



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, April 20, 2023** Location: **Virtual [Zoom link](#)**

Facilitators: Eryn Leahy Recorder: Eryn Leahy

Attendees: Liz Evans, Eryn Leahy, Danielle Reget, Janice Schreier, Vicki Riley, Carole Ewald, Sierra Phillips, Michelle Larson, Brittany Sonie, Terry Rogalla, Mandy Dinger

Item	Presenter	Information	Conclusion/Action
Introductions/Icebreaker	All	Procedural	Favorite rainy day activity?
Guest Presentation	Janice Schreier, MSW, LCSW, SASA	Child and Adolescent Clinical Therapist at Mayo in La Crosse	<ul style="list-style-type: none"> ADHD for parents group (virtual group) can reach people all over the state and Minnesota: train parents to be experts of ADHD, psycho-education, positive reinforcement, empower with strategies Evidence-based to teach parents how to help kids in the moment (point of performance) Helping to work with school – daily report cards Psychiatrist speaks at one session about medication 12 week group: treating mental health as a family. Evidence-based skills for anxiety and depression – middle school and high school separate sessions. 4 sessions for parents teaching about depression and anxiety and improving communication Teach parents how to be advocates of teachers – wanting to train schools/teachers, collaboration
Agency Updates	All	Share any updates	Eryn Leahy (Health Department): <ul style="list-style-type: none"> Completed ASIST training Attended Prevent Suicide WI conference Becoming QPR trainer on Friday Carole Ewald (Tomah VA) <ul style="list-style-type: none"> Very busy with suicide prevention events Supervisor is trained in Crisis Intervention training in Northern Central WI: could present to us Clergy suicide prevention training



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			<p>Sierra Phillips (Tomah VA)</p> <ul style="list-style-type: none"> • NAMI coming back to Monroe County: tell Sierra if you are interested in getting NAMI presence back! • Tentative approval of community stakeholders to be invited to Mental Health Walk (May 5 at 11 am) • May 9th 10-11:30 mental health opportunity, will send flyer <p>Liz Evans (United Way)</p> <ul style="list-style-type: none"> • By the next meeting the Compass community needs assessment survey should be out in the field <p>Vicki Riley (Human Services)</p> <ul style="list-style-type: none"> • Sparta SD asking someone to address mental health in May – Vicki will be presenting on May 2 and 9 to 400 freshmen, sophomores, juniors, and seniors • Resilience training for Flocks staff (12-15 people) on May 24 at American Legion <p>Terry Rogalla (Fort McCoy)</p> <ul style="list-style-type: none"> • Summer training season ramping up <p>Danielle Reget (Sparta Boys and Girls Club)</p> <ul style="list-style-type: none"> • Will be moving into mental health role for the club later in 2023, trying to get involved with this work
Grant opportunity	Carole Ewald	Mental Health Awareness Training Grant (click link)	<ul style="list-style-type: none"> • Crisis Intercept mapping with Northwest Connections – needing to work with partners to understand how care works in our county • Keeping an eye out for grant opportunities • Federal employees can't co-sign • More openness to grants at Human Services – may be able to get some support from that department • Bandwidth of our coalition members – parallel to work at our own organizations – what resources do we already have access to? Tapping into partners (financially too) and asking for people to join table.



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			<ul style="list-style-type: none"> • Have a representative from each workgroup/coalition to meet regularly to touch base – networking/strategic planning, bring us all together to remove silos
Mental Health Month Planning	Mental Health Month Committee	May 4 th kick-off event/proclamation signing	<ul style="list-style-type: none"> • The committees have been meeting regularly in preparation for Mental Health Month. We have been working on a news release and reaching out to businesses for prize donations for the Mindful Movement for Mental Wellness event. This week we are working to promote the event to partners. The outdoor walking event committee has shared an outdoor scavenger hunt activity with all the libraries in Monroe County and all of them are willing to help promote this activity! • Have 3 of the 5 signatures on proclamation. Wanting to publish at the beginning of May in the newspaper • Doing a later date in the month? May 24th • TIC 101 section, QPR, how to get involved, Resiliency screening in the afternoon – marketing to relaunch our stuff and what we can provide (hybrid?) • Could Cedric read proclamation? • Bring it to the coalition – 30-40 min. presentation • Next Steps to share lived experience? • Vicki will reach out to venue, Eryn will email group for ideas and Mandy for lived experience
Assigning Facilitators	Eryn Leahy	Need facilitator for June, August (in-person), and October	<p>Vicki could facilitate in June. To switch August meeting to Tomah Health?</p>
Upcoming Events	All	Share any events or opportunities with the group to spread the word	<ul style="list-style-type: none"> • April 20th 9-11 am: Cultivating Inclusive and Safe Communities • May Resilience Screening • Support Group Facilitator Training –Alternatives to Suicide: May 22, 23, 24: 9-5pm Madison • May 8th RTIC Lunch and Learn



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Review and closing	All	Review action items, and any next agenda items	Annual review of mental health resource guide Scenic Bluffs, Mayo, Gundersen may have virtual map of resources https://www.findhelp.org/
Next Meeting		Next Meeting: June 15, 2023, 8:00-9:30. Location: Virtual Facilitator: Vicki Riley	No meeting in May (encourage people to attend other events from our groups), meet in June virtually