



Mental Health Action Team –Minutes

March 11, 2020 • 1:00-2:30-pm • Room 3312, Eau Claire City-County Health Department

Present: Shae Havner, Michael Jaeb, Chelsie Smith, Heather Britt, Laura Baalrud, Brenda Scheurer, Cathi Tyynismaa, JoAnna Bernklau, and TJ Atkins.

1. Welcome & Updates

- a. Kevin Hines is coming to Chippewa Falls High School April 14th!
 - i. 6:00pm resource fair
 - ii. 7:00pm presentation free to public, [registration is required](#).
- b. ECASD is hosting a Ripple Effect Screening with a resource fair on March 17th
- c. Mental Health First Aid is changing, and classes will now be shorter classes beginning Fall 2020.
 - i. Youth will be 6.5 hours
 - ii. Adult will be 8 hours
 - iii. There is also an opportunity to do some of the training online, which would possibly decrease the amount of face to face time
 - iv. Laura will share more information as it's available
- d. Registration is now up for the [Prevent Suicide Wisconsin](#)-10th annual conference, "Reframing the Narrative"
 - i. April 28, pre-conference trainings
 - ii. April 29, Conference
- e. Sharing Hope Walk
 - i. MHAT would like to donate a raffle basket
 1. Members of the team would bring an item to contribute
 2. Discussed creating a theme of items for the basket, team decided the theme will be "Relaxation/Self-Care"
 3. ACTION ITEM: Think about what you could bring for this basket if you'd like to contribute. A sign up of items will be at the next meeting to avoid duplication
 - a. Team agrees that organizational swag is appropriate as long as it fits the theme as we are a collaboration of many different partners.
 - ii. The next planning meeting is March 31st at Dana's Bar and Grill at 5:30
 1. Please let Barb, Chelsie or Heather know if you would like to attend.
 - iii. There will be a specific raffle meeting in April for those who want to help collect raffles.
- f. NAMI updates
 - i. Family to Family is now 8 weeks
 1. Next class starts on March 25
 - ii. Basics Class starts April 7
 - iii. Family Support Group
 1. For Family and friends of individuals living with a mental illness
 2. 1st Thursday of each month, 6:30-8pm



- iv. New pamphlets have been finalized
- v. All classes are now in Banbury place, building #2D, Suite 420F (4th Floor)
- vi. Open house coming up in April-more information to come
- g. Marshfield Clinic-
 - i. Starting to recruit host sites for 2021 AmeriCorps members
 - 1. Any organization in the area may apply to host a member
 - ii. Three programs: Volunteer WI, After School program, and Recovery Corp
 - 1. Recovery Corp program is now expanding to be open to Marshfield system wide vs four northern counties only.
 - a. In addition to Recovery Coaches, beginning this Fall, the MCHS AmeriCorps Recovery Corp program will also include a new position called Recovery Advocate. The Recovery Advocate's role is not to coach, but to educate and provide resources to the community around substance abuse issues in their community. This support could occur through helping with referrals, giving community presentations, and providing training and other outreach activities. We feel that adding this position to our Recovery Corp program provides a more comprehensive approach to AODA issues. While we would like to take credit for this model, our colleagues in Minnesota have been doing this for some time.
 - b. Recovery Coaches require close supervision and support as they navigate their own recovery and assist others. In this new approach we want to integrate our coaches in organizations who have a mission specifically around AODA prevention and treatment, and who have the expertise and capacity to best support and use the skills of a Recovery Coach.
 - c. Enhanced program support including Recovery Coaching software, template policies and procedures, and a new Community Advisory Council to help shape the program moving forward, to name a few.
 - 2. You are invited join on March 31st 1pm – 3pm for a Recovery Corp Host Site Summit to learn more about these upcoming changes, ask questions and provide your input and feedback. The Summit will be held at the CCHA in Marshfield, but we will also be providing a teleconference option for those who can't attend in person. To register for the Summit, please RSVP by emailing communityhealth@marshfieldclinic.org. As we look to forward to Fall, we are already accepting applications for community organizations to be a host site for either a Recovery Coach or a Recovery Advocate. We encourage you to attend the Summit to learn how becoming a host site can benefit your organization and community.



3. JoAnna will send out the applications via HC once available.
 - h. UWEC Capstone Project
 - i. Healthy Communities Members met with UWEC “Strategic Communication” students to extend knowledge and reach more beyond those present on HC teams. They are assisting with the creation of the Facebook page etc.
 - ii. Branding our reach and engagement
2. **Healthy Communities Celebration/Award Update**
 - a. Save the Date: Thursday, April 30th, 5:15-7:30pm at Altoona River Prairie Center
 - b. This year’s workshop: Building a Healthy Community by addressing the social determinants of health facilitated by Myriam Hernandez Jennings, MAT, Consumer & Engagement Advisor from Community Catalyst.
 - c. Still looking for nominations for the Individual and Organization awards.
3. **Mental Health Matters Update**
 - a. Mindfulness-North Star Middle School has been awarded as the 5th site to participate in the Mindfulness training. Chippewa Valley High School is currently receiving the Mindfulness training now. Different than in past, staff and other organizations who work with the students are receiving together.
 - b. Data - team has completed Youth Mental Health Scorecards for Chippewa and Eau Claire counties.
 - i. 20 questions
 - ii. [Please share](#) with organizations, let Brenda and Peggy know where it’s been shared for follow-up.
4. **Flash Mob –**
 - a. Reminder to reach out to connections to encourage participation
 - b. Please share the [Facebook post](#)
 - c. Information can also be found (and shared) on the [Healthy Communities website](#)
 - d. Discussion about boosting post on Healthy Communities Facebook page. Team would like to move forward with this with \$20. Michael is going to investigate the process for making this happen.
5. **Wellness Walk Collaboration (July)**
 - a. Brief discussion to start planning for Wellness Walk in July
 - i. Reminder we will need knee pads when chalking as well as more people to participate so to be able to cover more areas and increase messaging.
 - b. Keep same messages, they were well received
 - i. Discussion about collaborating with other action teams, they could also offer messaging for the chalking. Co-chairs will discuss with steering-committee
 - c. CDPAT looking at doing activities again



- d. Is there opportunity to collaborate with all the action teams
 - i. Other teams could also chalk messages

- 6. **Review Goal/Objectives - Discuss future strategies**
 - a. Collaboration for Screen Free week with Chronic Disease Prevention Action Team (CDPAT)
 - i. Could kick off the campaign at the flash mob
 - ii. CDPAT is meeting on Monday, March 16, to discuss events that are happening that week.
 - iii. TJ share that there is a DPI flier with screen-free activities and other activities to promote during this week.
 - iv. JoAnna will update MHAT after the CDPAT meeting, she will let team know MHAT is interested in collaboration.

- 7. **Next Meeting: April 1st, 2020, 1-2:30 pm, Room G3312**
 - a. ****Note the different date****



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