



Monroe County Mental Health Coalition

Meeting Minutes

Date: Thursday, March 21, 2024 at 8 a.m. via [Zoom](#).

Attendees: April Anderson, Eryn Leahy, Danielle Reget, Liz Evans, Carole Ewald, Whitney Sanjari, Heidi Odegaard, Vicki Riley, Terry Rogalla, Molly Betts, Jesana Denter-Eckelberg, Deb Murray

Larger Group Discussion:

Social Media and Outreach Workgroup:

Facilitator: Eryn Leahy Notetaker: Eryn Leahy		Attendees: Eryn Leahy, Terry Rogalla, Molly Betts
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 La Crosse Suicide Summit in September
8:40	Ideas for promotion and increasing awareness	ASIST attendees were excited about Mental Wellness Fair – how to reach Tomah? Terry will ask his wife for businesses that are interested in helping share. Finding someone from Families First that’s interested in joining the coalition and to help spread the word – Molly will reach out to Lee. Asking radio to do live remote at event and promotion beforehand (will also help if we need to use alternate location due to weather). Getting proclamation signatures in April and then have printed out at May event. Work to get proclamation in newspaper, news stations, and working with La Crosse County’s efforts to work with media – Terry will bring up with them. Facebook reels to help increase engagement – Eryn will ask for intern help. Use SPTF money to boost posts (event), share on personal Facebooks.
8:45	September Walk ideas for promotion	Community walk for people to come together and be a show of solidarity. Help people remember that September is Suicide Awareness Month. Keeping it simple for year one, with ideas of doing an all-night walk at school track in future.



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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.