



Mental Health Action Team Meeting

Monday, December 3rd, 2018

2:30-4:00pm

Eau Claire City-County Health Department

Room G034

MINUTES

Present: Gina Schmenauer, Lauri Malnory, Brook Berg, Shae Havner-Sierer, Luke Fedie, TJ Atkins, Peggy O'Hallaran, Nicole Clements, Dana Greicar, Michelle Larson, Kelly Lauscher, Brenda Scheurer, Barb Habben, Tamara Rein, Adam Coolidge, Tom Wirth and Chelsie Smith

1. Introductions and information sharing
 - a. BRAIN Team will be hosting their Annual Conference on April 4th. Registration coming out in January. Topic: Puzzle of Poverty-Putting the Pieces Together
2. Review minutes
 - a. Small update related to typo.
 - b. Minutes reviewed and approved.
3. Updates (10 mins)
 - a. Snow Policy- if Eau Claire Schools are closed then we will not have a meeting. If it's a non-school day for Eau Claire but Chippewa had school scheduled and it's cancelled related to weather than our meeting would be canceled.
 - b. CHIP Update-
 - **Chronic disease:** expanding RX for parks, point of decision prompts (screen time, farmers's market, nutrition, water, physical activity), directory of low/no-cost activities, healthy food and beverage access, reducing screen time
 - **Healthy Relationship:** resource toolkit and training, working with youth advocates , community outreach and social campaigns
 - **High Risk Drinking prevention:** continuing to work on policy and education around high risk drinking prevention
 - **Oral health:** poster contest in school around sugar sweetened beverages, story times at local libraries, water consumption campaign
4. Mental Health Matters (5 mins)
 - a. Education Awareness: ACEs and Resiliency workshop- just under 400 people have received the training. Fliers were developed to share out about the trainings.
 - b. Mindfulness: Completed the training with Cadott- up to 30 staff have received all 6 sessions of the training. The next step is working with consultant to implement strategies into classrooms and school environment.

After winter break EC Memorial staff will be receiving the training.
Application process begins again in January for 2019-2020 school year.

- c. Data: Team has met a few times; next meeting is later this week to do more planning and they hope to have more information to share out at our next meeting.

5. Next steps

- a. ACEs/Resiliency Training (15 mins)
 - What we could do:
 1. Training is currently being provided to adults who work with middle/high school aged youth through the Mental Health Matters group
 2. Not much marketing done about the training
 - What we know
 1. Training is created for people who work with adolescents
 2. There have been requests for those outside of the target audience – would need to be altered for professionals serving younger and/or older populations.
 3. Currently 15 trainers
 - What we need to know
 1. How would we work with MHM? Set up joint meeting.
- b. QPR Training (15 mins)
 - We currently have a core group of about 8 facilitators that are active with providing training.
 - Community trainings have not been well attended in the past therefore they are not often scheduled
 1. Barrier is where to host a training for free and what is the best time of day to have the training.
 2. How do we get people to come?
 - Put QPR planning/resource mapping as an agenda item for others to bring ideas forward to Chelsie for where to schedule QPR trainings.
- c. Social Campaigns (15 mins)
 - Flash Mob- can we expand and make more of a traditional flash mob
 1. Can we reach out and partner with individuals with dance experience to dance
 2. Interest in keeping the awareness campaigns moving
 - Sleep/Screen time-
 1. Can we partner with chronic disease team and partner together in the new year
 2. Partner with healthy relationships- social connectedness
- d. Collaboration (15 mins)
 - Partnering with other action teams to discuss social media campaigns in relation to awareness month

- April 18th- Hoarding evening- professional training during the day and an event in the evening for family of hoarders, etc-UWEC continuing education
- Partner with Chippewa Co.
- e. Catalog Mental Health Resources (15 mins)
 - New Healthy communities website
 - Discussion evolved around 211

Next meeting: TBD due to MLK day Doodlepoll to come