

Group	Access to Mental Health Services		Date: 1/23/13 1 – 2:30pm
Location:	SAH – Journeys Meeting Room		Start Time: 1pm
Presided Over By:	Sharon Stoffel, Dr. Matt Doll, Gregg Brewer	Minutes By: Gregg	Adjourned: 2:30pm
Members Present:	Matt Doll, Aimee Meyer, Robyn Williams, Deb Walter, Kathy Bonde, Mary Ellen McMeen, Pam Guiden, Krystle Schmitz, Marilyn Hein, Jim Salasek, Sharon Stoffel, Tina Braun, Ashley Birkholz, Christie Reese		
Additional Attendees:	None		
			Next Meeting 2/27/13 1 – 2:30pm Doll and Associates

AGENDA				
	Current Status	Action	Responsible	Date to be completed
Introductions	Completed	N/A	N/A	N/A
“Mental Health Central” funding - Gregg	No update	N/A	Gregg	Update Feb mtg.
Website	See attachment in e-mail and review for next meeting – layout, content, etc.	See previous	Entire group.	Update Feb mtg.
	Gregg and Christie on website. to have web pages on.		Gregg and Christie	Update Feb mtg.

Objective 1

Fond du Lac County residents report (County Health Rankings/National Center for Health Statistics) of number of days that, "mental health was not good" will decrease by 10% by 2015.

Baseline

Based on 2012 rankings, Fond du Lac County residents report (County Health Rankings/National Center for Health Statistics) of number of days that, "mental health was not good" is 2.8. Based on same data, overall number in Wisconsin is 3.0, and National Benchmark is 2.3 (90th percentile).

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Activity 1a (Matt) Decrease stigma of mental illness.		Matt shares that the main way to focus on decreasing stigma is having individuals/companies share real stories and then connect that with the appropriate audience (i.e., company owner states how helping an employee with mental health issues positively impacted the individual and the company; individuals sharing re. their own mental health issues and recovery, etc.).	Matt and Wellness efforts group will continue to focus on topics of the month and attempt to find speakers on those topics that also assist with decreasing stigma initiative.	Matt	Update Feb mtg.
Develop two year plan to include monthly community educational programs, monthly newspaper (hard copy and web) articles, and monthly radio shows to address identified topics (depression, anxiety, etc.)	3/1/13				
Secure funding to implement plan.	3/1/13				
Secure agreements with newspapers and radio stations to present programs.	4/1/13				
Secure space and dates/times to present face to face programs.	5/1/13				
Secure individuals to provide above indicated programs.	8/1/13				
Implement plan	9/1/13				
Have plan in place to ensure ongoing creation of two year plans to include monthly community educational programs, monthly newspaper (hard copy and web) articles, and monthly radio shows to address identified topics.	2/1/14				

Activity 1b (Gregg) Ongoing education of professional gatekeepers of current best practices.		Christie shared that CSI will be sponsoring a suicide prevention training in September of this year. See website draft content for list of other training in the area. Group feels UW-FDL should be contacted re. taking the lead in administrating, hosting, providing CEU's, for these events. Ideas of content would be for this group and others in community to decided.	Gregg will talk with UW-FDL folks re. this.	Gregg	Report back at Feb mtg.
Develop on-line survey to distribute to identified professional gatekeepers requesting topics of interest for training.	11/1/12				
Begin review of survey results.	12/1/12				
Develop two year plan to include monthly community educational programs on best practice topics (face to face and website).	3/1/13				
Secure funding to implement plan.	5/1/13				
Secure funding to implement plan.	8/1/13				
Secure space, dates/times and CEU's.	5/1/13				
Secure individuals to provide training and website posting.	8/1/13				
Implement plan.	9/1/13				
Have plan in place to ensure ongoing two year plans to include monthly community educational programs on best practice topics (face to face and website).	2/1/14				

Objective 2

Percentage of Fond du Lac County residents reporting (County Health Rankings/National Center for Health Statistics) "They never, rarely or sometimes get the social and emotional support they need," will decrease by 10% by 2015.

Baseline

Based on 2012 rankings, Fond du Lac County residents reporting (County Health Rankings/National Center for Health Statistics), "They never, rarely or sometimes get the social and emotional support they need," is at 15%. Based on same data, overall percentage in Wisconsin is 17%, and National Benchmark is 14% (90th percentile).

