENTER**

Ages 5+ Get a taste of things to do outside in Minnesota during the colder months. Sample a variety of recreational activities including kick sledding, snowshoeing, and learn tips on how to dress for cold weather. Pre-registration is required. \$7/adult, \$5/child + tax



**JANUARY 28, 1-4 PM  
AT WARGO NATURE CENTER**

Snow Day is a **free event** open to the public. Participants will have the opportunity to sample a variety of winter activities including snowshoeing, ice fishing, kick-sledding, winter crafts, live animal presentations, and more. No pre-registration is required and all ages are welcome.



**MARCH 11, 2-4 PM  
AT WARGO NATURE CENTER**

It's time to celebrate spring! Learn about the tradition of gathering maple sap and cooking it down to make maple syrup and sugar. We'll go through the syrup process, make maple crafts, and participate in a spring scavenger hunt. Fun for the whole family! Pre-registration is required. \$5/person +tax

## GATHER TOGETHER

AT THE BUNKER HILLS ACTIVITIES CENTER

CALL 763-324-3300 TO MAKE A RESERVATION



	<b>OAK ROOM</b>
\$300 for 4 hours	Capacity - 100
Additional time - \$75/hour	
	<b>MAPLE ROOM</b>
\$300 for 4 hours	Capacity - 100
Additional time - \$75/hour	
	<b>ASPEN ROOM</b>
\$100 for 4 hours	Capacity - 36
Additional time - \$50/hour	
	<b>CEDAR ROOM</b>
\$100 for 2 hours	Capacity - 24
Additional time - \$50/hour	

## More convenience at your library

Not quite finished with your book? Need an extra day or two to make it to the library to drop your items off?



Anoka County Library is excited to announce **auto renewal**. Three days before items are due, the library will automatically extend the checkout period for an additional three weeks on eligible items with no action required on your part. Your courtesy notice will notify you of which items were eligible for an extension and which items are still due on the original due date. This new process is automatic for all patrons. Items kept past the due date will accrue fines.

### Exceptions on renewals (not eligible)

- ⊗ Items with holds (someone is waiting for it)
- ⊗ Items that have already been renewed 4 times
- ⊗ Account has reached maximum fees \$10
- ⊗ ILL materials cannot be renewed



## Support the library on Give to the Max Day

Donate to the Friends of Anoka County Library at [givemn.org/organization/ACL](http://givemn.org/organization/ACL) on Thursday, Nov. 17, 2022.

Your donation to the Friends funds:

- Thousands of children getting books to keep during summer reading.
- Special collections like Book Club in a Bag and Park Exploration Packs.
- The annual teen Write On! short story contest.
- 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> graders struggling with reading get one-on-one help through the Reading Bridge program.
- Bike locks, toys, & diapers on hand for convenience & fun at every library branch.



## Did you know you can pick up your holds even when the library is closed?

Library Lockers are open daily for access to materials on your schedule. Extended hours accommodate both early birds and night owls. Available 4 a.m. to midnight. Johnsville, Mississippi, Northtown, St. Francis libraries.

Key Fob is required for after-hours access. Visit [tinyurl.com/ACLLockers](http://tinyurl.com/ACLLockers) for more info.

## Save the date!

Winter Reads kicks off Jan. 1 and runs through Feb. 28. Read local, complete activities, track your reads & share book reviews with the Beanstack Tracker app.



We will announce our 2023 Featured Local Authors throughout Winter Reads. The challenge will culminate with our 6th Annual Local Author Fair Feb. 25, 2023, where you can meet writers from our community and hear a keynote from an award-winning MN author.



Featured Local Author Kyle Rawleigh at the 2022 Local Author Fair. When his daughters asked him to make up a bedtime story for them, his debut novel, "Chronicles of the Unicorn Kingdom," was born.

## North Central Library reopening November 2022

Welcome back, Ham Lake patrons and the surrounding communities. After closing its doors for renovations in September, North Central Library will be open again with a fresh new look. Improvements include new paint, carpet, shelves, and a new service desk area. Kids will appreciate the new, easy-to-browse book bins, and internet users will enjoy more seating and tables with the new layout.

