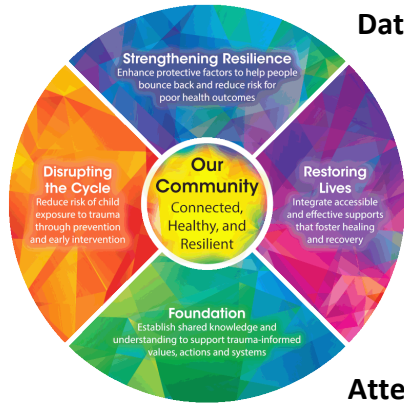


**Monroe County RTIC Meeting Agenda/Minutes:**



**Date:** Thursday, January 26, 2023

**Time:** 8:30 am

**Location:** Virtual

**Facilitator:** Eryn Leahy

**Recorder:** Eryn Leahy

**Attendees:** Liz Evans, Vicki Riley, Eryn Leahy, Lindsey Goyette, Mandy Dinger, Terry Rogalla, Sierra Phillips

Agenda Items:	Presenter:	Information:
Introductions/ Icebreaker	All	Procedural – Which would you choose? Dinosaur or dragon. Over or under for toilet paper?
Program/ Agency Updates	All	<p>Eryn (Health Department)</p> <ul style="list-style-type: none"> <li>• Substance Use Prevention event on April 19<sup>th</sup> at Tomah Fairgrounds</li> <li>• 500ish sophomores from Monroe Co. schools</li> <li>• Mental health, substance use prevention – looking for people to set up booths! Got suggestions from group</li> </ul> <p>Vicki Riley (Human Services)</p> <ul style="list-style-type: none"> <li>• 2 positions open looking to be filled</li> <li>• Referral list keeps growing</li> <li>• Finishing annual report for CCS grant</li> <li>• Working on MOUs with schools</li> </ul> <p>Sierra Phillips (Tomah VA)</p> <ul style="list-style-type: none"> <li>• Formalized process for basic TIC</li> <li>• Conversations on resilience (staff and professional) on regional level – collegial peer support: 6 people trained with formal policy and job-based – how to launch nationally? Whole Health partnership. Sustainability and how to present in community settings?</li> <li>• Resilience cards and Resilience Library moving forward</li> </ul>

		<ul style="list-style-type: none"> <li>• Peer Support positions for community-based clinics (substance-focused positions too!)</li> <li>• Trauma-informed peer services – growing staff for that</li> </ul> <p>Liz Evans (United Way)</p> <ul style="list-style-type: none"> <li>• Governor Evers addressing mental health in State of State address</li> <li>• Let’s reengage Nancy Vandermeer!</li> </ul> <p>Terry Rogalla (Fort McCoy)</p> <ul style="list-style-type: none"> <li>• ASIST training planning – 2 day class at end of March of beginning of April</li> <li>• Retired sergeant presenting on substance use, trauma, and suicide on March 2, 3, 4 – will share locations as they schedule. Will record presentations and will be available.</li> </ul>
Planning Lunch & Learn Events	All	<p>What’s our goal? What’s our capacity? Target audience? Topics? How to advertise?</p> <ul style="list-style-type: none"> <li>• More regular opportunities – 1 during May, start small and add more with capacity and interest. Every 2 mos.</li> <li>• Wisdom of Trauma showing again in 2023 (June)</li> <li>• More regular, more attendance! Bigger topics, One more like Town of Hall (stigma, invite people to ask questions and talk) – facilitated panel discussion – Recovery Month in September: Mandy volunteered for panel,</li> <li>• Start with basic 101 – what could be lacking in knowledge/understanding? Boundaries (and self-care), Peer philosophy</li> <li>• Ideas for topics: Resilience, Social isolation/connection, TIC 101, work/life balance, boundaries, self-care, lived experience and self-determination. People are doing the best they can with what they have/know and when they are ready they’ll trade current skills/coping for new tools. “Unconditional High-Regard” – meet people where they are. Ethics/values of WRAP. 5 key concepts for recovery: Hope, Personal Responsibility, Education, Self-Advocacy, and Support</li> <li>• March, May, July, September (in-person), November</li> <li>• Monday afternoons work best from noon – 1 pm: second Monday – Eryn will create promotional stuff</li> </ul>
Resilience Film Screening Planning	All	<p>How many screenings should we offer? When? Who wants to facilitate? Virtual or in-person screenings?</p> <ul style="list-style-type: none"> <li>• Engage churches for space? Sparrows Nest (maybe in Spring/Summer – good roads). Enlist community members to host – American Legion (\$25), City Hall (no tables), Tomah or Sparta school auditorium (check policy for pricing), Barney Center in Sparta, community theater in Tomah, Cashton and other areas in warmer months, Scenic Bluffs has small rooms, Norwalk Scenic Bluffs gym, Tomah Health - Whitney</li> <li>• People want in-person, hybrid is good for engagement</li> <li>• Offer once or twice in 2023 – May and first week of October (mental illness awareness week)</li> </ul>

Upcoming Events	All	<p>Any events or observances to share?</p> <ul style="list-style-type: none"> <li>• Overdose Awareness Day at end of August – Next Steps is planning event for that day!</li> <li>• Substance Use Prevention Day on April 19<sup>th</sup> at Tomah Fairgrounds</li> <li>• Disability Action Network (DAN) – Pride fest in July! Looking to expand and find more partners</li> <li>• May 9<sup>th</sup> event virtual: <a href="https://www.generalgreggmartin.com/">https://www.generalgreggmartin.com/</a> (Stop the Stigma) – 90 mins. – 2 hours</li> </ul>
Review and Closing	All	<p>Next steps for group members and who will complete?</p> <ul style="list-style-type: none"> <li>• Reaching out to people to cover booths / swag for April 19<sup>th</sup> event</li> <li>• Eryn will work on promotional materials for Lunch &amp; Learns and share at next meeting</li> <li>• Share out any other event info at next meeting</li> </ul>
Next Meeting Agenda Items	All	<p>Any items for next meeting?</p> <ul style="list-style-type: none"> <li>• 2022 YRBS data</li> <li>• March Lunch &amp; Learn event planning – promotional items</li> <li>• Begin planning for Resilience Film screening – location and time</li> </ul> <p><b>Next meeting: Thursday, February 23 at 8:30 a.m.</b></p>