



Mental Health Action Team –Minutes

October 9, 2019 • 1:00- 2:30pm • Room G3312, Eau Claire City-County Health Department

Attendees: Dana Hanson, Kim Yeager, Jodi Hubbard, Shae Havner, Chelsie Smith, TJ Atkins, Barb Habben, Kelly Lauscher, Michael Jaeb, Christy Prust, Peggy O’Halloran, and Heather Britt.

1. Welcome & Updates –

- a. World Mental Health Day is 10/10/19
- b. Barb and Heather are working on creating a NAMI-CV on UWEC Campus. Second meeting on 10/10 to act as a kickoff event for the chapter.
- c. QPR at ECASD first week in October-355 students between North & Memorial were trained.
- d. [All of Us](#) is a national research program with an effort to gather data from one million or more people living in the United States to accelerate research and improve health. This research takes into account individual differences in lifestyle, environment, and biology—researchers are using this data to uncover paths toward delivering precision medicine.
 - i. Mental Health diagnoses are included in this research
 - ii. Marshfield clinic will be working with patients to assist them in enrolling into the research database if they are interested.
 - iii. Enrollees receive a \$25 gas/gift card for enrolling into the program.
- e. State Department of Health Services recently released a [Mental Health Dashboard](#).
- f. Positive Avenues may become a crisis stabilization hub for the county.
- g. Students Against Destructive Decisions (SADD) will be having their annual training October 30th, the topic of mental health was an area of interest for the students, Laura Baalrud will be providing a brief presentation for them.

2. Co-Chair Voting–

- a. Nominees shared information about themselves.
Nominees include: Eve Fischer, Kelly Lauscher, and TJ Atkins
- b. Voting ballots distributed, collected and counted
 - i. TJ Atkins is our new co-chair!

3. Mental Health Matters Update-

- a. Peggy provided an overview of MHM for new members.
- b. Mindfulness Subgroup Update: Applications will be accepted until 10/25/19 for another school to receive the mindfulness training this next Spring.

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



4. Wintermission Discussion (Goal 1, Obj. 3) – 15 minutes

- a. [Wintermission Eau Claire](#) - local group that is working on developing activities to promote to assist community members to have an enjoyable winter experience.
- b. From your perspective (personal/professional) what organizations/events are already taking place during the winter in Eau Claire?
 - i. Volume One- Thursday evenings at Boyd Park with ice skating and bonfires
 - ii. Parks and Rec hosted event at Pinehurst- (sledding)
 - iii. Beaver Creek- candlelight snowshoeing event
 - iv. Beaver Creek French toast feed
 - v. Clearwater Winter Parade
 - vi. Upcoming musical event at the Oxbow this winter
 - vii. Silvermine Ski Jump Invitational
 - viii. Tree lighting downtown with activities (visit EC? Downtown EC?)
 - ix. New Year's Eve Lantern Celebration
 - x. Winter Farmer's Markets (LE Phillips Senior Center & Down to Earth)
 - xi. Christkindlmarkt at Lazy Monk's
 - xii. Open Skate at Hobb's Ice Arena and other outdoor rinks
 - xiii. Christmas Light Decoration Map
 - xiv. Lights in 10th street park in Altoona
 - xv. Winter Camp Manitou through YMCA
 - xvi. Ski Striders (cross country skiing) classes at Tower Ridge
 - xvii. Curling Team
 - xviii. Ice & Snow Sculpture Contest
 - xix. Banbury Art Crawl (February/March)
- c. What lessons can be learned from this/suggestions for improvements?
 - i. Offering of some events that are free to the public that are inside (for when the weather is too-cold, or for those who have illnesses that are exacerbated in the cold would still be able to participate.)
 - ii. Walking, snowshoe, cross-country ski groups
 - iii. Pickleball alternative for winter
 - iv. Various options for people of differing family composition
 1. And events/offering that are free of charge
 - a. For example, for use of winter equipment (snowshoe, cross country ski, etc)
 - v. Hosting an event so there is more publicizing about local organizations that are hosting winter events.

5. Flash Mob Challenge – 40 mins

- a. Great discussion to define Flash mob challenge as there were several ideas
 - i. Team concluded that individual "teams" would enter the contest, perform their routine/flash mob at a minimum of one site with an audience and submit their video to MHAT.
 - ii. MHAT will then score videos based on a scoring system (to be developed)



- iii. Winner will be notified, but not announced until day of the event when they perform their routine as an official flash mob.
 - b. Discussed challenge rules
 - i. Group size minimum of 5 with no maximum number of participants
 - ii. Group must be available for final event in May
 - iii. Incorporate slogan/hashtag as determined by MHAT
 - iv. Music and clothing must have positive messaging related to mental health that is free from profanity, explicit content or be offensive/suggestive in nature. Clothing cannot be removed during performance
 - v. Teams are encouraged to get creative with their dance moves
 - vi. Length should be between 2-3 minutes
 - vii. Routine/Flash mob should be performed a minimum of once with an audience
 - c. Solicited feedback from teachers/advisors/coaches/students:
 - i. All liked the general idea
 - ii. All liked idea of putting opportunity out to more than just dance teams
 - iii. Many said they would be motivated by media recognition for winner
 - 1. Excited about idea of possibility doing at more than one site at different times
 - iv. Cautioned: WIAA sport teams cannot accept certain prizes
 - v. Other motivators included prize of pizza parties, taco bars, trophies, candy, satisfaction of being the winner, money, etc.
- 6. Next Meeting: November 13th, 1:00-2:30pm in Room G3312**
- a. **Homework:**
 - Think about any additional rules we need to add
 - Content for scoring rubric
 - How to disseminate information
 - When do we want this information to get out-what's our deadline?