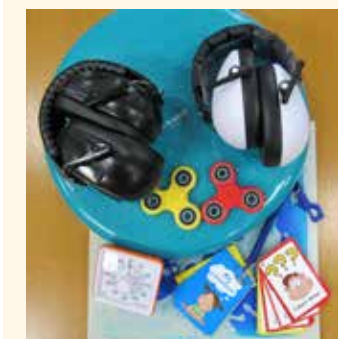
## WELLNESS at the Library



LIGHT THERAPY LAMPS are available for use during your visit.

Light therapy can ease the symptoms of Seasonal Affective Disorder (SAD)

that may occur during the change of seasons – especially winter and spring months. Ask at the desk for availability of lamps at your next visit.



SENSORY KITS are available at all Anoka County Libraries. Fidget toys, noise-canceling headphones, and visual timers are included for patron use.

**Studies show reading for pleasure can improve mood, reduce stress, help prevent cognitive decline, and may even help you live longer.**

Want personalized reading recommendations? Submit a request to the Librarian Recommends service and get a list of materials tailored to your interests and preferences. Visit [tinyurl.com/ACLRecommend](http://tinyurl.com/ACLRecommend).

## Attorney's Office intertwined with mental health

Mental health issues intersect with the work of the Anoka County Attorney's Office frequently. Whether it's a question of an offender's competency, a person's ability to care for themselves, a risk to public safety, or the ripple effects of a victim's trauma, the Attorney's Office is tasked with assisting.

The County Attorney's Office is legally required to respond to commitment requests, meaning a court petition has been filed seeking involuntary treatment for someone. The Protective Services Unit (PSU) handles commitments, which fall under several categories: mental illness, chemical dependency, developmental disability, sexually dangerous persons/sexual psychopathic personality, or mentally ill and dangerous. PSU also gets involved in guardianship cases when vulnerable adults need protection and there is nobody willing or able to help. In both case types, the office represents Anoka County and its interest in the wellbeing and safety of its residents.

The Criminal Division navigates a defendant's mental health through a process known as a Rule 20 evaluation, which centers on two specific legal tests. A Rule 20.01 competency evaluation asks whether the person presently understands the nature of the criminal proceedings and whether they can assist in their own defense; a Rule 20.02 evaluation seeks to determine whether a person was so mentally ill at the time of the crime that they do not understand the nature of the act committed or do not understand it was wrong. The former test is because Minnesota law says a person must understand the criminal process for a case to move forward. Conversely, the latter test could lead to a verdict of "not guilty by reason of mental illness" at the conclusion of the case.

The office's Juvenile Division reports a marked increase in Rule 20 evaluations in juvenile delinquency cases in the past two years. Mental health has become a focal point in the juvenile justice system, which already has a built-in flexibility to approach cases with a comprehensive view of a juvenile, looking at the whole child and their context rather than just the offense.

The ultimate goal of these measures is to keep people safe — both the individual at the center of legal action and the community — but in the least intrusive way. Thus, the courts focus on what is the least restrictive treatment option that meets the person's needs.

Persons with significant mental illness or chemical dependency may very well be able to meet their daily needs and don't pose a risk of harm to self or others, and the government is not triggered to get involved. It's when someone endangers their own safety or that of others that the County Attorney's Office and the courts are empowered to try to force help on them.

The office's Victim/Witness Services team also works with individuals experiencing mental health crises, but behind the scenes. Victims often find themselves trying to navigate the criminal justice system while still reeling from the trauma of the crime that started it all. The Victim/Witness specialists frequently refer victims to counseling agencies and they report that the presentation of mental health issues and stressors has increased dramatically since the pandemic began.

