



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, January 19, 2023**

Location: **Virtual on Zoom**

Facilitators: April Anderson Recorder: Eryn Leahy

Invitees: Ron Hamilton, Human Services; 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; Katie Lelonek, Monroe County Health Department; 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

Attendees: April Anderson, Eryn Leahy, Liz Evans, Michelle Jorgensen, Vicki Riley, Molly Betts, Carole Ewald, Mandy Dinger, Kyle Erickson (Sparta PD SRO), Lindsey Goyette, Michelle Larson, Sierra Phillips

Item	Presenter	Information	Conclusion/Action
Introductions/Icebreaker	All	Procedural	Ice breaker: what are you grateful for today
Agency Updates	All	Share any updates	April Anderson (UW Extension) <ul style="list-style-type: none"> • Mental Health First Aid classes – check out flyers from email and share with partners. Open to anyone in rural areas. • Finished QPR training! Training Together with Veterans group. • RuralMinds.org Vicki Riley (Human Services) <ul style="list-style-type: none"> • Sharing flyers throughout community • Working on fully staffing CCS • Will be sending CST survey for us to complete



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			<ul style="list-style-type: none"> • Filling out annual CST report for their grant – will bring stats on program services next month <p>Mandy Dinger (Next Steps for Change & Arrow Behavior Health)</p> <ul style="list-style-type: none"> • Next Steps for Change is still very busy • Arrow is updating their website • Sparta has intensive outpatient (CORE Treatment services – ILP and relapse prevention services) <p>Eryn Leahy (MCHD)</p> <ul style="list-style-type: none"> • Sent letter to Monroe County superintendents to participate in YRBS • April 19th Substance Use Prevention Day for sophomores at Tomah Fairgrounds • Looking for 2 presenters for mental health – focus on mindfulness, grant won't cover anything related to suicide. Let her know if you're interested <p>Molly Betts (MHS WI)</p> <ul style="list-style-type: none"> • Met with MHS health housing workgroup. • 2022 required HMOs have housing specialist teams. Significant correlation between getting housed and health cost reduction. • Molly will check into making that public. <p>Sierra Phillips (Tomah VA)</p> <ul style="list-style-type: none"> • Looking for substance use peer specialist • Had growth in substance use recovery positions • Regional version of LGBTQ group – actively recruiting for LGBTQ veterans • NAMI La Crosse had board meeting – wanted to support Mindful Movement for Mental Wellness
<p>Mental Health Month Planning</p>	<p style="text-align: center;">April Anderson</p>	<p>Brainstorm ideas and create Planning committee</p>	<p>Theme this year: Focus on way Neighborhoods and Surroundings impact individual and population mental health.</p> <p>Planning committee: April, Molly Betts, Eryn, Laurie and Tom Graber, Michelle Jorgensen, Carole Ewald, Sierra</p> <ul style="list-style-type: none"> • Lunch and learns went well (RTIC held) • In-person or virtual opening event this year? Consider as we get closer to May • Send any press releases from Mental Health America to news as PSAs



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			<ul style="list-style-type: none"> • Community walking events – socialize, walk outside, scavenger hunt with simple things • Speaking about mental health at libraries – talking about self-care, 2023 team, read books virtually • Psychiatrist to do presentation during May? Vicki could ask her, specifically for this year's theme • Sierra suggested doing Mindful Movements for Mental Wellness event again
YRBS Update	Liz & Vicki	Discuss progress made	<ul style="list-style-type: none"> • Eryn sent letter to superintendents on coalition letterhead • Vicki will follow-up with email as well and remind them of what we use the data for (CST grant etc.) • COMPASS Now would love to use YRBS data • Kyle Erickson will be sharing this data with middle school parents on vaping
VA's Suicide Report Data	Carole	Discuss report data	<ul style="list-style-type: none"> • VA Suicide Report Data: Carole is doing a lot with Alzheimer's Association. Interested in putting together a caregiver support group. • For each death by suicide, an estimated 135 survivors are affected. • 343 fewer Veterans died from suicide in 2020 than in 2019 • Lowest number of suicides since 2006 • Age-adjusted rate lowest since 2016 for men and since 2013 for women. • Vet suicide deaths increase since 2001. High in 2018 and has dropped year over year since 2018. 22/day is outdated – the numbers are getting better. • Non-vet suicide since 2001 rose too, but not as sharply. White highest race. Method – firearms most likely. 71% for Vets, 50.3% for non-vets. Rates for firearms going up. • Despite pandemic in 2020, rates fell for veterans by 4.8% and non-vets by 3.6%. Will be interesting to see 2021 numbers. • WI: in 2020 lost 138 Vets to suicide – increase from 2019. Higher rate than national vet suicide rate. WI Vets suicide rate twice that of WI non-Vets. Use of firearms higher than national average. • 56% of Vets who died of suicide were not engaged in VHA care. Want them to get care that is military culturally competent. • Carole's role is to help increase protective factors for Vets.



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			<ul style="list-style-type: none"> • Together with Veterans program is a veteran led suicide prevention program. Engaging vets from across the county, promoting firearm safety. • Gun shop project: shops can sign up to be a safe storage place where guns can be kept if there is mental distress. • 988 Veterans should press 1 to get veteran-focused care. Caregiver support line, Rocky Mountain Free consultation. • The COMPACT Act at the VA: veterans in crisis who aren't enrolled can get care. Care can get reimbursed if vet is in acute suicide crisis. If they are assessed as imminent suicidal crisis, care is at no cost to vet. <p>https://www.mentalhealth.va.gov/docs/data-sheets/2022/2022-National-Veteran-Suicide-Prevention-Annual-Report-FINAL-508.pdf</p>
Review and closing	All	Review action items, and any next agenda items	<ul style="list-style-type: none"> • Objective tracking of strategic plan • Mental Health Awareness Month updates/planning • Other opportunities that highlight mental health – June is PTSD Awareness Month, October is Mental Health Awareness Week, September is Recovery Month – more visibility, walks, sharing and highlighting events to partner (https://www.betterhelp.com/advice/general/mental-health-awareness-calendar-dates-to-remember-and-celebrate-throughout-the-year/) • Sharing resources/events/information with the larger group • Vicki to share CST data at next meeting
Next Meeting		<p>Next Meeting: February 16, 2023, 8:00-9:30. Monroe County Health Department Conference Room A Facilitator: Terry Rogalla</p>	Monroe County Health Department (315 West Oak Street in Sparta)