



## Monroe County Mental Health Coalition Agenda

*Vision: Improved mental wellness of Monroe County*

*Mission: "Improve access to mental wellness services and reduce stigma across the generations"*

Date: **Thursday, September 15, 2022** Location: **Online/Phone**

**Facilitators: Eryn Leahy Recorder: Eryn Leahy**

Invitees: Mary Busching, Community Member; Rebecca Brandon, Mayo Clinic Sparta; Terry Rogalla, Fort McCoy; James Olson, Tomah VA; Jan Bruder, Brighter Tomorrows; Liz Evans, United Way; Christine Severson, Sparta Schools; Vicki Riley, Human Services; Natalie Morescki, Next Steps for Change; Scott Holum, Tomah Police Department; Wendy Patterson, Common Grounds Ministries; Amanda Kalisz, Gundersen Health System, Christie Harris, Gundersen Health System; Jeanne Meyer, Families First; Sierra Phillips, Tomah VA; Michelle Larson, DHS Western Region Office; Zachary Todd, DHS Western Regional Office; Amber Kulig, Sparta Area School District; Lindsey Preston, Gundersen Health System-Sparta; Karn Ofte-Schroeder, Ho-Chunk Nation Behavioral Health; Haley Lamprecht, Sparta Area School District; Mary Jacobson, Family and Children's Center; Amanda Falkers, AJ Falkers Counseling & Consulting Services; Amy Whitwam, Tomah Boys and Girls Club; Carmen Ortiz, Fort McCoy Army Community Services; Cindy Springborn, NOW School District; Dana Casberg, CouleeCap; Erin Jackson, Tomah VAMC; Ethan Hayes, Independent Living Resources; Jacqueline Bernard, Tomah VAMC; Joel Ames, Sparta Police Department; Jennifer Kukuk, Tomah VAMC; Lacie Ketelhut, Gundersen Health System; Michelle Clark, Tomah Area School District; Molly Betts, MHS Health; Rep. Nancy VanderMeer, 70th Assembly District; Carrie Olson, Community Member; Rep. Loren Oldenburg, 96th Assembly District; Ashley Santolin, Mayo Clinic Health System; Sarah Semrud, Office of Senator Brad Pfaff; Sean Sanford, Castle Rock Care; Brittany Sonie, Fort McCoy Army Community Services; Tammy Fischer, Fort McCoy Military & Family Life Counseling Program; Dr. Janet Nachowicz, Janet Nachowicz Counseling; Chris McGinnis, Mayo Clinic Health System; Julie Anderson, Community Member; Michelle Goldsmith, Tomah Health; Kevin Herman, Fort McCoy; Michelle Jorgensen, Mayo Clinic Health System-Tomah; Lorie Retzlaff, Fort McCoy; Kim Johnson and Doug Flock, Flocks Guardians; Spring Gunn, Community Member; Amanda Dinger, Arrow Behavioral Health/Next Steps for Change; Tia Meyer, Mayo Clinic Health System; Kaylynn Friend, Sparta School District; April Buchanan-Butler, Director of Family Promise of Monroe County; April Anderson, UW-Extension Monroe Co; Bridget Kimpel, Fort McCoy; Courtney Elliott, Gundersen Health System; Ryan Rayno, 181<sup>st</sup> Infantry Brigade, Fort McCoy

**Attendees:** Eryn Leahy, April Anderson, Michelle Larson, Laszlo Stojalowsky, Tammy Fischer, Liz Evans, Lindsey Goyette, Terry Rogalla

Item	Presenter	Information	Conclusion/Action
Introductions/Icebreaker	All	Procedural	
Approval of Minutes	All	Procedural	Minutes approved
Program/Agency Updates	All	April Anderson (UW Extension) <ul style="list-style-type: none"> <li>• Trained in WeCOPE (Taking Care of You curriculum). Class Oct. 12- Nov. 23 from noon to 1pm.</li> <li>• Information is attached to email.</li> <li>• Strong Bodies class – doing mindfulness series after class and has good participation.</li> </ul> Michelle Larson (DHS Western Region Office) <ul style="list-style-type: none"> <li>• Mental Health and Substance Abuse conference:  <a href="https://www3.uwsp.edu/conted/Pages/Mental-Health-and-Substance-Use-Recovery-Conference.aspx">https://www3.uwsp.edu/conted/Pages/Mental-Health-and-Substance-Use-Recovery-Conference.aspx</a> </li> </ul>	WeCOPE information will be shared with meeting minutes.



