May 18th, 2020

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| --- | --- | --- | --- |
| Present | | Not Present | |
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Steering Committee (Zoom) Meeting minutes

Objectives:

* Decision on adopting Steering Charter
* Initial decisions or needs expressed for sharing/cross-posting information and events
* Input collected and discussed regarding draft plan to build capacity of community mental health infrastructure during this pandemic, initial direction set for 2020 response

Check-In: What is your biggest concern and biggest hope or opportunity?

* Some common concerns:
  + Lack of in-person access to those that need support
  + Difficulties in accessing telehealth options
  + Canceled meetings and events may cause groups to lose momentum, interest from the community
  + Inability to hold/participate in trainings
  + Children who were receiving services through schools have lost access
* Hopes/Opportunities:
  + NAMI has moved some trainings online
  + Coffee hours for caregivers of people with dementia
  + Jen Kass has been working with Sue Springer to distribute crisis information to milkers/farm workers
  + Julie Stephenson- crisis intervention team has learned a lot about communication needs across counties
  + Network of Care launch as timely, it is continuing to be promoted and people are accessing the site
  + Decrease/no change in crisis interventions
  + Mental health navigator position is open in Green County, hoping to continue funding from other sources

Steering Charter vote

* Proposed vote to adopt the charter as it currently is, with the option to revise it later if needed
* Charter was approved by majority vote May 18, 2020

Sharing critical information and events- using the Steering committee as a hub

* Do members know of good sources to draw content from for social media?
  + Use celebrity stories about struggles with mental illness
  + Cleveland Clinic puts out a lot of good content online
  + NAMI website and facebook page are updated frequently
* Discussion of “crossposting” content on multiple coalition pages/BHP page
  + Bridget said she would further research, no decision made
* What are ways to distribute information that are not online? How can we get content in print or on the radio?
  + Bridget will follow up individually in one-on-one meetings with members
* Are people using the SW WI Network of Care to access information online?
  + Liz reported that numbers look promising, show people are accessing information on the site, and are reaching out online to find services at this time
  + Several members wanted to know how people heard about the site, and who they should be targeting
    - An exit survey is going up soon to gather information concerning this
  + Frank asked if the numbers were broken down by county- how do the counties differ?
    - Liz will follow up with trilogy folks on if these analytics are possible

Discussion of draft plan to build community capacity for responding to mental health and stress using 3 As to build a community approach

* Training for peer support specialists in August is still on for now
* Which trainings for community members can be moved online or kept to under 10 people?
  + Can QPR be taught online?
    - It is an important time to get more people in the community with these skills/abilities to support other community members
    - Jen Kass and Chris Frakes both thought QPR as an online course would carry a lot of risks
    - No decision made yet on if this will move forward
  + SafeTalk and ASIST courses?
    - SafeTalk could potentially be moved online- it is a 4 hour suicide prevention training with role playing, active listening, and much more in depth than QPR
    - SafeTalk classes are always limited to 10 people- so it may be best to leave it as an in-person class due to role playing and active listening elements
    - ASIST is a 2-day training much more in depth than SafeTalk, similar to crisis line trainings, people are taught to be listening for reasons to stay alive and help people put together their own safety plan, etc
    - ASIST has different versions for specific demographics- agriculture, vets, first responders; also limited to 10 people per class
    - Committee members responded well to these programs, no decision made yets
  + Frank shared that the “NAMI Basics” program, targeted for parents of people with mental illnesses, can now be accessed online

Suggestions and input for steering committee involvement/commitment during these times

* No more than 10 people can gather in a wide open space for a while yet, meetings should continue on zoom
* Members noted a preference for 1 hour meetings instead of 1.5 hour meetings
  + Bridget agreed meetings will be 1 hour going forward

Some notes on Check-outs

* Julie Stephenson said she would send helpful/useful links that she comes across to Hannah for social media posts
* Worry expressed over if we will be prepared for the aftermath of the pandemic

Meeting Overview:

* Charter was agreed upon by the committee- thanks to Frank, Carol, Wes, and Chelsea for their work and input on the previous drafts
* Social media and communication strategy begins to take shape; several good ideas shared, no commitments or decisions on a specific strategy were made at this time
* The need to continue trainings as a way to build community capacity was emphasized, but several reservations about simply moving trainings to an online format were expressed
  + online versions or small in-person trainings were debated but not decided
* Most objectives were met, but initial direction of 2020 response not yet agreed upon