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Activity 2a (Meghan, Robyn, Aimee and Marilyn) Enhance Wellness Initiatives and Participation.		Group is using monthly topic list and finding speakers on these topics.	Continued organizing of this.	Sub-group	Update at Feb mtg.
Identify key wellness (vs. illness) topics (stress management, mindfulness, meditation, resilience, etc.).	10/1/12				
Develop two year plan to include monthly community educational programs, monthly newspaper (hard copy and web) articles, and monthly radio shows to address identified topics.	3/1/13				
Secure funding to implement plan.	3/1/13				
Secure agreements with newspapers and radio stations to present programs.	4/1/13				
Secure space and dates/times to present face to face programs.	5/1/13				
Secure individuals to provide above indicated programs.	8/1/13				
Implement plan.	9/1/13				
Have plan in place to ensure ongoing creation of two year plans to include monthly community educational programs, monthly newspaper (hard copy and web) articles, and monthly radio shows to address identified topics.	2/1/14				

Objective 3

Average number of completed suicides per year will decline to 12 or fewer from 2012 - 2015.

Baseline

Based on data from the Fond du Lac County Medical Examiner's Office, average number 2002-2011 was 15.1; average number per year 2007 – 2011 was 15. Based on current Fond du Lac County population of 101,633 (US Census Bureau, 2010), and using data from 2007 – 2011 (15 suicides per year), Fond du Lac County suicide rate per 100,000 population is 14.8. US suicide rate is 12.0 (CDC, 2008), and Wisconsin rate is 12.8 (American Association for Suicidology, 2009).

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Activity 3a (Sharon and Gregg) By 5/1/14 all County residences and identified professional gatekeepers have received screening tools (hard copy), or notified via a mailing regarding website where tools are posted. Tools are posted on dedicated or other website.		See website draft – “Helpful Resources for Professionals” section.	Discuss further at next meeting.	Group	Feb mtg.
Addresses of all FDL County residences obtained.	12/1/12				
List of professional gatekeepers developed.	12/1/12				
Web posting plan completed	3/1/13				
Screening tools chosen and protocol developed.	9/1/13				
Plan and funding secured for purchase, promotion, distribution and web posting.	12/1/13				
Screening tools purchased and received.	3/1/14				
All County residences and identified professional gatekeepers have received screening tools (hard copy), or notified via a mailing regarding website where tools are posted. Tools are posted on dedicated or other website.	5/1/14				
Plan in place to maintain current screening tools on website and keep gatekeepers updated regarding changes.	9/1/14				

Activity 3b (Gregg) 100% of identified professional gatekeepers receive trauma informed care training by 4/1/18.		Second trauma-informed care training took place 1/13. 80 in attendance. Next training Feb 15.	Need to discuss next steps after SPOUT sponsored training is done.	Group	Feb mtg.
List of professional gatekeepers developed.	12/1/12				
Determine content of training (face to face and website).	3/1/13				
Secure providers to provide training and resource to put training on website.	4/1/13				
Secure funding (trainers, space/refreshments, web designer).	4/1/13				
Arrange for training dates, times, locations and CEU's.	6/1/13				
Have promotion arranged.	7/1/13				
Begin promotion of training (for fall).	8/1/13				
Begin training (provide two trainings per year – fall and spring).	9/15/13				
Complete training.	4/1/18				

Activity 3c (Kathy, Meghan, Gregg) Develop and implement comprehensive crisis Intervention and community trauma response program for FDL County.		Community Crisis Team	Gregg will see if he can inform those attending 2/15/13 trauma training of planned group. When have enough recruits, will do Psychological First Aid Training through VA - http://www.ptsd.va.gov/professional/manuals/psych-first-aid.asp . Will then have to look at various issues related to organizing, promoting, etc.	Gregg	Update Feb mtg.
Clarify current gaps (awareness of current crisis line and walk-in service at Fond du Lac County DCP; in-person crisis resource for gatekeepers; short-term services to bridge gap between intake and ongoing treatment, community trauma response).	9/1/12	Other issues discussed related to crisis services:	Sub-group to continue looking into various options.	Sub-group	Update Feb mtg.
Develop plan to address identified gaps.	2/1/13	-Providers utilizing Crisis Management Plans that DCP has available.			
Identify resources (providers, promotional material, training) needed for plan.	5/1/13	-Providers doing more group treatment to serve more, sooner, but also to effectively meet their needs.			
Secure funding for plan.	8/1/13	-"Warm Line" in addition to crisis line.			
Implement plan.	10/1/13	-Providers setting aside slots for crisis cases.			
		-Seeking grants to fund seeing those individuals on a short-term basis that do not need inpatient services.			
		Emergency Detentions – reps form this group (Becky, Ashley and Gregg) mtg 1/29/13 with law enforcement, ER and County atty to discuss these issues.	1/29/13 mtg.	Gregg, Becky and Ashley	Update Feb mtg.

