



Mental Health Action Team –Minutes

June 12th, 2019 • 1:00-2:30pm • Room G3312 (3rd floor), Eau Claire City-County Health Dept.

Present: Brook Berg, Shae Havner, Kate Banchy, Chelsie Smith, Gina Schemenauer, TJ Atkins, Kelly Lauscher, JoAnna Bernklau, Libby Richter, Peggy O’Halloran, Barb Habben, Laurie Malnory Eve Fischer and Alex Schmitz

1. Welcome & Updates

- a. Healthy Communities Action Teams and Alliance Bi-Monthly Update
 - i. Healthy Relationships- continuing to work on their toolkit, once complete they will distribute.
 - ii. Chronic Disease Prevention- City Parks & Rec developed a booklet of all the city parks. This booklet has icons for what each park around the city has to offer. Goal was to originally get to a provider’s office to align with prescription for parks initiative. Action team is looking into additional ways to promote this document.
- b. Mental Health Matters Grant
 - i. Continuing with promoting and facilitating the ACEs/Resiliency workshops.
 1. There is a flyer if anyone would like to have to share with others to promote the training. Email [Brenda](#) if interested.
 - ii. Looking for another school to receive the training in the Spring 2020 as one school needed to withdraw. Request for applications will be going out again to fill this void.
 - iii. Some team members recently attended a summit hosted by their grant funder. Once their summaries from that summit are finalized, they will send information out back to MHAT

2. Flash Mob Debrief

- a. What went well
 - i. Dance team did a great
 1. job-relieved some pressure from others
 - ii. Great “theme” song
 - iii. DJ was great- set up and ready to go
 - iv. Thank you notes given out to DJ and dance team that night
 - v. A lot of positive reactions
 - vi. Weather was great
 - vii. Kelly made awesome signs
- b. What didn’t go as planned
 - i. Weren’t able to use CVS’s messaging sign as it was not working
 - ii. We need more people-
 1. What were the *potential* barriers?
 - a. Date
 - b. Marketing of event



- c. Last year, new CCS staff were present (with support of supervisor)
 - c. What we could do for next year:
 - i. Use Country Jam's messaging board
 - ii. Start planning in January
 - 1. Recruit multiple dance teams
 - 2. Potentially cover more locations
 - 3. Order shirts
 - iii. Potentially do "flash mobs" at high school sporting events as another alternative
 - iv. Rather than MHAT meeting in May- everyone come to the flash mob- more people will have the time slotted to do this.
- 3. Revisit Goals/Strategies
 - a. Reviewed goals and strategies, added activities under each (see bolded font next page)
 - b. Discussion regarding decreasing screen time initiative-
 - i. Chronic Disease Prevention Action Team also looking into this initiative
 - 1. Create subgroups with interested members from each MHAT and CDPAT members to work on this activity
 - a. Joanna will bring to CDPAT on Monday and then reach out to individuals interested. If interested being on this work group, let [JoAnna](#) know.
 - c. UWEC-finals-mental health event on campus
 - i. Were not able to do anything this spring due to timing.
 - ii. Be more planful for future.
 - 1. Adam has a connect for us to put together an event in the fall on campus if this was something the team has interest in taking on.
- 4. Follow-up
 - a. Youth Anxiety Event
 - i. Mayo and NAMI-CV hosted an Anxiety and youth event in May
 - 1. Very well attended
 - 2. Presentation is posted on You Tube.
https://www.youtube.com/watch?v=GkDF_vDa2IA&feature=youtu.be
 - a. Team would like to promote/share on website and social media.
 - ii. Brook will be co-facilitating a parent café type of event for parents with children with anxiety.
 - 1. 6/20/19 6-7:30pm at Family Resource Center
 - 2. People are registered for the event so it will for sure be held.
 - iii. Keys to Success Conference
 - 1. November 2nd at Elk Mound High School
 - a. Looking at having Annette Copa from Mayo keynote the event
 - b. Youth Mental Health First Aid
 - i. Is there a need for more community wide trainings?



1. HSHS continues to provide these trainings quarterly and they are full.
- c. E-cigarette and Vaping discussion related to mental health
 - i. Opportunity to work on initiative related to this topic.
 - ii. TJ will be looking into more information on this and bring back the team
5. Resource Directory Discussion
 - a. Evaluation of current use of [Eau Claire County Community Resource Directory](#) and our [Chippewa Valley Mental Health Resource & Services](#)
 - i. Discussions on how these resources are available throughout our community
 1. How are these being used?
 2. How can we get input from those who are using this resource?
 3. Discussed that this is a project this team would like to evaluate.
 - b. Brook shared about a group of leaders that are getting together to discuss the larger issue of resource directories. Looking to see what is the problem/solution about resource directories in our community. Lieske Giese from the Health Department will be representing Healthy Communities/Health Department on this group. Gina will get an update from her on the meeting and share our perspective on the project.
 - c. Marshfield clinic is working on developing an app...JoAnna shared that some sites will be piloting this app soon. More information is coming.
6. June social media/events
 - a. Assign/develop two posts
 - i. One post to promote youth mental health event.
 - b. Discuss items from last meeting: chalking, poster in bathrooms with positive phrases, blowing bubbles event
 - i. Tabled until next meeting.
 - c. July-Chamber Wellness Walk
 - i. Chalk messages on the walk route
 1. Planning meeting next week-Kate will bring to the committee

Next Meeting: July 10th, 1:00-2:30pm in Room G302