



**Mental Health Action Team Meeting**

**Monday, October 22nd, 2018**

2:30-4:00pm

Eau Claire City-County Health Department  
Room G034

**MINUTES**

**Present:** Shae Havner-Sierer, Brook Berg, Chelsie Smith, Gina Schemenauer, Barb Habben, Dana Grecier, Nicole Clements, Adam Coolidge, Kaying Xiong, Chris Klesmith, Brenda Scheurer, TJ Adkins, Chris Huth, Peggy O'Halloran, and Niki Podevels. **Student observations:** Rachel- UWEC Advanced journalism student, Shelly Wells-UWEC BSN Student, and Jeanie Riley-UWEC BSN Student.

1. Introductions and information sharing

- An initiative to end homelessness in Eau Claire is beginning the week of October 22, 2018. Several local agencies have been instrumental in securing the services of consultant Erin Healy, J.D. to coordinate next steps. Ms. Healy's specialty is to help communities identify and address factors which affect homelessness. She's helped other communities, like La Crosse, create a plan to address homelessness. Ms. Healy will meet with many Eau Claire groups to better understand each group's role in dealing with the issue of homelessness. These meetings will give her a history of how we have managed homelessness. She will then hold a meeting with community members to focus on how we can end homelessness in Eau Claire. **All community members are invited to join this community conversation on Thursday, October 25th from 1 - 3pm at the RCU Corporate Office (200 Riverfront Terrace) to build a plan to end homelessness.**
- Adolescent Mental Health Program is happening this Thursday and Friday at HSHS Sacred Heart

2. Review minutes

- Reviewed and approved.

3. Updates

- QPR
  - Over 380 North and Memorial High School Freshman received QPR training last week.
  - Regis High School has training scheduled next week for their freshman trained.
- Suicide Death Review Data
- 14 ECASD staff were trained as Youth Mental Health First Aide facilitators. In November all secondary staff will receive this training.

4. Mental Health Matters

- Education Awareness Group
  - Continuing to schedule trainings-
- Mindfulness Group

- Cadott Jr/Sr High school- received 2 of the 6 trainings (27 school staff). Once trainings are complete the school will work with implementation specialist.
- Memorial Feb 4-April 1<sup>st</sup> -training
- WEAU and Augusta area times did a wonderful media interview on the program. University of Santa Barbara reached out and are interested in partnering with their mindfulness institute.
- Data Group
  - No update at this time.

#### 5. Community Health Improvement Planning (CHIP)

- Group reviewed strategies discussed at previous meeting. Also look at the types of strategies that were being discussed in the intervention planning matrix from Healthy Wisconsin leadership Institute—whether they were at the program, system, environmental or policy level and the intended audience. Goal is to choose a variety of strategies at all levels to have the greatest impact.
- Broke into workgroups to have small discussions related to impact of strategies. Groups were given question prompts that asked them to consider the impact, context, community and stakeholders from County Health Rankings. These questions helped narrow which strategies the best fit for our action team are to explore.
- Groups came back together for a large group report-out and had further discussion on strategies. Comments from discussion are below.
  - Helping to provide resiliency training outside MHM audiences would be good, promoting trauma- informed communities go hand in hand
  - Continue to offer QPR – offered at least monthly
    - connect with the chamber around new employees
    - could offer in middle school and then again high school for added benefit
  - positive mentoring could be connected to screen time
  - Christmas parade and lights- promote mental health here
  - Talked about critical of afterschool programs, but not sure our role in promoting it. Looking at intergenerational activities being held after school.
  - Talked about specific programs like sources of strength (suicide prevention program at schools)
  - Intergenerational activities
    - Used to do grandparents university – grandparents and grandkids, uwec talking about bringing it back
  - Parents coping strategies
    - Many happening through united way
  - Expanding on flash mob to include dancers
  - Continue promotion of mental health awareness in May
  - Learn more about hoarding task force and veteran’s PTSD groups, invite them to our meeting
  - Invite mindfulness group to talk and see what we could assist with to expand their capacity
  - Uwec continuing educ is doing a seminar around hoarding this spring
  - Technology Sleep campaign- connection to mental health
  - Catalog resources that are available in the community- navigating mental health – update or expand the resources

- Mindfulness might not be the right time to partner, limited trainers and is costly
- ACEs/resiliency might be the better place to partners right now
- WHYs/HOP – programs that are working to eliminate stigma in the schools
- Honest, Open, Proud- NAMI – program for high school students to have club in schools, there is a training that the adult mentors would have to take before taking it
- In our own voice- NAMI program, people sharing their story
- Facebook -promote mental health awareness
- Action team members were each given 5 dots to vote on the strategies they felt were the best fit to explore for our short-term/long-term strategies. Highest priorities topic areas (5) to explore as strategies for our group are listed below.
  - ACES/Resiliency/Mindfulness Training
    - How can we expand capacity with what the Mental Health Matters grant is doing? Mindfulness might not be the right time to partner, limited trainers and is costly. ACEs/resiliency might be the better place to partners right now
    - Nicole/Brenda/Peggy will explore the needs and bring back to next meeting.
  - QPR
    - Continue to expand and add capacity.
  - Social Campaigns
    - Screen time, sleep, AODA
    - Partner with other action teams on these campaigns. Chronic disease action team is looking at screen time campaigns right now too.
  - Collaboration
    - Hoarding, Prevent Suicide Chippewa Valley, QPR
    - Potentially invite members of other groups to upcoming meeting to discuss more what we could collaborate on.
  - Catalog Mental Health Resources
    - We have a lot of resources. Is there a way to put these on our website and better direct people to them?

#### 6. CHIP Next Steps

- Draft CHIP document will go to the council for approval in November.
- Brook will bring to share about screen time work with UW-Extension.
- Nicole and Brenda/Peggy will talk with MH Matters about how we can add capacity and bring to next meeting.

**Next meeting: Monday, December 3rd, 2:30-4:00pm in Room G034**