

Group	Access to Mental Health Services	Date:	9/30/13 1 – 2:30pm
Location:	Marian Univ – Stayer Cafe	Start Time:	1pm
Presided Over By:	Dr. Matt Doll	Minutes By:	Dr. Matt Doll
Members Present:	Kathy Bonde, Ted Drewson, Matt Doll, Pam Guiden, Marilyn Hein, Janet McCord, Aimee Meyer, Janet Ownes-Graham, Larry Richardson, Jenny Scharf, Robyn Williams, Jayne Tettenborn, Chrissy Boe		
Additional Attendees:	None	Next Meeting	10/30/13 1-2:30pm Memorial Baptist Church

AGENDA				
	Current Status	Action	Responsible	Date to be completed
Introductions	AHC Wellness team Jayne Tettenborn and Chrissy Boe were welcomed along with Janet Owens-Graham – Woman’s Fund	WELCOMED NEW MEMBERS, APPROVED PRIOR MINUTES DISCUSSED OTHER MEMBER OPPORTUNITIES: GERIATRIC POPULATION, HR PROFESSIONALS	Larry will contact Lutheran Home re Mary Beth Borek re having geriatric needs input to cmty. Jayne will think of HR names and forward to Matt	10/30
		DISCUSSED MOVING TO ‘ACTION ITEMS’ BY USING CONSENT AGENDA.		10/30
Website - Feedback	Christie Reese provided email input on site up to date. Some have visited and found it very user friendly.	Will start to post minutes and agenda etc on site, send out links to committee members.	Chairs	10/30
		Asked all committee members to start recommending website for use by other professionals and their contacts.	All	10/30
Our Objectives and Activities	Janet is following up with Marian re evaluation of our goals	Recommended meeting with Janet, Christie, Gregg and Matt to clarify request	Gregg to arrange meeting date	10/30
Survey	Janet suggested each member think of what we want to measure re goals	All to look at plan and send Janet ideas on what we need to measure	All	10/30
Children/adolescent sub-group	Becky would like to be involved but cannot take lead. Group agreed to need but not to duplicate SPROUT	6-18 target ages, coordinated with SPROUT. Pam, Leslie Jaber-Wilson from Marian, Janet, Jenny, Chrisite, Becky and Matt are interested.	Janet will check with Leslie re her interest and ability to join.	10/30
Veteran’s needs	FDL Count Rick Patton will join us on 10/30/13	All welcomed input on Vets and are excited for collaboration with Rick	All	10/30

**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 (90<sup>th</sup> percentile).

**2013 – 2.5**

<b>Activity 1a (Matt)</b> Decrease stigma of mental illness.		Discussed need to identify what Stigma level is in county, does it impact access to mental health and how to measure pre-post differences once we decide to intervene.	Janet shared information from her WISE meeting re Rogers Health initiative and participation in strategic planning meeting coming up. Janet mentioned that Sue and Suzette from WISE were willing to come and share education on Stigma 101 at no cost. Janet mentioned they may change the "E" to Education vs. Elimination in the name.	Janet, Matt, MaryEllen and any other's interested in Stigma should meet to discuss issues further.	10/30/13			
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				Matt will send out Stigma packet, dates and topics in need of completion as well as meeting date for sub-committee	10/30/13		
Secure funding to implement plan.	3/1/13				Janet mentioned that Pat Corrigan will be presenting in the area on Oct 24	Janet to send info re talk and Gregg to post to website.	10/30/13	
Secure agreements with newspapers and radio stations to present programs.	4/1/13				Discussed excellent articles in Action re Shards fund raiser as well as In our own voice and NAMI sponsored initiatives for October. Pastor Ted to host talks at Pilgrim church as well.	Spread the word about all the good work that people are doing!	All	10/30/13
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							

<b>Activity 1b (Gregg)</b> Ongoing education of professional gatekeepers of current best practices.		Kathy shared that she is looking into a presentation on Motivational Interviewing	Kathy will follow up	Kathy	10/30/13
Develop on-line survey to distribute to identified professional gatekeepers requesting topics of interest for training.	11/1/12	Matt shared that SPROUT is sponsoring education on Attachment	Gregg will coordinate efforts re education with SPROUT education lead Jackie Block	Gregg	10/30/13
Begin review of survey results.	12/1/12	Matt passed out forms re ACE assessment and reviewed trauma and attachment as "root" causes to target in community education re health related behaviors and healthy development	Matt will continue to spread the word re ACE and attachment. Met with Pediatrics and will meet with OBGYN, Family practice and Internal medicine	Matt	10/30/13
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				