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		<ul style="list-style-type: none"> <li>• Sign up for DHS updates and Resilient Wisconsin newsletter here: <a href="https://public.govdelivery.com/accounts/WIDHS/subscriber/new?topic_id=WIDHS_41">https://public.govdelivery.com/accounts/WIDHS/subscriber/new?topic_id=WIDHS_41</a></li> <li>• Resilient Wisconsin website: <a href="https://www.dhs.wisconsin.gov/resilient/index.htm">https://www.dhs.wisconsin.gov/resilient/index.htm</a></li> <li>• Attending Suicide Prevention Summit in La Crosse.</li> </ul> <p>Lindsey Goyette (MCHD)</p> <ul style="list-style-type: none"> <li>• Eryn and Lindsey attending Suicide Prevention Summit next week.</li> </ul> <p>Tammy Fischer (Fort McCoy)</p> <ul style="list-style-type: none"> <li>• Women’s resiliency workshop – mindfulness, meditation, and mental wellness</li> <li>• Lots of presentations and education. Starting new cycle of MCOA academy.</li> </ul> <p>Eryn Leahy (MCHD)</p> <ul style="list-style-type: none"> <li>• Presenting on ADHD at Fort McCoy in October.</li> </ul> <p>Terry Rogalla (Fort McCoy)</p> <ul style="list-style-type: none"> <li>• Attending Suicide Prevention Summit next week.</li> <li>• Kaukauna is doing empty shoes event – rescheduled for April.</li> </ul>	
Next Steps from Survey	Eryn Leahy	<ul style="list-style-type: none"> <li>• 14 people completed survey.</li> <li>• Majority of people said the current meeting time works for their schedule.</li> <li>• Tied between in-person and virtual meetings: can we meet in-person quarterly? Still offering virtual too.</li> <li>• People want to get back to work and getting into community education opportunities. "I would like to see more people getting involved with projects that we work on like Mindful Movement for Mental Wellness. Many times it's the same people working on projects."</li> <li>• Assembly room is reserved for October 20<sup>th</sup> meeting. We will be revisiting our strategic plan.</li> <li>• Preferred virtual option, so whatever in-person location needs video/audio technology.</li> </ul>	<p><b>Quarterly in-person meetings with rotating location:</b> February, May, August, and November.</p> <p>Eryn will find new contact at Tomah Health and ask if they have community outreach position</p> <p>April will continue to host Zoom link.</p>



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Moving forward thoughts from the group (added space for notes from conversation above)	All	<ul style="list-style-type: none"> <li>• October is mental illness awareness and depression awareness month: Sierra has always done things in the past for this month. Is there anything planned? ACS at Fort McCoy would still love to do that.</li> <li>• Last year we did Mindful Movements for Mental Wellness in October as well.</li> <li>• Looking to reinvigorate Coalition Facebook page – April, Eryn, Liz, Sierra have access.</li> <li>• Mental Health America has toolkits for social media.</li> <li>• Working to update our contact list.</li> </ul>	If you have any social media toolkits or ideas, send to Eryn.
Share any upcoming events	All	<ul style="list-style-type: none"> <li>• <a href="#">Mental Health and Substance Use Recovery Conference</a>: October 20-21 in WI Dells.</li> <li>• <a href="#">Crisis Intervention Conference</a>: September 15-16 in WI Dells.</li> <li>• <a href="#">Children Come First Conference</a>: November 7-8 in WI Dells.</li> <li>• <a href="#">Suicide Prevention Summit</a>: September 21 in La Crosse at Student Union.</li> </ul>	<p>Visit links for upcoming conferences.</p> <p>Share any events for coalition with Eryn.</p>
Review and closing	All	<ul style="list-style-type: none"> <li>• Strategic Planning at next meeting: in-person option!</li> <li>• Jan Bruder presenting at next meeting on Domestic Violence.</li> <li>• If you aren't able to attend a meeting, please send any agency updates or points to share with Eryn and she will share with the group.</li> <li>• If you have ideas for presenters or agenda items, send to Eryn.</li> </ul>	<p><b>Review previous strategic plan and think about what went well for our coalition and what changes we can make.</b></p> <p>Liz will look at trends for strategic planning.</p>
Next Meeting		<p><b>Next Meeting: October 20, 8:00-9:30. Virtual and In-person at Assembly Room in Sparta</b></p> <p><b>Facilitator: Kaylynn Friend/Eryn Leahy</b></p>	