



Mental Health Action Team Meeting

Monday, September 17th, 2018

2:30-4:00pm

Eau Claire City-County Health Department

Room G034

Present: Adam Coolidge, Holly Moe, Brook Berg, Kaying Xiong, Chris Klesmith, Peggy O'Halloran, Jackie O'Bryan, Gina Schemenauer, Brenda Scheurer, Kelly Lauscher, Shae Havener-Sierer, Nicole Clements, Chelsie Smith and Barb Habben.

MINUTES

1. Introductions and information sharing

- a. Sharing Hope walk was a success this past weekend. About 500 participants and over \$16,000 raised! The walk team is leaving [the website](#) open for donations through the end of the month if you of know anyone interested in donating. There are several t-shirts available. If you are interested in getting one, contact Chelsie. They are \$15.
- b. Kelly shared the remainder of the year MHFA classes.
- c. 3D community health series. 2 events in 1 day about Dementia Professional training in the afternoon on 10/23 and then an evening event for the community.
- d. Adolescent Mental Health October 18&19
- e. BRAIN Team 2019 conference. Topic will be poverty. April 4, 2019 at Florian Gardens. They are working to secure a national known speaker.
- f. School based mental health services-Eau Claire Area School District
 - Grant from SHP/Marshfield- to train all secondary staff in youth MHFA
 - Grant from United Way- Support families with assistance of copays and deductibles for Mental health services
 - Memorial High School- 2nd semester of the school year to get Mindfulness training - may expand to other buildings in the district with assistance from funding from the state level.

2. Review minutes

- a. Minutes reviewed and approved.

3. Updates

a. QPR

- Scheduled for freshman at EC North and Memorial and Regis in October
 1. In past we used to only train Seniors at Regis.

b. Suicide Death Review Data

- Data update: 2017-17 deaths by suicide in Eau Claire county
 1. 2018- 8 deaths by suicide.

4. Mental Health Matters

a. Education/Awareness

- Moving forward with providing ACEs/Resiliency trainings - workshops are being scheduled. Interested organizations should contact Brenda.

b. Mindfulness

- Cadott Jr./Sr. High School staff will receive mindfulness training this semester – six sessions from September 28 – November 15. Next semester Memorial will receive training. The implementation coach has been hired to assist schools in implementing this training into their schools.

c. Data

- The team met twice and clarified the purpose of the strategy is to share data with community decision makers about youth mental health and resilience with the goal of using the data to make informed decisions about policy or practice changes. The group is working through what data we have around youth mental health and resilience, focusing mostly on data gathered through the YRBS, but also considering other county wide indicators that were reviewed during the grant writing process. Next steps are to identify data that align with the definition of resilience.

5. Community Health Improvement Planning (CHIP)
 - a. Recap of last “Prioritization/Root Cause Analysis” meeting
 - b. Review Goals & Objectives
 - Reviewed goals and objectives. Team agreed to have one large goal regarding mental wellbeing and 3 objectives related to resiliency, stigma and collaboration.
 - Team agrees baseline data matches goals
 - c. Strategy Discussion
 - Team broke into smaller groups to discuss strategies to align with objectives.
 1. Resiliency strategy brainstorm:
 - a. Intergenerational activities
 - b. Trauma-informed community building
 - i. Community walks
 - c. Sleep
 - d. Nutrition
 - e. Screen time
 - f. Help provide ACEs/Resiliency training- outside of MHM grant target groups
 - g. Assist parenting
 - i. Modeling good coping strategies
 - h. Going to our audience rather than them coming to us
 - i. Extension piloting in November= 4 FB live teaching events: Screen and children, raising a spirited child, etc—is there opportunities to partner?
 - i. Mentoring programs
 - j. Other EBP that address resilience in youth- after school programs
 - k. Nature- outdoor experiential education & wilderness therapy
 - i. Yoga in the parks
 - ii. Ropes courses
 - iii. Etc
 2. Stigma strategy brainstorm:
 - a. Community building
 - b. Expanding flash mob
 - i. Include dancers with training (cheer squads, dance teams, theater guild etc)

- c. Us vs them- is there some way to capitalize on social media
- d. Local celebrities to share their stories
- 3. Collaboration strategy brainstorm:
 - a. Collaboration with various campaigns and action teams- screen time, sleep and nutrition
 - b. Neighborhood walks
 - c. Healthy communities action teams
 - i. Chronic disease
 - ii. High risk drinking prevention action team
 - iii. Alliance for substance abuse
 - d. Connecting with HC providers and discuss what is being done with screening youth and where are there opportunities there.
- d. CHIP Next Steps
 - Prioritize identified strategies.
 - Draft CHIP Action Plan

Next meeting: Monday, October 22nd, 2:30-4:00pm in Room G034