



# HEALTHY MINDS

## LIVE WELL LINCOLN

### Meeting Minutes

Friday, January 19, 2024, 8:30-10:30 am

Lincoln County Health Department, Clinic Room

#### Members Present:

<input checked="" type="checkbox"/> Aspirus Merrill/Tomahawk Hospitals Jane Bentz	<input type="checkbox"/> Big Brothers, Big Sisters	<input type="checkbox"/> HAVEN, Inc.
<input checked="" type="checkbox"/> Includa, Inc. Robyn Swart	<input checked="" type="checkbox"/> Lincoln County Health Department Kristin Bath, Shelley Hersil	<input checked="" type="checkbox"/> Lincoln County Social Services Jessi Rumsey
<input type="checkbox"/> Medical College of Wisconsin	<input checked="" type="checkbox"/> Merrill Area Public Schools Trisha Kubichek	<input checked="" type="checkbox"/> North Central Health Care Holly Westberg, Stephanie Jewell

**Partners Present:** Maria Mendoza, Lincoln County Probation & Parole, Ashley Miller, Centre for Well-being Inc., Laurie Ollhoff, T.B. Scott Library, Heidi O'Hare Tomahawk Public Library

Agenda Item	Notes	Action Items
<b>1. Call to Order</b>	Meeting called to order by Bath at 8:33 am.	
<b>2. Welcome and Introductions</b>	Introductions were made.	
<b>3. Approve Minutes of October 6, 2023 Meeting</b>	<b>Motion to approve minutes by Rumsey, seconded by Kubichek. All ayes. Motion carried.</b>	
<b>4. Agenda Items</b> <b>A. Behavioral Health 360 CredibleMind Video &amp; Discussion</b>	<p><b>A. Behavioral Health 360 CredibleMind Video &amp; Discussion.</b> Bath provided an overview of the CredibleMind digital mental health platform and shared a video. Health Department has grant funding to support this platform. Website would be available to all Lincoln County residents. Focus is prevention, early intervention and connection to local services and resources. Compliments resources like Aspirus FindHelp. Other counties are considering purchasing this platform. Currently being used in Sauk County <a href="http://saukcounty.crediblemind.com">saukcounty.crediblemind.com</a>.</p> <p>Group voiced general support and shared ideas of how they could utilize within their organizations. Discussed importance of promotion and positive messaging in getting the public to utilize this resource. The anonymity of the website is ideal and allows the public to privately connect to vetted resources and support, which is what many prefer.</p> <p>Next step is support from partners and commitment to promote and utilize this resource by March 1. <b>See attached factsheet for more information.</b></p>	<p>Contact Bath by March 1, 2024 if your agency will actively support implementation of CredibleMind in Lincoln County and if you are interested in being on a steering committee. A formal agreement for agencies to sign will be forthcoming.</p>

