



Monroe County Mental Health Coalition

Meeting Minutes

Date: Thursday, February 15, 2024 at 8 a.m. via [Zoom](#).

Attendees: April Anderson, Eryn Leahy, Whitney Sanjari, Danielle Reget, Charles Weaver, Sierra Phillips, Amy Whitwam, Carole Ewald, Paul Skofronick, Dr. Amanda Falkers, Lorie Retzlaff, Brittany Sonie, Molly Betts

Events and Social Media Workgroup:

Facilitator: Eryn Leahy Notetaker: Eryn Leahy		Attendees: Danielle Reget (Sparta BGC), Molly Betts (member advocate for MHI), Lorie Retzlaff (Resilience training for spouses, civilians and army members at Fort McCoy), Charles Weaver (Veterans Services), Radar Weaver, Amy Whitwam (Social Emotional Learning Director of West Central WI BGC)
Start Time	Topic	Conclusion/Action
8:35	Share information of upcoming events.	Monroe County Mental Wellness Fair on May 16 th at Mueller Square in Sparta
8:45	What do we want to do/what are our goals?	<p>Learning more of other groups and supporting each other. We're all here for the community!</p> <p>Winnebago Park in Tomah – Amy could find out who to contact. Hope to be a great resource and help spread awareness to families of BGC. Any speakers, presenters, volunteers at BGC for mental health.</p> <p>Back to school in Sparta open house presence of mental health booth.</p> <p>Armed Forces Day at Fort McCoy, Butter Fest, county fair.</p> <p>Lots of positive feedback on simple mental health tips and tricks on social media.</p> <p>Biggest SDOH is isolation, depression, and loneliness – focus on kids AND outreach to older adults.</p> <p>BGC shares building with senior meal site – create some sort of material to go home with meals that talks about mental wellness/health.</p> <p>Use the ADRC newsletter to reach the senior population, radio and press releases.</p> <p><i>Do we become social media and outreach committee?</i></p> <p>Pushing to be at any conferences or meetings in our area – Lions District meeting, Rotary lights, Friends of Sparta, any opportunity to share what we're doing and enlist community's help. Tomah Downtown Thursday nights. Farmers markets in Tomah and Sparta, other local events. Enlisting civic groups to table at.</p> <p>Tomah Area Chamber – share upcoming events and ideas for us to attend.</p>



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Education and Training Workgroup:

Facilitator: Whitney Sanjari Notetaker: Whitney Sanjari		Attendees: Sierra Phillips, Carole Ewald, Kimberly, Whitney Sanjari, April Anderson
Start Time	Topic	Conclusion/Action
8:35	Group strengths discussion	Sierra: Facilitating meetings, offering support, event planning, offering lunch and learns, trauma informed care, professional education Carole: Networking, providing training, advertising/PR and writing, family therapy & relationship work Kimberly: helping those who have experienced violence, one on one work with clients- helping to meet needs, being a support, listening, running groups for relationship conflict & anger Whitney: event planning, administrative, teaching, presenting April: (was not in the break out room at the time)
	Next steps for education and training	It was decided that we didn't want to just pick programming on what we wanted to offer, but to try to address community needs. We will gather information from community needs assessments We will also plan a "coffee social" targeting different stakeholders – offering two in person and one virtual session. Would be framed as a community conversation where you could drop in as you're able. Proposed times/locations: -In person in Tomah at Tomah Health: 8-9 a.m. -In person in Sparta at TBD: 5-6:30 pm -Virtual from 12-1 p.m.
	To dos	All: bring a list of the groups you believe we should reach out to for a coffee social conversation. Whitney: Gather mental health data from CHA and YRBS April: Gather mental health data Sierra and Carole: Gather mental health data from the VA that you believe will be relevant to community training/programming



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Advocacy and Systems Change Workgroup:

Facilitator: April Anderson Notetaker: April Anderson		Attendees: Amanda Falkers (AJ Falkers Counseling), Brittany Sonie (Fort McCoy)
Start Time	Topic	Conclusion/Action
8:35	Subscribe to legislative updates link	https://notify.legis.wisconsin.gov/login?ReturnUrl=%2f
8:40	What do we want to do together?	Amanda Falkers is interested in working on systems change regarding crisis intervention (there are gaps that need to be filled). She is a member of the Wisconsin Counseling Association and is doing advocacy at the state capital already. She shared that she also has a lot of connections. She can help support with resources and by developing resources. Brittany shared that she would like to learn what mental health resources are available for military families and that she plans to advocate for access to these resources.