

**Group** Access to Mental Health Services **Date:** 7/24/13 1 – 2:30pm

**Location:** St. Agnes Fitness Center **Start Time:** 1pm  
**Training Room**

**Presided Over By:** Christie Reese, Dr. Matt Doll, **Minutes By:** Gregg **Adjourned:** 2:30pm  
 Gregg Brewer

**Members Present:**  
 Janet Graham, Jenny Scharf, Christie Reese, Aimee Meyer, Becky Holzmann, Robyn Williams, Marilyn Hein, Ashley Birkholz, Janet McCord, Kathy Bonde, Matt Doll, Lisa McGee, Gregg Brewer

**Additional Attendees:**

**Next Meeting** 8/28/13 1-2:30pm at Doll & Associates, 40 Camelot Drive, FDL

AGENDA				
	Current Status	Action	Responsible	Date to be completed
Introductions	Welcome to Jenny Scharf (FDL School District Teen Screen) and Lisa McGee (St. Agnes ER)	N/A	N/A	N/A
Grant	Grant with UW Medical College has been submitted. It would be funneled through School District to assist with prevention, wellness, etc. Will know in October if grant received. If granted, it would begin January of 2014. Initial grant for 100K per year for two years.	N/A	N/A	N/A

<p><b>Website</b></p>	<p>livingwellfdl.org and csifdl.org are up and running. Blogs will be on larger site (see "Stigma" section re. this).</p> <p>-Gregg will maintain the blog (updating, posting comments, answering questions). We are responsible for one blog a month.</p> <p>-Send changes for CSI site (trainings, additions, etc.) to Gregg. He will forward to Anne Brunette of Doll and Associates who will update the site.</p> <p>-Promotion – awaiting to see what Steering Cmtee is planning re. this.</p>	<p>-Review CSI site for suggested changes. Send changes to Gregg and come to next meeting with your ideas.</p>	<p>Team</p>	<p>8/28/13 Team Meeting</p>
<p><b>Children/adolescent sub-group</b></p>	<p>Element 4 of CSI efforts will be part of this group. It will focus on ages 6 – 17. Sprout will continue to focus on younger years, and our group will continue focus on life span.</p>	<p>Becky agrees to chair the sub-group. Matt (lead of SPROUT), Janet G, and Jenny agree to be part of the team.</p>	<p>Becky, Matt, Janet G. Jenny</p>	<p>Update at 8/28/13 Team meeting.</p>
<p><b><u>Objective 1</u></b>  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.</p> <p><b>Baseline</b>  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 (90<sup>th</sup> percentile).</p>				

<b>Activity 1a (Matt)</b> Decrease stigma of mental illness.		Reviewed templates Matt had put together (see e-mail he sent you on 7/22/13) re. "Stigma" topic; group feels this can be used for all topics (wellness topics also). It is really a "press kit" to be used for monthly blog on livingwellfdl.org., churches, newspapers, AC, etc.			
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	Will alternate stigma topics with wellness topics.			
Secure funding to implement plan.	3/1/13	Identified monthly topics (part of our previous discussion):			
Secure agreements with newspapers and radio stations to present programs.	4/1/13	Jan – Depression Feb – Bullying March – Sleep Hygiene April – Sexual Assault May – Mental Health/Stress Management June – PTSD, Trauma July – Alcohol and Other Drug Abuse August – Anxiety September – Suicide October – Domestic Violence November – SAD December – Healthy Communication			
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		Let Matt know if your or your agency is willing to work on a topic/month.	All	Ongoing
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	Plan – If you are interested in taking a topic (above or have another idea) for a certain month, you can use the template provided. Let Matt know.  Janet M. agrees to do suicide topic for September.	September topic – Suicide.	Janet M will do.	9/15/13

<b>Activity 1b (Gregg)</b> Ongoing education of professional gatekeepers of current best practices.		<p>UW-FDL is available for a \$35 set-up fee and then \$40 per hour. Food extra. CEU's are additional.</p> <p>Group feels topics should be related to evidence-based treatments. Motivational Interviewing was given as an example.</p> <p>Again, our hope is to have a training a month (less December), from September through May. Not that we organize/sponsor all of these, but that we are aware of them and promote training sponsored by others, and organize our own for other months.</p>	Let Matt, Christie and Gregg know of topics and/or presenters.	Team	8/28/13
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% (90<sup>th</sup> percentile).

