



Mental Health Action Team –Minutes

January 8th, 2020 • 1:00-2:30-pm • Room G3312, Eau Claire City-County Health Department

Present: Shae Havner, Gina Schmenauer, TJ Atkins, Andrew Perkovich, Brenda Scheurer, JoAnna Bernklau, Maria Ricciardi, Peggy O’Halloran, Kelly Lauscher, Heather Britt, Kristine Walukus, Barb Habben, Joe Worzella, Kimberly Yeager, Sheli Jo Metzger, Christy Prust, Dana Hanson, Chelsie Smith, Eve Fischer and Michael Jaeb.

1. Welcome & Updates
 - a. NAMI-Chippewa Valley has a new physical office in Banbury, hoping to open in February-more information to come as it comes available.
 - b. *Cracked Up* at the Pablo Center-January 16th. Watch emails for event information.
 - c. Youth 360 Drop-in event scheduled for June 20th. More information to come.
 - i. This event is like National Night out only targeting older youth.
 - d. Discussion around Healthy Communities Annual Celebration. Part of the event offers a training. Planning committee is looking for training ideas. Please send any ideas to Shae and/or TJ.
 - e. Sharing Hope Walk
 - i. Planning committee is starting to meet next week. If interested in joining and being a part of this team, please let Chelsie, Barb or Heather know.
 - ii. Also, every year there is an envelope raffle. Team is always looking for help collecting raffle prizes. If you have someone you know or you yourself would like to help collect raffle items, please also contact Chelsie, Barb or Heather.
2. Reviewed CHIP/ Action Team Goals & Objectives -see below
 - a. Discussion about current goals and objectives
 - i. Discussed increasing activities associated with objective #1
 - b. No additional goals or objectives added. Team will further discuss action around objectives at later time.
3. Time to submit accomplishments for annual report, topics reviewed and discussed for report include:
 - a. QPR
 - b. Wellness Walk
 - c. Flash Mob
4. Mental Health Matters Update
 - a. Brenda shared overview of Mental Health Matters for new members
 - b. Mindfulness strategy update:
 - i. Next call for applications will be released by end of January and schools will have six weeks to get applications back in. This is for Fall 2020 participation in mindfulness program.
 - c. Data Team is working on creating the youth mental health scorecard

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



- i. This is a 1-page data presentation of youth-related items from YRBS
 - ii. Once scorecard is developed, team will look at dissemination plan
 - d. Education & Awareness
 - i. Several organizations are scheduled to receive ACE/Resiliency training
- 5. Social Media
 - a. Team created 2 posts for February 2020
- 6. Flash Mob Discussion
 - a. Winner reveal date and time confirmed.
 - i. May 2, 2020 at the Farmers Market
 - ii. Farmer's market organizer is in support of Flash Mob
 - 1. Organizer suggests having around event between 10 or 10:30am as this is when the most traffic is typically present at the market
 - 2. Organizer also suggests event to take place under the clock tower
 - b. Finalize prize
 - i. Shae reached out to Ramone's still waiting to hear back
 - ii. TJ is connecting with tactical escape
 - iii. Kelly knows a daytime manager at BWW
 - iv. Chelsie will follow up with each member to check on prize/award progress by beginning of next week for flyers to be finalized.
 - c. Reviewed songs submitted and brought to team meeting
 - i. See attached list of songs discussed and submitted via email at end of them minutes.
 - d. Reviewed flash mob flyer and information sheet
 - i. Feedback given to Michael- he will make edits and share with team
 - e. Dissemination
 - i. Print copies- start with 100-200
 - ii. Sponsored social media post
 - iii. Team members to email to their contacts that may be interested.
- 7. Next Meeting: February 12th, 2020, 1-2:30 pm, Room G3312

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

Proposed approved song list:

Happy - Pharrell

High Hopes – Panic! At the Disco

Firework - Katy Perry

Keep Your Head Up - Andy Grammer

Born This Way - Lady Gaga

Shake it off - Taylor Swift

Higher Love - Kygo and Whitney Houston

Fight Song - Rachel Platten

Better When I am Dancing - Meghan Trainor

The Climb - Miley Cyrus

Walking on Sunshine - Katrina and the Waves

Happy People - Little Big Town

1-800-273-8255 – Logic

Praying - Kesha

Skyscraper - Demi Lovato

Jumper - Third Eye Blind

The Middle - Jimmy Eat World

Shake it out – Florence + The Machine

Eye of the Tiger – Survivor

Brave – Sara Bareilles

Stronger – Britney Spears

Beautiful Day – U2

Confident – Demi Lovato

Who Says – Selena Gomez & The Scene

Survivor – Destiny’s Child

Beautiful – Christina Aguilera

Show Yourself – Idina Menzel & Evan Rachel Wood

This is Me – The Greatest Showman

In My Blood – Shawn Mendes

Life is a Highway – Rascal Flatts or Tom Cochrane

Try Everything – Shakira