



Mental Health Action Team –Minutes

September 11th, 2019 • 1:00-2:30pm • Room G034, Eau Claire City-County Health Department

Present: Shae Havner, Barb Habben, Brianne Berres, Suzanne Knowlton, Kyle Petras, Peggy O’Halloran, Brenda Scheurer, Eve Fischer, Christy Prust, Dana Hanson, Michael Jaeb, Gina Schemenauer, Jodi Hubbard and Chelsie Smith.

1. Welcome & Updates

- a. Library Book Club Update (Oct 10th)-
 - i. There are still openings to participate-first book Furiously Happy by Jenny Lawson. The first 25 who register will get a free copy of the book
 - ii. Please share the link and information with those who you think would benefit. <https://www.epubliclibrary.info/toughtopics/>
 - iii. Continuing to accept general tough topic book club ideas. Send book titles to [Libby](#).
- b. Sharing Hope Walk- (Sept 14th)
 - i. The walk is this Saturday morning at Carson Park. There will be several activities including shoe display, wall of hope, resource fair, face painter, henna etc. www.sharinghopechippweavalley.org
 1. Registration starts at 8:30
 2. Guest speakers start at 9:45am including Senator Jeff Smith
 3. Walk will start at 10am
- c. Resource directory update
 - i. Well Badger online Children’s Mental Health Resource Navigator-
<https://www.dhs.wisconsin.gov/mch/well-badger.htm>
 - ii. Discussions are continuing regarding community resource directories. The team will be reconvening later this fall after they do a trial run at the library and community table with 211 identifying specific issues for them to see if they can repair their site so talks about a solution will start later this fall.
 - iii. Literacy Chippewa Valley-is having a meeting to discuss resources and services in the Chippewa Valley as well. Meeting will be Friday, October 18, 10am-12pm at the Grand Hall, 510 South Farwell Street.

2. Mental Health Matters (MHM) update

- a. Brenda provided an overview of MHM and shared a handout that provided an overview of the program.
- b. Education & Awareness: Presenters met this week to share examples, stories, and best practices for teaching the workshop. Grant-related progress and updated processes were shared.
- c. Mindfulness: Bloomer School District begins mindfulness training next week. Applications will be going out for schools to apply to participate in the mindfulness training in January 2020.
- d. Data: Developing tools to use community-wide about youth mental health.

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



3. **Mental health event coordination with UWEC**

- a. Christy Prust joined us to further explore options to have event on campus.
- b. Current activities at UWEC
 - i. SPARC- Suicide Prevention and Research Collaborative
 1. Garrett Lee Smith Grant- funds for several mental health promotion and suicide prevention activities on campus
 - a. Evidenced based gatekeeper trainings (like QPR) for students, often done in class.
 - b. Bandana project- green bandanas for students to wear to show support of a mentally health campus
 - ii. Relaxation stations are set up at the end of each semester for students
 - iii. Discussion about expanding partnership and collaboration for events on campus. Christy will bring ideas back to the teams on campus and reach out for collaborative opportunities.

4. **Flash mob continuation with schools**

- a. Continued to brainstorm ideas for flash mob expansion.
- b. Discussion evolved about getting school dance, cheer, drama teams, etc involved
 - i. Develop a competition where the team could come up with a dance to a song that supports awareness and record it- MHAT could then vote for a team to win to showcase in May for Mental Health Awareness Month
 1. What would be a good incentive for the teams?
 - a. Something for team, something for whole school? (positive messaging)
 2. How do we get buy-in from the schools/teams?
 - a. Contact athletic directors to get in touch with coaches?
 3. Teams could get extra points for performing their routines at various events prior to voting.
 - ii. Need to develop clear guidelines
 1. Develop a flyer that has guidelines, deadline for routine submission, other important information including any parameters.
 2. Traveling trophy? Sashes? Is there a way we could bring more mental health messaging back to the school (i.e. you matter mirrors)
 - iii. MHAT Homework: Everyone poll youth that they know to see what possible rewards and incentives could be, think of guidelines and what you'd like to see form this- will plan to work on this more at our next meeting.
 1. Chelsie to get feedback from QPR trainings at North & Memorial

5. Developed two social media posts for October

Next Meeting: October 9th, 1:00-2:30pm in Room 3312 of the Courthouse.