



## **Mental Health Action Team –Minutes**

April 1, 2020 • 1:00-2:00-pm • Virtual Meeting, Eau Claire City-County Health Department

**Virtually Present:** Laura Baalrud, Barb Habben, Brenda Scheurer, Eve Fischer, Michael Jaeb, Brianne Berres, Kelly Lauscher, Maria Ricciardi, Jackie O’Bryan, Shae Havner, TJ Atkins and Chelsie Smith

### **1. Welcome, Announcements and Updates**

- a. Eve reported the Youth Mental Health event to be held in May is currently cancelled and not rescheduled yet. Eve reports the team is looking at reconvening to look at options for rescheduling.
- b. Sojourner House- has temporary site at Hobbs Arena to help ensure social distancing. Biggest need right now is volunteers, looking at need for 24-hour staffing vs only evenings/nights
  - i. Increased precautions are in place using protective equipment like gloves for all stations, sanitizer is available at all stations, etc.
  - ii. If interested in volunteering contact Clare Nelson, Community Relations Specialist at 715-450-1457 or [cnelson@cclse.org](mailto:cnelson@cclse.org)
- c. The Community Table (TCT) is providing take out boxes.
  - i. Also have implemented increased precautions for volunteers and consumers coming to TCT.
  - ii. If interested in volunteering at TCT contact Hannah at [volunteer@thecommunitytable.org](mailto:volunteer@thecommunitytable.org)
- d. Shae shared the county’s COVID-19 call center continues to look for volunteers. There are talking points, question and answer documents available for those who volunteer to feel they can answer questions. If interested in helping please visit [coronavirus.ehealthdepartment.org](http://coronavirus.ehealthdepartment.org) for volunteer opportunities.

### **2. Mental Health Matters Update**

- a. **Education/Awareness:** This group will be discussing trauma and how to meet the needs of our youth and youth serving professionals at this time-we are all currently experiencing trauma related to COVID due to changes and uncertainties.

All minutes and agendas are located at [www.ehealthycommunities.org](http://www.ehealthycommunities.org)



- b. **Mindfulness:** Group meets tomorrow.
  - c. **Data:** Youth Mental Health Scorecard was developed, looking at meeting in early May to develop plan of action.
3. **Social Media posts**
  - a. We need social media posts to promote mental wellness during pandemic
    - i. Heather plans to reach out to Michael, some posts that she created for NAMI
    - ii. Team discussed need for volunteers during the announcements, would like to also have posts related to volunteer opportunities, April is volunteer month therefore there are some posts created for this already.
4. **Virtual activities**
  - a. Keeping routine is helpful.
    - i. For Exercise: You tube and some local gyms, yoga places (ie, the Yoga Room) have videos available online to use to keep up your routine
    - ii. Music is also very helpful- live concerts have been available by various artists on social media
    - iii. If you are aware of virtual activities that may interest the team, please share.
5. **Next Meeting:** May 13th, 2020, 1-2:30 pm, Room G3312 [or virtual if needed]



## 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