<p><b>B.</b> Mental Health Forum</p>       <p><b>C.</b> Agency Round Robin - outreach updates since last meeting, plans for 2024, opportunities for collaboration</p>	<p><b>B. Mental Health Form.</b> Bath shared that Kubichek and Rumsey met to discuss coalition training and outreach for the year and hosting a mental health forum was identified as a possibly activity. Bath wanted to get feedback from the coalition on this. Group thought it would be beneficial to target providers, organizations and the community and thought that having an option for the community to connect with local organizations is important. Bentz shared that this being done by NAMI Northwoods through the Rise Up Event with Raise Your Voice Clubs in the area. Agency capacity is a challenge. Group decided to further explore and see what other counties are doing in this area.</p> <p><b>C. Agency Round Robin</b> - outreach updates since last meeting, plans for 2024, opportunities for collaboration</p> <ul style="list-style-type: none"> <li>- <b>Olhoff, T.B. Scott Library</b> – partnering with the Aging &amp; Disability Resource Center of Central WI to hold brain basic sessions. Also working with adult daycare facilities to provide services and offer adult story time.</li> <li>- <b>Kubichek, Merrill Area Public Schools</b> – current focus is on social emotional learning while balancing educational needs of students. Lost Mental Health Navigator, which has been a challenge. Now partnering with Children's WI Homeless Navigator to provide navigation support to students and families. Seeing a spike in homelessness. This is grant funded and a pilot project, but hope to continue. Referrals and service navigation continues to be a challenge.</li> <li>- <b>Rumsey, Social Services</b> – currently have two staff that are trained in Aggression Replacement Training (ART). Staff selected by the Wisconsin Juvenile Court Intake Association for a Train the Trainer opportunity and this has allowed for an opportunity to provide a free ART Training in February. Goal is to get more local trainers. Ideal for both school districts to have trainers so they can offer to students. Also have one staff currently becoming trained in the Triple P parenting program for teens. Staff can offer to those who are connected to their services; no community option at this time. Looking at developing a youth guide/form that includes programs and events that are available to youth for organizations to use. Social worker partnering with a Sheriff Deputy to develop an AODA curriculum for schools.</li> </ul>	<p>Will revisit mental health forum/community education at meeting in April. Bath to include as an agenda item.</p>
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<p>D. 2024 Healthy Minds Work Plan/ Aspirus Health Funding</p>	<ul style="list-style-type: none"> <li>– <b>Westberg, North Central Health Care</b> – staff are being trained in ART. Working with school truancy program to get kids connected to services sooner by assigning to a case manager.</li> <li>– <b>Bentz, Aspirus Health</b> – provided funding to both Merrill and Tomahawk School districts. Received request from Kinship to support programming. Have about \$15,000 to support community coalitions and an additional \$2,500 for outreach targeting Tomahawk.</li> <li>– <b>Bath, Health Department</b> – partnering with Veterans Services on Veterans Crisis Line promotion, implementing a gun lock distribution campaign, 988 billboards in Merrill and Tomahawk, updating Lincoln County Grief Support Guide and calm strip distribution to schools and youth serving organizations.</li> <li>– <b>O'Hare, Tomahawk Public Library</b>- partnering with "The Fellowship" a program offered by Milwaukee-based organization Islands of Brilliance, a learning experience developed specifically for children and young adults on the autism spectrum. Free to teens and young adults (aged 16 and up). Held weekly on Thursdays from 5-6 pm, starting February 8. <a href="#">See attached program flyer</a>. Also doing outreach around random acts of kindness.</li> <li>– <b>Other:</b> Mental Health First Aid (MHFA) is available at no cost through the Rural Opioid Grant through UW-Extension. Grant does not cover food expenses. Debbie Moellendorf is trained in both adult and youth MHFA and would be our UW-Extension facilitator. Libraries are interested in hosting these trainings for staff and opening to the community. Group thought blended trainings would be ideal that include 2 hours of pre-online work and then 5.5 hours of in person training. Rumsey requested support to host a Learning to Breathe Train the Trainer Course in effort to increase local offerings of this program. Also suggested offering Crisis Intervention Partners (CIP) training again. Offered years ago and received positive feedback from those in attendance. Bentz will reach out to college in Marathon County to learn more about CIP and the appropriate contacts. NAMI is also a resource.</li> </ul> <p>D. <b>2024 Healthy Minds Work Plan/ Aspirus Health Funding</b> – Bath drafted a work plan for the year based on input from coalition partners. Contact her with any changes or updates. <a href="#">See attached workplan</a>. Bath will submit a funding a request to Aspirus on behalf</p>	<p>Contact Bath if you would like to hold a Mental Health First Aid Training for your staff or host a community training.</p> <p>Bentz will follow up on Crisis Intervention for Partners Training and will share information with coalition.</p> <p>Bath to submit a donation request letter on behalf of the coalition.</p> <p>Bentz will share Aspirus Health outcomes report for action plan documentation.</p>
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<p><b>E.</b> Quarterly Reporting Survey</p> <p><b>F.</b> Member/Partner Agreement Survey</p> <p><b>G.</b> Future Meeting Topics</p>	<p>of the coalition. Focus will be support for community programs, training and outreach.</p> <p><b>E. Quarterly Reporting Survey</b> – Bath asked coalition members to complete a quarterly survey so she can better document the work that is being done by the coalition. Round robin discussion can support this however, need outcome data that includes dates, number reached and evaluation results. Bentz shared the hospitals have an outcome report that she can share.</p> <p><b>F. Member/Partner Agreement Survey</b> – Bath will send survey with the meeting minutes to assess partners' membership status and areas of interest. <a href="https://forms.gle/8ETBSrqbXPS3gCUD6">https://forms.gle/8ETBSrqbXPS3gCUD6</a></p> <p><b>G. Future Meeting Topics</b> – continue agency round robin as agenda item.</p>	<p>All coalition member/partners asked to complete Coalition Agreement Survey.</p>
<b>6. Adjournment</b>	<b>Next meeting is April 19 from 8:30-10:30 a.m. Meeting adjourned at 10:30 am. Bath adjourned the meeting.</b>	

Minutes submitted by: Kristin Bath, Public Health Educator, 1/24/24