<p><b>Objective 2</b>  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," <b>will decrease by 10% by 2015.</b></p> <p><b>Baseline</b>  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 <b>15%</b>. Based on same data, overall percentage in Wisconsin is 17%, and National Benchmark is 14% (90<sup>th</sup> percentile).</p>	<p>Discussed what this means and how would we measure it?</p> <p><b>2013 – 15%</b></p>	<p>Think about the "what" of what we want to measure</p>	<p>All</p>	<p>10/30/13</p>
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<b>Activity 2a (Meghan, Robyn, Aimee and Marilyn)</b> Enhance Wellness Initiatives and Participation.		Draft of Wellness 'packet' completed. Thank you team!!	Pass along packet to AHC wellness team Jayne and Chrissy for input, then on to Holly Brenner for formatting	Robyn to send to Jayne and Chrissy, get feedback and forward to Matt who will send it on to Holly Brenner	10/30/13
Identify key wellness (vs. illness) topics (stress management, mindfulness, meditation, resilience, etc.).	10/1/12	Other wellness topics, stigma, pyramid model?	Discussed wellness on each topic for the month to include: prevention, stigma, intervention and developmental appropriate information. Need to think about how best to craft messages and target audiences. Use calander to think of topics, continue to work on developing packets to fill out year of information. Discussed Holly as putting it together format wise, using Steering Cmty to coordinate PR.	Megan, Robyn, Aimee Marilyn, Jayne and Chrissy to think about how and what to present moving forward, all members to consider format as well. Discussion to follow at next meeting.	10/30/13
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).

2012 - 12

<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.		Janet discussed overview of issue and complexity of Suicide,	Continue to look for ways to engage.	All	10/30/13
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.		SPROUT hosted training successful.	Look for additional ways to train. Matt discussed recent memo from Madison on importance of Trauma Informed Care. He will send to committee.	Gregg Matt	10/30/13 10/30/13
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 (Janet, Lisa, Kathy, Meghan, Gregg)</b> Develop and implement comprehensive crisis Intervention and community trauma response program for FDL County.		Kathy and Janet shared plan presentation which was very well received by committee.	Agreed to support plan, seek funding and move forward pending approval from Steering Committee  Discussed hiring Barb as consultant.	Matt to take proposal to Steering Committee	10/30/13
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)</b> Provide QPR training to community.		Sharon Stoffel working on adapting QPR for students.	Janet noted she will be certified in QPR and has other Marian staff to help if needed as well	Sharon to update next meeting	10/30/13
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.

No baseline data collected as of yet.

<p><b><u>Objective 4</u></b> Average number of business days prior to first behavioral health appointment for both psychotherapy and psychiatric appointments will decrease by 20% by 2015.</p> <p><b>Baseline</b> 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.</p>	<p>No baseline data collected as of yet.</p>			
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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.	
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.		Meeting time expired. Larry had previously mentioned that screening and prevention were slowly making headway. Excited about Well City initiative that has launched. Congrats!	Larry to update next meeting.	Larry	10/30/13				
Finalize educational information to be presented to employers/brokers.	4/1/13					Discussed use of HR professionals to help with education re screening and use of CPT codes to cover screening was proposed by Jayne.	Matt will follow up on CPT codes that may cover mental health screening.	Matt	10/30/13
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.		Aimee reported that Delta Center has hired a new therapist that is available for appointments.			
Identify Key group of stakeholders to address this issue.	2/1/13	Matt shared that the Child psychiatrist is available at AHC and that AHC was approved for two Psychologist Intern spots this upcoming year.			
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				

<b>Ground Rules/Process</b> 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).	Ok	n/a	n/a	n/a
<b>Review key points, next steps, assignments.</b>	Done	See above	See above	See above
<b>Roundtable – final thoughts, concerns, suggestions.</b>	Done	n/a	n/a	n/a