**National Alliance on Mental Illness (NAMI): 703-524-7600, [nami.org](https://www.nami.org)**

**Make it OK: [makeitok.org](https://www.makeitok.org)**

**NAMI Minnesota: 651-645-2948, [namihelps.org](https://www.namihelps.org)**

**Mental Wellness Campaign for Anoka County: [mwcac.org](https://www.mwcac.org)**

**Advocacy  
Organizations**



## Peer support specialist helps clients through mental health struggles

For many years of her life, Lynn Millar walled off parts of her past — the trauma and hardship she had endured was deep, scarring and very difficult to process.

"I know what it's like to feel alone and in the dark, because for years I had no one there to support me through my pain — nobody," Millar said.

Millar, who is in remission from anxiety, severe depression, suicidal ideations, dissociation, and post-traumatic stress disorder, has focused much of her life on helping people who have backgrounds like her own. She has a long career in the human services field, and three years ago she came to Anoka County to serve as the county's certified peer support specialist.

In this role, Millar works with a variety of clients, all of whom have been referred to her by Adult Mental Health social workers. She serves people who are under commitment, as well as some clients who work with Adult Mental Health on a voluntary basis. Millar supports peers who have been dealing with problems like homelessness, drug addiction, severe depression and other issues that have sent their lives into downward spirals.

"Having Lynn in this position is such an asset to the county," said District 6 Anoka County Commissioner Jeff Reinert. "She has an expansive background in mental health, and she's able to adeptly draw on her own experiences to help people who are dealing with some of the most difficult days of their lives."

The work Millar does for Anoka County is different than that of many others in the mental health field because her position only focuses on support.

"The clients have a different form of safety with me, because I'm not their therapist, I'm not a counselor, and I'm not their case manager," Millar said. "I'm someone who has lived through similar struggles, and I'm here to help them turn their lives in a new, better direction."

Millar typically works with clients for about three months to a year, and when her time with a client is up, Millar said she hopes they're in a much better place in their life.

"I want them to feel better," she said. "I want them to feel like they no longer need me and that they have the resources they need. I want them to feel like they have a support group within their own network."

Even though Millar's work through Anoka County is through referrals, so her services aren't available to everyone, she has advice for anyone who is looking to support people with mental health struggles.

"Take the time to talk to people, because you never know what kind of difference that can make in their lives," she said. "They might be going through a dark time, and you could do something as simple as saying, 'Hey, how are you today?' or send them a card to let them know you're thinking about them — that goes a long way."

There are several ways to support better mental health in your community: have open conversations with friends and family; educate yourself about mental illness; encourage kind language; and, of course, volunteer.

## Get involved

Anoka County has an impactful way to volunteer that allows community members to have their voices heard and ideas about mental health considered: The Anoka County Adult Mental Health and Children's Mental Health Advisory and Coordination councils are looking for members.

Both councils serve as advisory committees to the Anoka County Board of Commissioners through the Human Services Committee. Members of these committees:

- Work to be informed about the mental health services in Anoka County and the needs of county residents.
- Participate in the planning and development of the local mental health services proposal, including unmet needs.
- Make recommendations to the Human Services Committee as well as the County Board regarding the local mental health system.

County residents who are consumers of mental health services or who have family members with mental health issues may be eligible for a stipend through Anoka County for serving on one or both councils.

"Anoka County needs residents who are actively engaged in promoting better mental health in their community," said District 1 Anoka County Commissioner Matt Look. "Anoka County commissioners certainly listen to and consider the recommendations of council members. The best way for the board to know the needs of the community is by knowledgeable residents providing us with their input."



# FIX IT CLINICS


December 3<sup>rd</sup> 10 a.m. - 1 p.m.  
 Ramsey Public Works  
 14199 Jasper St NW, Ramsey,

Get your much loved item repaired free of charge. Join us on December 3<sup>rd</sup> and our fixers will try to fix your item. For details on what may be fixed, go to [AnokaCounty.us/fixit](http://AnokaCounty.us/fixit).



