April 20th, 2020

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| Present | Not Present |
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| Paul Schmitz (Guest) | paul@paulschmitz.org |  |  |

Steering Committee (Zoom) Meeting minutes

Objectives:

* Adapt the work plan to the current reality of Covid-19, using Paul Schmitz’s Strategy Triage tool.

Check-In: What do you do to center yourself during this pandemic?

* Spend time with family, outdoors, or going for walks
* Stay active with exercise, gardening, crafting, or birding
* Practice mindfulness with meditation, inspirational songs, and limited intake of news

Paul Schmitz- facilitating his Strategy Triage tool

* Disruption will likely continue at least through the end of the year, important to reorganize workplans to adapt to the “new normal”
	+ What things will continue for now?
	+ What are new priorities?
	+ What do we need to pause for now and return to later?
	+ What are we unsure about?
* Communication strategy- Trilogy, SWBHP website, social media
	+ Everyone agreed that a strong web presence with Trilogy is still a priority
		- Social connectivity is really important right now
		- How well set up for each county is Trilogy?
			* Roger suggested that a few people should review the service directory to make sure critical organizations are included, he volunteered to help with this
		- Prioritize making sure trilogy is updated for the current shelter-in-place situation, re-submit our local resources for Covid-19
		- Prioritize promoting the site
			* Liz mentioned original plans of using promotional materials in restaurants or public restrooms, group determined this was a “Pause and Resume”
			* Robin suggested using radio and newspapers to reach more people outside of the internet
			* Roger- Is there a different mode we can be using? We should be thinking of alternative methods of promotion
	+ SWBHP site is in the process of being converted to word press, remains priority
	+ Social media- adapt to focus more on disseminating information rather than promoting events, share links/information between county coalition pages
* Primary Care Provider capacity
	+ Special training for PCPs put off until the fall
	+ Some interest expressed for exploring doing the event online
	+ Group classified this as “pause and resume” as PCPs likely have too much on their plate right now
* Peer Support Specialists
	+ Decision to “continue” but with new dates in August for the training
	+ Potential reevaluation as we get closer to that time
* Resilience and Trauma Informed Outreach
	+ Desire to incorporate the Trauma Informed Communities approach to stigma reduction, as some previous approaches aren’t drawing enough people
	+ Can this be done remotely? Or do we need to rethink how we get anti-stigma messaging out there?
		- Chris Frakes shared her experience facilitating a QPR training virtually- concluded that it works much better in person
	+ Roger- highlighted the fact that the need is still there for working through trauma, perhaps even more so at this time
		- Offered to give presentations/Zoom talks on trauma and mental health, as everyone agreed it is more powerful to see someone talking about what they’re struggling with rather than read about it
		- No decision made, but this was identified as a “New Priority”
	+ Chris suggested regularly posting practical tips on mindfulness and self-care as effective
* Associational mapping
	+ We need to know what associations are doing to adapt to these times?
		- Liz suggested remapping under the current circumstances
	+ Potential barrier to continuing this project as-is: virtual interactions work a lot better when people already know each other
		- Possibilities for adapting, and pausing for now discussed
* Emergency Detention workgroup
	+ Agreement on “Pause and Resume” as legislature is closed at this time
* Any needs not being met?
	+ Couch surfers and active users are especially vulnerable at this time
	+ Carol identified the issue of after-effects, suggested preparing for this
	+ First responders- how will we care for them?
	+ There will be a lot of grief work in the future
	+ Agreement that it helps to have someone else say they’re experiencing something similar
		- Suggestion of first person narratives, sharing stories about what people are going through
		- No one has yet volunteered to take this on

Meeting Overview:

* Helpful reworking of the current workplan/goals given our uncertain circumstances, new priorities were identified, some priorities to continue, and some projects paused for now
* Several decisions were made on priorities, some issues and strategies were discussed but left unsolved