Activity 3d (Sharon and Brian) Provide QPR training to community.		Sharon will be doing QPR training at WMH, SAH and RMC ER's in Feb and March.	See previous slide.	Sharon	Feb mtg. update
Identify current trainers and prospective trainers.	11/1/12				
Secure funding to train trainers and purchase materials for training.	3/1/13				
Have all trainers trained.	8/1/13				
Determine dates/times and locations of training.	10/1/13				
Begin promotion of training.	1/1/14				
Complete 6 training sessions.	4/15/14				
Have plan in place to provide ongoing annual spring and fall training sessions.	10/1/14				

Objective 4

Average number of business days prior to first behavioral health appointment for both psychotherapy and psychiatric appointments will decrease by 20% by 2015.

Baseline

This data will be gathered for 6 – 9 months of the two largest providers of mental health services in Fond du Lac County. An average between the two of wait time for both psychotherapy and psychiatric services will be determined and this will be the baseline.

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Activity 4a (Robyn and Sharon) By 6/1/13 all County residences and identified professional gatekeepers have received Resource Guide (hard copy), or notified via a mailing regarding website where guide is posted. Guide is posted on dedicated or other website.		No discussion.	Discuss at next mtg.	Group	Feb mtg.
Addresses of all FDL County residences obtained.	12/1/12				
List of professional gatekeepers developed.	12/1/12				
Web posting plan completed.	2/1/13				
Resource Guide content is completed.	2/1/13				
Plan and funding secured for production, promotion, distribution and web posting.	3/1/13				
Resource Guide will be posted on dedicated or other website.	4/1/13				
All County residences and identified professional gatekeepers have received Resource Guide (hard copy), or notified via a mailing regarding website where guide is posted.	6/1/13				
Plan in place for ongoing updates and notification of gatekeepers of changes.	10/1/13				

Activity 4b (Jim, Larry) Improve purchaser and professional gatekeeper behavioral healthcare literacy.		Jim reports they are working on a survey to be on Survey Monkey to send to companies. Also working on getting speakers to come in to speak to both professionals and companies.	See previous	Sub-group	Feb mtg. update
Finalize educational information to be presented to employers/brokers.	4/1/13				
Finalize presenters	4/1/13				
Secure funding for presentations and resource guide.	4/1/13				
Begin promotion of seminars and outreach to employers/brokers; utilize current business resources (i.e., FDL AC, etc.) to identify recipients of training and to assist in promotion.	4/1/13				
Provide educational seminars to employers (combined or on-site).	5/1/13				
Gather information from area employers regarding behavioral health benefits (deductibles, limits, etc.).	2/1/14				
Provide resource guide (hard copy) to professional gatekeepers summarizing behavioral health benefits.	3/1/14				
Provide educational seminars to employers (combined or on-site).	5/1/14				
Plan in place for two times per year (fall and spring) educational seminars to employers (combined or on-site).	9/1/14				

Activity 4c (Jim) Develop and implement recruitment and retention of mental health providers.		No update	N/A	Sub-group	Update at Feb mtg.
Identify Key group of stakeholders to address this issue.	2/1/13				
Identify current provider gaps.	6/1/13				
Identify key factors in recruiting and retaining identified providers.	11/1/13				
Develop plan to address key factors.	4/1/14				
Secure funding to implement plan.	9/1/14				
Implement plan.	10/1/14				

<p>Ground Rules/Process</p> <ol style="list-style-type: none"> 1. Start and stop meetings on time. 2. Come prepared to the meeting to dialogue and make decisions (do any "homework" prior to the meetings). 3. Be accountable - complete tasks you agree to complete. 4. Ask questions when you have them. 5. Keep the focus on the agreed upon goals – mutual focus on needs of the County, not on individual agency needs. 6. Have fun. 7. Be creative. 8. Be respectful. 9. Consensus decision making (final decisions will be something we all can support, even if not "number one" on our personal list). 	<p>All feel things are going well in terms of process, etc.</p>	<p>N/A</p>	<p>N/A</p>	<p>N/A</p>
<p>Review key points, next steps, assignments.</p>	<p>Done – see previous notes.</p>	<p>See previous notes.</p>	<p>See previous notes.</p>	<p>See previous notes.</p>
<p>Roundtable – final thoughts, concerns, suggestions.</p>	<p>Completed.</p>	<p>N/A</p>	<p>N/A</p>	<p>N/A</p>