

LMC Convention, Duluth MN 2023
June 21-23, 2023

Session 1:

We are all in this together, partners in government.

The big 4: Townships, Counties, Schools and Cities

Problem Solutions: LMC.ED

Disruptive Conflict

- ❖ Disruptive Conflict
 - Identify each other's roll, listen
 - Work with staff
 - Business meeting, not a social event
- ❖ Discussion – Constructive comments
 - Understand each other's point of view
 - Listen – participate in discussion
 - Hear what is said
 - Build trust on how to manage
- ❖ Training
- ❖ Preparation
 - Find answers, if needed return with correct answers
- ❖ How to disagree better.
 - Listen
 - Disagree with respect
 - Pay attention to other people's comments
 - Write down others comments in their view
 - Encourage both sides of the issue to attend
 - Establish meeting rules at the start
 - Use dignity and respect
 - Listen but work through board to change
 - Help the board to become as a team
 - Rose-say something positive
 - Thorn – say what should be corrected
 - Blossom -what should be changed in the future.
 - Social gatherings at a legal meeting extra.
 - Do the work you are elected to do.
 - Have crucial conversations.
 - Be prepared for CAVE people at meetings.
 - Citizens
 - Against
 - Virtually
 - Everything
 - Collaborate with other government entities
 - Government issues by all

- Parks
- Roads
- Public Spaces
- Train Leaders before “sending into battle”
- Listen better to our citizens comments
- Don’t try to get resolutions with immediate results
- Have training sessions for boards
- Take valid and positive approach

Federal Funding – State Revolving Funds

- ❖ Lead pipes removal - aid assistance
- ❖ Environmental Justice Grant Programs
- ❖ Greenhouse Gas Reduction Fund
- ❖ Climate Pollution Reduction Grants
 - Low income and disadvantage communities
- ❖ Neighborhood Access and Equality Grants
- ❖ Carbon Reduction Program
- ❖ Expanded Infrastructure Policy Areas
- ❖ Contact serge.phillips@state.mn.us for more grant qualifiers and amounts

Peer Support Training

Peer Support Program (PSP) Mental health help

Peer Support Team (PST) Peer Support Member (PST M)

- First Responders responding to first responders
- Don’t not take place when beyond local scope
- Have successor for a team
- Lean on other team members for support
- Trust in the team for support
- Confidentiality
- Military Peer interaction
- Suicide might be to some a thought
- Identify early mental health warning signs
- Sharing aids in members get/give help
- Normal to feel the pain of an event
- Use protocol on call events
 - Use a system and structure approach
 - Debriefing after an event is important
 - Put the puzzle together after the event
- PTSD
 - What happened
 - What we share
- Principals
 - Be a peer
 - Be trustworthy

- Be skilled and knowledgeable
- Be responsive
- Be healthy
- Understand
 - ◆ Fight, flight and leave
- How to teach
 - Have energy 4 things
 - ◆ One to one contact
 - ◆ Defusing the facts
 - ◆ Change environment for more comfort
 - ◆ Gather information
- Psychological First Aid
 - Contact and engagement
 - Safety and comfort
 - Stabilize if needed
 - Information gathering: immediate needs and concerns
 - Practical Assistance
 - Provide Coping information
 - Connect with social supports
 - Collaborative Services
- Practical Physical Aids
 - Keep hydrated with water
 - Avoid Alcohol
 - Be physically active
 - ◆ Gym
 - ◆ Walk outside
 - ◆ Cry it out
 - ◆ Lean on other members
 - ◆ Know each other's strengths and weakness
 - ◆ Maintain a strong "wellness program"
- Leaders show leadership

Submitted by Dean Haarstick
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