



STATE ADVISORY COUNCIL ON MENTAL HEALTH
and Subcommittee on Children's Mental Health

Mental health and the impact of ice on our communities.

Operation Metro Surge started at the end of December 2025 and was fully impacting our state in January and into February 2026. It was a unique and traumatic period of history for our Minnesota communities.

For many within impacted communities, it was a time of fear for ourselves, fear for our neighbors, and fear of our own government.

As this was a traumatic experience for our community, it is reasonable that mental health and feelings of emotional stability for many people were impacted. Common feelings experienced by adults and children may have included worry, fear, anxiety, grief, uncertainty, and distrust. There was a fear of engaging in everyday tasks and increased hesitancy to participate in daily, routine activities such as going to school, going to work, going to appointments, and going shopping.

It is part of the State Advisory Council on Mental Health's role to provide recommendations on strategic priorities of leaders within our state and legislature. As such, we as a body are supporting resources for impacted communities and individuals are prioritized to counter the traumatic experience our community has encountered.

This experience was undoubtedly impactful to our community's stability and continues to be felt. As such, the Council would recommend that those in leadership positions in our state to move to help our communities. Supportive resources may include such things as making prominent on websites, publications, media platforms how connections to organizations that may provide mental health services to impacted communities may be made; allocating dollars to individuals who may not have financial resources to access mental health services who could benefit from mental health services; and funding organizations who specialize in providing mental health support to immigrant communities that were impacted by the incursion.

The Council finds these recommendations reasonable and actionable areas to support Minnesotans given the recent trauma our community has experienced.



Claudia Daml, PsyD, LP

State Advisory Council on Mental Health, Chair



Sierra Grandy, Vice Chair, State Advisory Council on Mental Health



MSW, LICSW, RPT-S

Cecilia Hughes, Co-Chair, Subcommittee on Children's Mental Health



Lisa Hoogheem, Co-Chair, Subcommittee on Children's Mental Health