[anokacountymn.gov/fixit](http://anokacountymn.gov/fixit)  
 763-324-3400





A Transportation Safety Net for Seniors and Veterans


### Anoka County Medlink is Looking for Volunteer Drivers!

Join the Anoka County Medlink Team and give back to the community by investing your time with seniors, veterans, and clients of Anoka County. Volunteers are needed to drive seniors and veterans to and from their medical appointments between 8:00 AM and 4:30 PM Monday - Friday. Drivers are especially needed in Andover, East Bethel, Lino Lakes, Columbia Heights, and Fridley. Many of our drivers gain personal satisfaction by helping fellow residents. Plus, you're able to make your own schedule each week and be reimbursed for the miles driven.

Volunteers must have a valid driver's license and a good driving record. Volunteers are also required to have current automobile insurance and a vehicle that is in safe working order.

**Give back to Anoka County Seniors and Vets today!**

For more information please visit our website at [anokacountymn.gov/2221/Drivers-Needed](http://anokacountymn.gov/2221/Drivers-Needed) or by phone at 763-324-3260.




### Important Information About Your Property Taxes

Proposed Property Taxes and Meetings by Jurisdiction for Your Property			
Contact Information	Meeting Information	Actual 2022	Proposed 2023
STATE GENERAL TAX	NO PUBLIC MEETING	\$0.00	\$0.00
COUNTY OF ANOKA 2100 3RD AVE ANOKA, MN 55303 763-323-5400	GOVERNMENT CENTER COUNTY BOARD ROOM - 7TH FLOOR DECEMBER 1, 2022, 6:00 P.M. (DISCUSS COUNTY PORTION)	\$775.60	\$772.23
GENERAL COUNTY LEVY		\$12.02	\$9.27
REGIONAL RAIL AUTHORITY		\$9.56	\$9.50
COUNTY/MUNICIPAL PUBLIC SAFETY SYSTEM		\$979.32	\$1,129.50
YOUR CITY 123 MAIN STREET YOUR CITY, MN	CITY LOCATION DATE & TIME HERE (DISCUSS CITY PORTION)		
YOUR SCHOOL DISTRICT 123 MAIN ST SCHOOL DISTRICT, MN	SCHOOL DIST. LOCATION DATE & TIME HERE (DISCUSS SD PORTION)		
VOTER APPROVED LEVIES		\$464.94	\$479.18
OTHER LEVIES		\$561.44	\$538.25
METROPOLITAN SPECIAL TAX DISTRICTS 390 ROBERT ST N SAINT PAUL, MN 55101 (51-602-1738)	COUNCIL CHAMBERS 390 ROBERT ST N ST. PAUL, MN 55101 DATE & TIME HERE (DISCUSS METRO PORTION)	\$56.90	\$58.01
OTHER SPECIAL TAX DISTRICTS		\$39.27	\$39.81
TAX INCREMENT		\$0.00	\$0.00
FISCAL DISPARITY		\$0.00	\$0.00
<b>Total Excluding any Special Assessments</b>		<b>\$2,897.44</b>	<b>\$3,035.75</b> 4.7%

*These are the ONLY lines set directly by Anoka County* (pointing to the State General Tax, County of Anoka, and General County Levy rows)

**\*Anoka County collects taxes on behalf of cities, schools and other taxing districts.** (pointing to the TOTAL\* row)



### Reduce Food Waste and Your Grocery Bill this Holiday Season

With the end-of-year holiday season upon us, we've got some tips for how to reduce food waste and, potentially, your grocery bill. Did you know that the average family of four spends \$1,500 a year on food they don't eat? When welcoming family and friends over the holidays, it can be challenging to figure out the right amount of food to have on hand. Give this meal planning tool a try — [savethefood.com/guestimator/guests](http://savethefood.com/guestimator/guests). It's a meal planning calculator in which you simply type in the number and types of eaters you expect (big eaters, kids, etc.) and then choose the types of food you want to serve. The online tool will then tell you exactly how much to buy for your next gathering. You can even choose to have extras for leftovers. Learn how you can plan for reducing food waste at: [savethefood.com/guestimator/guests](http://savethefood.com/guestimator/guests). For questions related to waste reduction, reuse and recycling, call 763-324-3400 or visit [AnokaCountyMN.gov/recycle](http://AnokaCountyMN.gov/recycle).



