

Monroe County RTIC Meeting Minutes:



Date: Thursday, September 26th, 2024

Time: 8:30 am

Location: [Zoom](#)

Facilitator: Eryn Leahy

Recorder: Eryn Leahy

Attendees: Eryn Leahy (MCHD), Liz Evans (Great Rivers United Way), April Anderson (UW Extension), Terry Rogalla (Fort McCoy), Vicki Riley (Human Services), Sierra Phillips (Tomah VA),

Agenda Topic:	Desired Outcome:	Information:
Introductions	Learn who is here today	<p>Name and Organization:</p> <ul style="list-style-type: none"> • April outreach at Sparta Farmers Market – need for more translated materials • Be the Light Run/Walk was successful – need for more volunteers and fanfare • First tai chi class was also successful and flyer coming soon for virtual Youth Mental Health First Aid classes • Vicki did Western Region Meth Technical Assistance training on contingency management • United Way grant to address local needs (food and shelter) and community wellbeing • Liz attended focus group on reducing the fall back into homelessness • Sierra can now train facilitators in WRAP! • Suicide Prevention Summit was good
Lunch and learn planning updates	Check in on our plan for upcoming lunch and learn sessions	<ul style="list-style-type: none"> • Carole and Terry chatted about November presentation to plan materials for that. • They will meet to discuss the November presentation. • Group discussed a topic for December that will be discussed at next meeting.
Update on training request	See where we're at with Tomah Health training request: ACEs and resilience education	<ul style="list-style-type: none"> • Fall is a bit more challenging for member capacity, spring may work better. • Can they wait? If not, we can provide them with state contacts to do this training. • We need a better understanding of their needs and objectives to build the content. • "TIC is not a "thing," it's a mind shift and a conversation."

<p>CFA: Complex Trauma Training Consortium</p>	<p>Learn of new training opportunity and assess capacity for our group</p>	<ul style="list-style-type: none"> • Time commitment for group that attends this, but great topics and an opportunity to expand and solidify who’s involved in this work – law enforcement, Tomah Health, partner with La Crosse Mental Health Coalition? • Need: 4-6 members to receive extensive trainer-training for 16 months of 40-hour curriculum (fully remote). Must determine a “site” • Let’s send this to stakeholder agencies for their interest: Tomah Health, Diana, Karlene, Gundersen, Mayo, VA, MH Coalitions, Housing Coalitions, UW, United Way • Eryn: Tomah Health, Mental Health Coalition, Karlene at La Crosse Co. Sierra: Tomah VA Champions, Liz: Diana, GR Hub, Coulee Collaborative to End Homelessness contacts. Vicki: Michelle Larson and pupil services directors at schools. • Have people get back to us by October 1. If we get momentum, then we proceed. • There may be opportunities in the future if now isn’t the right time. • We need more people to join this work – add to the training survey about being a champion. • Building a champion community of practice: resources, networking, toolkit, etc. Return to champion and community of practice model – empowerment! 	
<p>Upcoming Events/ Opportunities</p>	<p>Share any events, observances, or learning opportunities.</p>	<p>Great Rivers United Way anniversary celebration October 10: Recovery Rally at Tomah VA Healthy Aging Expo on October 3 from 9-noon October 10: Substance Use Prevention Day October 26: Drug take back day at Sparta Mayo 10 am – 1pm</p>	
<p>Review and Closing</p>	<p>Review next steps for group members & develop next agenda.</p>	<p>Next Steps: -Reach out to contacts CTTC -Think about CoP/Champion framework -December 9 noon lunch and learn: Eryn to make flyers -April will create Zoom link</p>	<p>Next Meeting Agenda: -Lunch and Learns -Tomah Health training -CoP/Champion framework -“Healthy holidays: self-care and coping skills” boundaries, self-care, tool box, recipe, 5-10 min exercise</p>
<p>Next meeting: Thursday, October 24th at 8:30 a.m. via Zoom</p>			
<p>Parking lot items: Topics we want to educate on:</p> <ul style="list-style-type: none"> • Self-care and coping strategies 		<ul style="list-style-type: none"> • Where to get help when you need it • “Normal anxiety” and how diagnoses work • Grief education to general public 	

- Community prevention focus
- How to care for yourself to avoid crisis

- Burnout
- Postvention after OD deaths and suicides