



**Mental Health Action Team Meeting**

**Monday, August 27<sup>th</sup>, 2018**

10:00am-12:00pm

Eau Claire City-County Health Department

Room G302

**MINUTES**

**Members Present:** Brook Berg, Shae Havner-Sierer, Gina Schmenauer, Chelsie Smith, Michelle Larson, Kaylee Lyons, Barb Habben, Adam Coolidge, Tom Thorsness, and Nicole Clements.

1. Introduction and information sharing
  - a. UWEC-Adolescent Mental Health Certificate program in October. This has been offered in the past and well attended.
  - b. NAMI classes starting in September
  - c. Sharing Hope Walk to Prevent Suicide coming up September 15, 2018 at Carson Park. 100% of the proceeds will stay in local organizations to prevent suicide in our community.
2. Review Minutes
  - a. Approved as written
3. Updates
  - a. QPR: Community QPR Training taking place this afternoon for youth and their supportive adult. A group of 8 is signed up to attend.
4. Mental Health Matters
  - a. Education and Awareness committee:
    - i. MHM held an event on Thursday, August 9, training fifteen presenters to provide community workshops about adverse childhood experiences (ACEs) and resilience to youth-serving professionals. The purpose of the workshops is to increase knowledge about ACEs and to allow the opportunity for professionals to think about how their actions, behaviors, and thoughts promote resilience among the youth they work with.
    - ii. The goal is to provide workshops for 10 organizations and 200 youth-serving professionals each year throughout Chippewa and Eau Claire counties. The workshop is targeted toward youth-serving professionals from the following sectors: community-based organizations, education, faith government and healthcare.
      1. If your agency/organization is interested in the training, please email [Brenda.Scheurer@co.eau-claire.wi.us](mailto:Brenda.Scheurer@co.eau-claire.wi.us)
  - b. Mindfulness:





- vi. High social demands
- vii. “Stoic Generations- won’t ask for help
- e. Loss of connection
  - i. Feeling lack of connection (loneliness)
  - ii. Lack of connection/relationships
  - iii. Loss of relationship
    - 1. Coping with loss
  - iv. Male lack of social connection
- f. Access
  - i. Easy access to guns
  - ii. Lack of mental health providers in the community
  - iii. Not enough resources/access to mental health services
  - iv. Not enough providers
  - v. Access to resources is very challenging
  - vi. Mental health providers are limited
  - vii. Not enough money
  - viii. Poverty
  - ix. Lack of coordination of follow up
  - x. A person not knowing the where/when/who of getting an appointment
- g. Lack of resources
  - i. Money
- h. Mental health illness
  - i. Depression
  - ii. Untreated or persistent depression
  - iii. Untreated depression and other mental health conditions
  - iv. Lack of resiliency in relationship loss
  - v. Lack of understanding of mental illness
  - vi. Unawareness of warning signs
- i. Culture
  - i. Suicide has become a cultural norm
  - ii. How do we teach boys and men to handle emotions
  - iii. Lack of understanding in culture about mental health wellness
    - 1. Workplace
      - a. Sick days at work (example: family friendly workplace (St. Croix))
- j. Other
  - i. Stress



- ii. Family issues
  - iii. Parent education and lack of skills
- 2. Youth Sad/Hopelessness
  - a. Social connection
    - i. Screen time
      - 1. Lack of face-to-face relationships
      - 2. Social media and effects of social media
      - 3. Adult/parent modeling
      - 4. Filters
    - ii. Isolation
    - iii. Bullying and/or harassment
    - iv. Lack of true and meaningful social connection
    - v. Lack of social connectedness
    - vi. Isolation
    - vii. Not involved or connected to something (athletics, faith, etc)
    - viii. Lack of strong social connections, true friendships
    - ix. Lack of conversation and support around difficult topics
  - b. Coping strategies
    - i. Healthy vs. unhealthy (AODA)
    - ii. Social media
    - iii. ACEs
    - iv. Adult support
    - v. Bullying
    - vi. Peer/societal pressure
    - vii. AODA
      - 1. Meth
      - 2. Children being removed from their home because of parent's drug problem
    - viii. Need to know more
  - c. Home environment
    - i. Family involvement
    - ii. Lack of positive family involvement
    - iii. Domestic violence
    - iv. Uninvolved/unaware parents
    - v. Lack of parent connection (example: divorce)
      - 1. Hands off parenting
      - 2. Lack of involvement/encouragement
  - d. Poor physical health
    - i. Poor nutrition (junk food)



- ii. Lack of sleep (smartphones)
  - e. Information overload
    - i. Heightened fear with mass shootings and other devastating news that is available 24/7
    - ii. Dealing with adult issues without support from adults or peers
  - f. Stress/over scheduling
    - i. High demand to succeed
      - 1. Success=different for each individual
    - ii. Increased social/family demands
    - iii. Stress/pressure to be the best
    - iv. Lack of downtime
    - v. Lack of participation in activities
    - vi. Pressure to conform
  - g. Other
    - i. Undiagnosed depression or other mental illness
    - ii. Poverty
    - iii. Inaccurate views about one's self (negative inner voice, too critical of themselves, negative self-image)
    - iv. Cell phone policies in schools
    - v. Kids not being outdoors
      - 1. Modeling/social media
    - vi. Media often portrays adults as unhelpful
- 3. Youth Anxiety
  - a. Peer/societal pressure
    - i. Students too busy, overscheduled, feeling pressure to perform at a high level academically, etc
    - ii. Pressure to fit in
    - iii. Pressure to "succeed" or be "perfect"
    - iv. Overscheduled
    - v. Stress/pressure to be the best
    - vi. Peer pressure stress
    - vii. Pressure to perform in school sports and activities
    - viii. Knowledge of resources
    - ix. Lack of downtime
      - 1. Overscheduled with sports and activities
    - x. Athletics
  - b. Bullying
  - c. ACEs
  - d. Social media



- i. “fitting in”
    - ii. Movies/media
    - iii. Bullying
    - iv. Peer pressure
    - v. Loss of connection related to electronic use
    - vi. TV news
  - e. Technology “info overload”
    - i. Excessive use of cell phone/technology has a negative effect on mood/mental health
    - ii. Information overload via phone/internet
  - f. Sleep/physical health
  - g. Modeling parents
    - i. Don’t teach kids appropriate coping skills
    - ii. Negative influences
    - iii. Parent understanding of typical behaviors of children/youth
  - h. Home issues
    - i. AODA
      - 1. Kids being removed from home because of parent’s drug problem
    - ii. Meth
    - iii. Parent modeling
  - i. Other
    - i. Money
    - ii. Conflict resolution skills
    - iii. Coping skills
      - 1. Support/guidance to move through situations
- c. Group discussed major themes throughout all three data indicators. They also discussed collaboration opportunities between action teams and other coalitions (Alliance for Substance Abuse and Prevention, Chronic Disease Prevention Action Team, Healthy Relationship Promotion Action Team, High Risk Drinking Prevention Action Team)
  - i. Substance abuse/AODA
  - ii. Parent modeling
    - 1. Healthy screen time
  - iii. Loss of connection
    - 1. Social media
    - 2. Technology
    - 3. Screen time
  - iv. ACEs/resiliency

**Next meeting: Monday, September 24<sup>th</sup>, 2018, 10-12pm in Room 302**