



Mental Health Action Team –Minutes

July 10th, 2019 • 2:30-4:00pm • Room G3312, Eau Claire City-County Health Department

Present: Shae Havner, Chelsie Smith, Michelle Larson, Brenda Sheurer, Brook Berg, JoAnna Bernklau, Peggy O’Halloran, Gina Schemenauer, Kate Banchy, Eve Fischer, Nikki Podevels, Jennifer Meyer (BSN Guest observer), Alex Schmitz and Libby Richter.

1. Welcome & Updates

- a. Screen Time Joint Project between Action Team
 - i. A group has convened and is working on getting a time scheduled to meet and discuss this initiative.
 1. Current idea is looking at creating a scavenger hunt around the community and have participants enter for a grand prize.
 2. Look for places where families could interact and play as well as promote that community/social connectedness.
 - ii. Parenting behind the behavior Facebook Live -UW Extension 7/11 is about Screen time, could take the time to share on FB.
- b. QPR Update
 - i. Marshfield Clinic has secured funding to help support train the trainer training and offset cost for school staff to attend.
 1. Marshfield will be the host site for the train the trainer training on August 20th.
 - ii. Looking for places to volunteer to host community trainings
 1. If your organization is interested in hosting a training, please let Chelsie know a time that would work for your site to host. She will then work on getting a training scheduled.
 - iii. Intern at Marshfield Clinic- Grant, is assigned for Chippewa/Eau Claire area for 12 weeks, he is also a facilitator for QPR and would be interested in assisting facilitate some trainings.
 - iv. YLEC application submitted to have youth help create role play videos to weave into youth QPR curriculum.

2. Mental Health Matters Update

- a. Mindfulness Strategy
 - i. Peggy developed a poster that was shared at the Advancing a Behavioral Health Summit in June.
 - ii. Cadott and Memorial received mindfulness training - Bloomer is next.
 - iii. Team meeting 7/11 to look at reopening the application process in September for January 2020 mindfulness training start.
 - iv. Team presenting at Chippewa Valley Youth Mental Health Summit at Chippewa Falls CVTC campus August 20 to share process and benefits.
- b. Education/Awareness Strategy
 - i. Presenters’ meeting coming up in September to talk about how things are going, potential changes, and sustainability.
 - ii. Upcoming trainings include North, Memorial and Regis schools.

All minutes and agendas are located at www.ehealthycommunities.org



iii. Kari Stroede shared they are using the MHM model for their talking is teaching programming

c. Data Strategy

- i. Waiting for YRBS survey results, will share when available
- ii. Looking at creating mental health score card

3. Wellness Walk

a. Team developed chalk messages for side walk during wellness walk:

- i. Be the change
- ii. There is no health without mental health
- iii. You Matter
- iv. Life is tough but so are you
- v. Breathe
- vi. Keep going
- vii. You got this
- viii. Love yourself
- ix. You are enough
- x. Selfcare is how you take your power back
- xi. Selfcare = power
- xii. #HealthyEC
- xiii. Take a picture and tag us #HealthyEC
- xiv. Just Breathe #HealthyEC

b. Confirm volunteers (5 volunteers) on Wed. July 17th, 9am-11am

- i. Volunteers: Eve, JoAnna, Libby
- ii. Send out email to recruit a few more volunteers. More volunteers the quicker it will go.

4. UWEC Fall Mental Health Event Discussion

- a. Target areas with freshman during finals when “honeymoon” phase is leaving
- b. Increased crisis calls and inpatient stays during finals identifies a need to support students
- c. Activities that provides encouragement to make a wellness plan
 - i. Incorporate this into planner
 - ii. Additional activities
- d. Alternate ways to engage faculty with promoting self-care
- e. Campus screening of a documentary
- f. Film fest- opportunity to hand out resources
- g. Table to give out resources at an event
- h. Student group to partner with for an event
- i. Shae will email Adam Coolidge at UWEC to see if he is able to help identifies gap.

5. Draft Social Media posts

- a. Divided into groups to develop social media posts regarding following topics
 - i. Flash Mob Recap/Keep conversation going



- ii. Resource Directory (sharing our resource directory)
- iii. Mayo Clinic YouTube video
- iv. Stress relief

6. Resource Directory Update

- a. Group of people from HD, library, Extension, United Way, DHS, Community Table etc. have met and are looking at what is the problem that we are trying to solve and what gaps exist. Focused on what is working and what is not working in the first meeting. Out of their discussion, this team identified 2 asks:
- b. First request from the meeting is that everyone, including MHAT, has been asked to get any resource directory they have and use to the group so that the resource guide group can take an inventory of what is already out there.
- c. 2nd request for us is to let them know why we developed a resource directory. One of the reasons this was created is because it was felt that 211 was not efficient and wasn't meeting needs. The group developed the ADRC resource guide and MHAT took it over to help fill that gap. People needed something that they could hand out to people they serve who need mental health services. The printed material also meets a need for people who don't have phone or computer access. Group agreed that having something printed that can be given to someone is important. And it is really critical that we have something that works (again 211 not filling that need – too difficult to find the resources).

7. Next meeting August 14th, 1:00-2:30



Next Meeting: August 19th, 2:30-4:00pm in Room G034

Mental Health Action Team

2018-2021 Goals, Objectives, and Data Indicators

2018-2021 Goals & Objectives

Goal 1: To increase strong, healthy social connections among Eau Claire County residents across all life stages to promote mental wellness through education, programming, outreach, and policies.

Obj. 1: By 2021, implement at least three strategies to build resilience and expand mental health support for youth and adults.

Obj. 2: By 2021, at least three new or existing strategies around stigma will be implemented, strengthened, or expanded to improve mental well-being.

Obj. 3: By 2021, complete at least three collaborative efforts with Eau Claire Healthy Communities Action Teams and other organizations to strengthen partnerships.

2018-2021 Data Indicators

Indicator	Eau Claire County	Wisconsin
Percent of high school students in the past year feeling sad and/or hopeless almost every day for two weeks or more	29%	27%
Percent of high school students in the past year with significant problems feeling very anxious, nervous, tense, scared, or like “something bad was going to happen”	48%	40%
Suicide deaths (rate per 100,000)	20.7	14.9