



Mental Health Action Team –Minutes

February 12th, 2020 • 1:00-2:30-pm • Room 3312, Eau Claire City-County Health Department

Present: Kelsey, Jennifer, (Winona Nursing Student), Kristin Walukas, Jodi Hubbard, JoAnna Bernklau, Brenda Scheurer, Barb Habben, Joseph Worzella, Ashely Walton-Beal, Christy Preuss, Michael Jaeb, Laura Baalrud, Chelsie Smith, Gina Schemenauer, and TJ Adkins.

1. Welcome & Updates

- a. ECASD: Organized an event on for staff to view the Ripple Effect on February 24. Also organizing an event on March 17th for the community ages 12 and up to watch a portion of the Ripple Effect followed by discussion lead by Dr. Jennifer Muehlenkamp and a resource fair at North High school. Laurie Malnori will be reaching out for representatives for the resource fair. The resource fair will focus on Resiliency.
- b. 360 Drop in event will be on June 20 from 11am-2:30 pm at Lakeshore Skate Park. Kristin shared they will be looking for Exhibitor booths for the event. For more information please email Kristin.walukas@wdeoc.org
- c. Marshfield Clinic was recently approved to provide the online QPR Training platform for individuals. This will be especially helpful for individuals who want/need the training before being able to attend a community training.
- d. NAMI is finalizing flyer for upcoming classes. They will have their programming at their new location in Banbury Place. Next classes being in March. More information will be shared once available.
- e. A Community Event will be hosted at the Pablo on May 21st, focusing on social media and youth. Event will include a panel discussion from local experts. More information to come.
- f. UWEC has started another round of their Lifesaver Gatekeeper Trainings on campus now that semester started. This is done each semester.

2. Minutes reviewed and approved as written.

3. Mental Health Matters Update – 5 mins

- a. Brenda shared overview of MHM grant

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



- b. ACE/Resilience workshop - Trainings are going well, a lot have been scheduled and requests continue to come in. Team is looking to add information about self-care to the training. Also looking at creating a video about ACEs and Resilience.
 - c. Mindfulness – Applications for schools to participate in the mindfulness opportunity is due Friday, February 28.
 - d. Data – Youth mental health scorecards have just been finalized. Scorecards will be shared at an upcoming MHAT meeting.
4. **Sharing Hope Raffle Discussion**
- a. Walk team is asking for help in seeking donations for corporate sponsorships and raffle items. If you or someone you know has a business and you can help ask for these items please reach out to Chelsie, Barb or Heather
 - b. Reminder the Sharing Hope walk will be Saturday, September 12, 2020.
5. **Social Media (March-June) – 30 mins**
- a. Healthy Communities has a [Facebook Page](#)
 - b. Reviewed guidelines for developing social media posts
 - c. Goals for Action Teams to create 2 posts for each month
 - d. Ideally teams would develop these posts for a few months at a time.
 - e. Time spent during meeting creating posts for March-May.
6. **Flash Mob Poster Distribution**
- a. Michael shared final draft of flash mob poster.
 - i. Minor edits to be made and poster will be ready for distribution.
 - b. Discussed team emailing out to partners and sharing social media posts.
7. Next Meeting: March 11th, 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