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<b>Activity 2a (Meghan, Robyn, Aimee and Marilyn)</b> Enhance Wellness Initiatives and Participation.		Will use template (see "Stigma") to develop wellness packets to use, alternating with "Stigma".  Other contacts to connect with:  Kathy Fett – Agnesian Work and Wellness Director (926-5666)  Jeff Butz – FABOH wellness coordinator and also lead of WellCity efforts (924-3780).	See previous	Sub-group	8/28/13 update
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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<b>Activity 3a (Sharon and Gregg)</b> 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.		On csifdl.org website.	Keep updated	Team/Gregg	Ongoing
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				



<b>Activity 3b (Gregg)</b> 100% of identified professional gatekeepers receive trauma informed care training by 4/1/18.		Need to continue to promote and sponsor trauma-informed training related to various providers (counselors, MD;s/NP's, teachers, law enforcement, etc.) and populations (students, healthcare patients, vets, etc.).	Keep thinking about topics and presenters and bring ideas to next meeting or let Matt, Christie or Gregg know.	All	8/28/13
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				

<b>Activity 3c (Kathy, Meghan, Janet M. Lisa, Gregg, )</b> Develop and implement comprehensive crisis Intervention and community trauma response program for FDL County.		Lisa and Ashley report they, Becky and others met with SAH ER about ideas to assist with assessment of mental health patients and also how best to involve law enforcement.  Sub-group will meet in August to discuss what to include in community trauma response training. Hope would be to have this training early 2014 for those interested.	Ongoing evaluation by ER.  Continue planning	ER staff.  Sub-group	Ongoing  8/21/13 mtg set.
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				
Develop plan to address identified gaps.	2/1/13				
Identify resources (providers, promotional material, training) needed for plan.	5/1/13				
Secure funding for plan.	8/1/13				
Implement plan.	10/1/13				

<b>Activity 3d (Sharon and Brian)</b> Provide QPR training to community.		No update	N/A	N/A	N/A
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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<b>Activity 4a (Robyn and Sharon)</b> 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.		On csifdl.org	Keep updated	Team/Gregg	Ongoing
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				

<b>Activity 4b (Jim, Larry)</b> Improve purchaser and professional gatekeeper behavioral healthcare literacy.		June conference went well. Thanks to Larry and Jim for making this happen.			
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				

<b>Activity 4c (Jim)</b> Develop and implement recruitment and retention of mental health providers.		No update			
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><b>Ground Rules/Process</b></p> <ol style="list-style-type: none"> <li>1. Start and stop meetings on time.</li> <li>2. Come prepared to the meeting to dialogue and make decisions (do any "homework" prior to the meetings).</li> <li>3. Be accountable - complete tasks you agree to complete.</li> <li>4. Ask questions when you have them.</li> <li>5. Keep the focus on the agreed upon goals – mutual focus on needs of the County, not on individual agency needs.</li> <li>6. Have fun.</li> <li>7. Be creative.</li> <li>8. Be respectful.</li> <li>9. Consensus decision making (final decisions will be something we all can support, even if not "number one" on our personal list).</li> </ol>	Not discussed	N/A	N/A	N/A
<p><b>Review key points, next steps, assignments.</b></p>	<p>Future meeting dates set (all 1 – 2:30PM):</p> <p>8/28/13 (Doll &amp; Assoc's)  9/30 (Marian U)  10/30 (Memorial Baptist)  11/25  1/22/14  2/19 (Memorial Baptist)  3/19  4/16  5/21 (Memorial Baptist)  6/18</p>	<p>If you would like to host a meeting (see open dates previous screen), let Gregg know.</p>	All	Ongoing
<p><b>Roundtable – final thoughts, concerns, suggestions.</b></p>	See all notes above	See all notes above	See all notes above	See all notes above