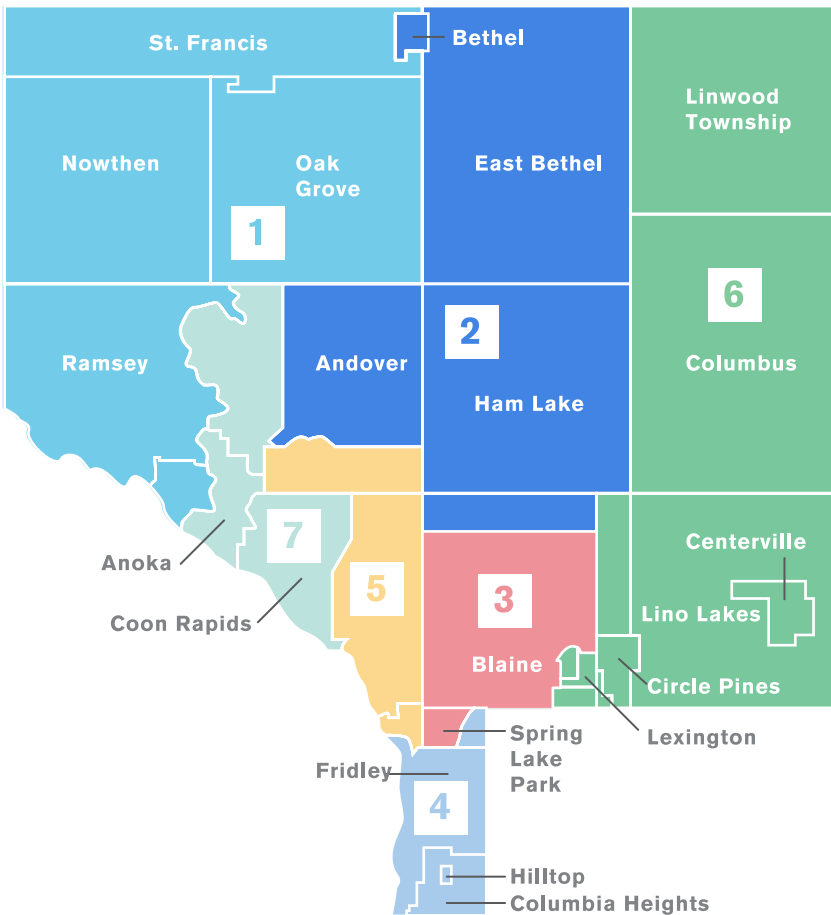
Anoka County  
 2100 3rd Ave.  
 Anoka MN 55303-5024



*Visit our website!*

# ANOKA COUNTY LEADERSHIP

763-324-4700



**Matt Look**  
 DISTRICT 1  
 COMMISSIONER

**Julie Braastad**  
 DISTRICT 2  
 COMMISSIONER

**Robyn West**  
 DISTRICT 3  
 COMMISSIONER

**Mandy Meisner**  
 DISTRICT 4  
 COMMISSIONER

**Mike Gamache**  
 DISTRICT 5  
 COMMISSIONER

**Jeff Reinert**  
 DISTRICT 6  
 COMMISSIONER

**Scott Schulte**  
 DISTRICT 7  
 COMMISSIONER

**James Stuart**  
 COUNTY  
 SHERIFF

**Tony Palumbo**  
 COUNTY  
 ATTORNEY

County board meetings are generally held the second and fourth Tuesdays of the month at 9:30 a.m. in Room 705 of the Anoka County Government Center in Anoka. Watch board meetings live at [anokacounty.us](http://anokacounty.us). "Anoka County News" is produced by Anoka County Communications, Erik Thorson, Director, 763-324-4612 [publicinfo@co.anoka.mn.us](mailto:publicinfo@co.anoka.mn.us) • [anokacounty.us/newsletter](http://anokacounty.us/newsletter)  
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