



# Monroe County Mental Health Coalition

## Meeting Minutes

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**Date:** Thursday, June 20, 2024 at 8 a.m. via [Zoom](#) or in-person at Monroe County Health Department

**Facilitator:** Eryn Leahy

**Note taker:** Lindsey Goyette

**Attendees:** Eryn Leahy (Health Department), Lindsey Goyette (Health Department), April Anderson (UW Extension), Liz Evans (Great Rivers United Way), Karla Lundeen (Great Rivers 211), Sierra Phillips (Tomah VA), Vicki Riley (Monroe County Human Services), Paul Skofronick (Tomah Schools), Heidi Odegaard (Mayo Clinic), Mykala Gouby (Family Promise), Terry Rogalla, (Fort McCoy), Laurie Graber (Sparrow's Nest)

### Agenda Items:

Topic	Conclusion/action
Introductions:	Share your favorite part of Mental Health Month
Updates/feedback on Mental Health Month events:	<p>Mental Wellness Fair: Location was nice, turn out was great, well-organized, vendors saw the value in it, having the treats was a great, hope to grow bigger and better each year, keep location for next year and a suicide walk in Tomah, expand to location businesses next year, add mindfulness, reading, and coloring</p> <p>Goals for next year: Mindful Movements for Mental Wellness, do in person? Guided yoga across the street? Tai Chi, Progressive muscle relaxation at Tomah VA grounds. Counselors available at the Sparrow's Nest.</p> <p>Mindful Movements – Movements based on ability. Set a goal, once goal met, emailed April to get a prize. Throughout week, different posts were created on the Facebook page. Sharing resources and activity people could get involved with.</p>
Outreach workgroup share out:	<p>Weekly Facebook post on Mondays. Looking for more things for Facebook posts.</p> <p>Trying to take more pictures at community events. Would want to try to do more videos.</p> <p>Trying to promote 988 more.</p> <p>Trying to know what newsletters exist to get more mental health/wellness in those newsletters (Health dept, ADRC, 4-H, HCE).</p> <p>Thinking about starting an Instagram.</p> <p>A school has resources on the back of their staff badges.</p> <p>Looking to get 988 yard signs.</p>



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Education workgroup share out:	<ul style="list-style-type: none"> <li>• <a href="#">Little Heart Project</a> idea</li> <li>• Please <a href="#">order 988 cards</a> for your organization</li> <li>• “Coffee chats” with different groups, healthcare workers, childcare, etc. - Look at data for certain audiences to target.</li> </ul>
Advocacy workgroup share out:	<p>Looking for the notice of the \$25,000 grant available that coalitions can apply for.</p> <p>Looking to invite someone to speak on how bills work, how they move through to get a better understanding.</p> <p>Could have Jennifer Shilling to speak about advocating for mental wellness.</p>
Strategic plan check-in:	<p>Mental health education and training: Getting into newsletters, create a letterhead, like that members are also on the Suicide Prevention Taskforce to create consistent messaging so there isn't duplication of work, have someone to speak on advocacy, continue getting more trainings out, more coalition-based news releases, open to all of the county, using respective platforms to share resources and direct to partner resources, capturing work already being done and using communication channels to share to wider audience</p> <p>Systems change and advocacy: Continue to build relationships with policy makers. Legislators are going to change due to realignment- bring to their attention what issues the community is seeing</p> <p>Trauma-informed care- RTIC June 10<sup>th</sup> Resilience Screening event at the Tomah VA. Four in attendance. Great discussions were had. RTIC puts on Learn and Learns on the basics of TIC. Well received. Link some TED Talks to the webpage. Clerical staff at human services giving out Mental Health Resource Guide regularly. Please reach out with update to the resource guide.</p> <p>Increase member engagement: Workgroups helps keep on track of strategic plan. Quarterly in-person meetings. Forward meeting invite to whomever you see fit.</p>
Upcoming events:	<p>Rock Garden Grand opening June 29<sup>th</sup> and 30<sup>th</sup></p> <p>RTIC Lunch and Learn Series – More to come.</p> <p>La Crosse Suicide Summit on September 19<sup>th</sup></p> <p>MCSCC Substance Use Prevention Day on October 10<sup>th</sup>: looking for mental wellness station – Sierra wanting to promote WRAP.</p> <p>Cup of Companionship – first Tuesday of the month at the American Legion in Sparta.</p>
Agenda items	2024 goals: Promote resource guide, advocacy, promote more events/awareness in newsletters.
Next meeting:	Thursday, August 15 at 8 a.m. via Zoom



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