



Mental Health Action Team –Minutes

August 14th, 2019 • 1:00-2:30pm • Room G302, Eau Claire City-County Health Department

Present: Shae Havner, Chelsie Smith, Brenda Scheurer, JoAnna Bernklau, Dana Griecar, Eve Fischer, TJ Atkins, Barb Habben, Libby Richter, Grant Quilling, and Kira Novakofski.

1. Welcome & Updates - 25 mins

a. NAMI Updates

- i. Heather Britt- Intern previously with United Way is currently interning with NAMI-CV. She is a Social Work major. Also working part time at Lutheran Social Services.
- ii. Barb was contacted this summer by UWEC professor who is very interested in starting up a NAMI chapter on campus.
- iii. Family to Family Class coming up again in the Fall- email was distributed earlier this week. Please share with partners.
- iv. Rock the Riverfront nominates 3 nonprofits each year to receive profits from the event. NAMI-CV was notified they were selected to be one of the nonprofits to receive funds in June 2020.
- v. Looking into starting a new program this fall called Mental Health Chat. 30-45 minute presentation with 4th graders to start the conversation with 4th graders.
- vi. Author, Kelly Jenson, of the book *(Don't) Call me Crazy* will be at Chippewa Valley Book Fest October 17, 5-6pm at UWEC.

b. TJ shared about a Community Baby Shower coming up this fall

- i. Classes for new parents while at the shower
 1. One class will be focused on stress
- ii. Hosting in Eau Claire near end of September. More information to come.

c. Mayo Event

- i. [Imagine Lecture](#), September 12, 2019 at 7pm
 1. Suzy Favor Hamilton will be speaking about living with bipolar disorder and the often-disastrous consequences of misdiagnosis.

d. Mayo Behavioral Health Provider update

- i. Dr. Murry- Adult Psychiatrist- started at Mayo a few weeks ago
- ii. Dr. Ashley Holland- New Child/Adolescent Psychiatrist

e. JoAnna shared about Ripple Effect showings that have been scheduled

- i. Chippewa Valley Youth Mental Health Summit will have 2 breakout session showings next week
- ii. September 12- JONAH will be doing a showing
- iii. UW-Stout working on scheduling a showing

f. Youth Leadership EC

- i. Chelsie updated team that QPR program project was not selected

g. Wellness Walk Recap

- i. What went well?
 1. Messages were well received
 2. Having messages pre-planned/selected was super helpful

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



- ii. What to change for next year?
 - 1. Wear knee pads or use knee cushion while chalking
 - 2. Need more volunteers to do the chalking, was only able to chalk the short route
 - iii. Chronic Disease Prevention Action team created a booth for interaction near the farmer's market during the walk. Had cardio drumming, kubb, pickleball, etc.
 - 1. Opportunity for partnership next year
 - h. Resource Directory
 - i. Bring in any directories that your organizations are using or forward to Gina or TJ so they are able to get them to the team that is reviewing all community directories.
 - ii. Team reviewed our Chippewa Valley Resource Directory that was last updated in May. Noticed it as missing information that was on it before:
 - 1. Free clinics
 - 2. Disability Rights WI
 - i. Tough Topics Library Book Club
 - i. Libby shared that she will be starting this book club at the library. More information will be coming out very soon.
 - ii. First meeting will be October 10th.
 - iii. Every other month a group will meet to discuss a book that challenges readers to think about difficult topics.
 - iv. Target Audience- Community members struggling to understand "why" her role is important at the library.
 - v. First book selected for reading is Fearlessly Happy by Jenny Lawson
 - 1. If have a book recommendation for this group, email [Libby](#)
 - vi. Libby is also looking into creating bookmarks with self-help resources for those reading those books (and others that may need it) to have in the book while they are reading.
 - j. Co-Chair recruitment
 - i. We are recruiting for a new co-chair in Brook's absence.
 - ii. If you are interested in co-chairing this team with Shae, please email Chelsie, Shae, or Gina.
 - 1. We will also accept co-chair nominations, if you would like to anonymously nominate someone.
- 2. **Suicide Prevention Awareness Month** – 25 mins
 - a. Developed two social media post drafts for September
 - i. Chelsie will email and ask permission to use graphic for one of the posts.
 - b. Sharing Hope Walk-September 14th
 - i. Registration starts at 8:30am
 - ii. 9:45am Guest speakers
 - iii. 10am Remembrance walk

3. **QPR Update** – 10 mins

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- a. Chelsie shared that the community training held on the 13th was well attended.
 - b. QPR Train the trainer will be taking place next week at Marshfield clinic. There will be 3 school staff from 3 schools including Augusta, Altoona and Fall Creek.
 - i. ECASD is looking at hosting another train the trainer date in the future and training several of their staff members.
 - c. Host community trainings in September
 - i. Chelsie will schedule a few times with facilitators and send an email to the team asking for volunteer locations.
4. **“Flash mob” continuation with schools – 20 mins**
- a. Team brainstormed possible next steps to continue messaging throughout the year with dance teams/schools. Ideas included:
 - i. Will need school/student investment
 - ii. Would cheerleaders possibly have a bit more flexibility since dance teams are using the time during games to practice routines for competition?
 - iii. Could dance teams still do their routine and songs and possibly the awareness and messaging is done in another way? Announcement beforehand, wear matching t-shirts with a message, hand out swag, etc.
 - iv. Offer a competition to dance teams and cheerleaders to develop their own routines/songs for mental health awareness and the team with the most likes/shares/votes wins
 1. Could ask for donations for prizes, or potentially could purchase some prizes, chamber bucks?
 - b. Team would like to continue this brainstorm at next meeting.
5. **Next Meeting: Wednesday, September 11, 2019, 1-2:30pm in room 3312** (third floor of the courthouse)