



Mental Health Action Team – Minutes

March 18th, 2019 • 2:30-4:00pm • Room G034, Eau Claire City-County Health Department

Attendees: Shae Havner, Dana Grecier, TJ Atkins, Luke Fedie (EC County), Eve Fischer (Mayo Clinic), Marie (Nursing Student), Nikki Podevels (Marshfield Clinic), JoAnna Bernklau (Marshfield Clinic), Kelly Lauscher (HSHS Sacred Heart), Gina Schemenauer (Health Department), Brook Berg (UW-Madison, Division of Extension), Michelle Larson

Agenda Item	Discussion	Action/Follow up
Welcome and Announcements	<p>Kelly shared about an upcoming event at HSHS Sacred Heart.</p> <p>Brook shared that UW-Extension has been doing facebook lives called ‘Parenting behind the behavior’. Coming up in a couple weeks, Brook will be doing a facebook live about stress, stigma and mental health.</p> <p>Brain conference on April 4th. Around poverty and brain development.</p>	<p>Like the Extension facebook page.</p> <p>Email Brook if you want more about the conference.</p>
<ul style="list-style-type: none"> a. Take Annual Action Team Survey b. Share annual report c. QPR train-the-trainer funding ideas 	<p>Annual survey was shared at the meeting. Will also be sent out to members via email.</p> <p>Gina shared annual report for Healthy Communities.</p> <p>Only a quarter of the original QPR trainers are available. With more schools wanting to offer QPR, need more capacity to teach in schools. Group discussed ideas for grant funding that could provide funds to train school staff to become QPR trainers. Prevent suicide gives out \$500 mini grant. Good opportunity to explore. Anthem foundation may also be a good source. If we need space, group offered HSHS Sacred Heart Auditorium, Marshfield Clinic, regional office and RCU community room.</p>	<p>If you didn’t take the survey at the meeting, please take it when it gets sent out.</p> <p>Visit the report here: https://ehealthycommunities.org/wp-content/uploads/2019/03/2018-Annual-Report-.pdf</p>
Mental Health Matters Grant Update	<p>Mindfulness action team is in the process of reviewing application for the next year of schools to receive mindfulness training.</p> <p>Education/awareness action team has</p>	



	<p>been out doing the ACEs/resiliency training. Data group has been getting together. Trying to solidify data points they will collect and share out.</p>	
<p>Catalog Mental Health Resources (Goal 1, Obj. 1) -ADRC Brochure update</p> <p>-UW-Extension Brochure update</p>	<p>Shared ADRC brochure. It is now adopted by Healthy Communities (our logo is on front). Discussed changes. Discussed reviewing quarterly to make sure resources listed are accurate- put on our agenda to review.</p> <p>Discussed community partner interest to add mental health and substance abuse resources to the current resource directory housed by UW-Extension. Discussed how this fit with the ADRC brochure. Also discussed 211. Nikki shared that 211 has done some different things with the way that software updates (as they use 211 for the community connections program). If Marshfield clinic puts something as not listed, it triggers their agency. If someone adds an organization, it gets dumped into their system.</p> <p>Discussed getting feedback about brochures. Who is using them? How? Are they helpful? Perhaps do a focus group/key informant interview to get feedback from both providers as well as community members that use it.</p> <p>Ideas of community providers: ECPD, Western dairyland, library, healthcare systems, jail-Kelsey, WIC, DHS, positive avenues</p>	<p>More final version will be sent out for review.</p> <p>Brook will reach out to Sandy of UW-Extension to see what limits/capabilities we have with the brochure. See if she can attend next meeting or provide feedback.</p> <p>Next step: Survey those agencies to see how they might use the mental health directory and have everything included that they would need. Will discuss as large group at next meeting.</p>
<p>Sub-Committee Update -Flash Mob</p> <p>-ACEs/Resiliency Training</p>	<ul style="list-style-type: none"> - Flash mob doesn't have update. Working to coordinate time to get together. - Sub-committee of this group is always invited to join the sub-committee of the Mental Health Matters- education and awareness meetings. Kelly has joined the meetings. They meet the 2nd Monday of the 	



	<p>month at 1:30-3:30pm at the Health Department. Anyone is welcome to join this work team. Continuing to discuss what they looks like when presentation requests come in that are out of the youth-serving professionals scope. Most of the curriculum is designed for grant populations- what is we continue doing this for other populations—do their need to be adaptations to the curriculum?</p>	
<p>Awareness Months/Events (Goal 1, Obj. 2)</p>		
<p>Awareness Month/Events</p> <ul style="list-style-type: none"> ▪ April <ul style="list-style-type: none"> • Volunteer recognition month ▪ May <ul style="list-style-type: none"> • Mental Health Month ▪ June <ul style="list-style-type: none"> • Summer activities- mental health 	<p>Discussed that each action team is now trialing to see if we can create social media content (2 per month). Will be using the health department’s social media account to post but will then share the link with action teams so they can share the link through their org. Testing to see if we have capacity to create content if we were to get our own social media account. Will be using a hashtag that identifies it with Healthy Communities. Healthy Relationship action team has been trialing this for a few months. Their process is that they identify a couple people to write the post after the group discusses content. Gina has a list of “health holidays” that will be on the agenda (3 months at a time) to give us ideas for content. We should be creative too! Think about what is happening in the word and how we can really promote the work we are doing. Feel free to do videos, our own gifs, etc. Sky is the limit. MHAT discussed assigning coming up with the content as a large group and then dividing it out to people to create post (or do in the meeting)..</p>	
<p>Sub-Committee Work Time – 30 mins</p>	<p>No time remaining.</p>	
<p>Next meeting: Will send out information as time may be changing.</p>		