



Monroe County Mental Health Coalition

Meeting Minutes

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

Facilitator: Eryn Leahy

Note taker: Eryn Leahy

Attendees: Eryn Leahy (Health Department), April Anderson (UW Extension), Vicki Riley (Human Services), Laurie and Tom Graber (TWV at Sparrows Nest), Whitney Sanjari (Tomah Health), Kimberly Windsor, Kyle Erickson (Sparta PD), Carole Ewald (Tomah VA), Deb Murray (Scenic Bluffs), Terry Rogalla (Fort McCoy), Nancy VanderMeer

Larger group discussion:

Topic	Conclusion/action
Updating resource guide	<p>Eryn has been working on updating resource guide and making it less wordy, specifically hotlines/text lines page. Eryn suggested shortening guide to only include counseling in Monroe County, but Terry, Vicki, and the Grabers advocated for listing La Crosse County resources as well.</p> <p>Whitney suggested splitting workload, for people to review specific sections to update contact information, description, and hours.</p> <ul style="list-style-type: none"> • Vicki Riley: counseling and local support groups • Carole and Terry: Military and Veterans Resources • Carole: Ho-Chunk Nation resources (will find new contact as well) • Terry: IPV/sexual assault (ask Jan Bruder for help if needed) • Whitney: Community groups, services, and programs • April: LGBTQ+ resources <p>Edits can be sent to Eryn to update the entire document. Final document will be sent to group for edits prior to publishing.</p> <p>Also had discussion on creating a resource guide for Spanish-speaking community members. Current document indicates services that are available in Spanish, but descriptions need to be translated.</p>
Upcoming events	<p>TWV hosting Veterans Pancake Breakfast last Monday of each month at Dorset Valley Schoolhouse from 9 – 11 am. Also Cups of Comradship on the second Tuesday monthly at American Legion.</p> <p>Be the Light Walk/Run on September 7.</p> <p>Suicide Prevention Summit on September 19 in La Crosse. Event beforehand too.</p> <p>Tomah Health Healthy Aging Expo on October 3 from 9-noon at Cranberry Country Lodge.</p>



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Social Media and Outreach Workgroup:

Facilitator: Eryn Leahy Notetaker: Eryn Leahy		Attendees: Eryn Leahy, Terry Rogalla, Tom Graber, Laurie Graber
Start Time	Topic	Conclusion/Action
8:30	Updating contact list	<p>Contacts to update: Families First, remove Tia Hewuse</p> <p>Inviting nursing homes, and Pastor Brian and Pastor Dave. Laurie will invite someone from St. Pat's community.</p> <p>Inviting additional people to quarterly in-person meetings: chamber of commerce members, Praise Network, WCOW, Evans Printing, etc.</p>
8:35	Member engagement	<p>Steering committee was built with workgroups.</p> <p>Terry will reach out to Fort McCoy contacts to reengage.</p> <p>Revisit Constant Contact newsletter idea.</p> <p>Inviting organizations from Resource Guide to give us an overview of their work.</p> <p>Making sure our focus is on mental wellness in addition to health, "Mental health is health."</p>
9:15	Next steps	<ul style="list-style-type: none"> -Eryn to create introductory email with invitation to join coalition -Everyone to identify people in their networks to invite to this group <p>Next meeting: 12 sectors activity</p>



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Education and Training Workgroup:

Facilitator: Whitney Sanjari Notetaker: Whitney Sanjari		Attendees:
Start Time	Topic	Conclusion/Action
8:30	Updates	<ul style="list-style-type: none">-Updated contact information for resource guide community section-Little Heart Project at Healthy Aging Expo-How can we formally promote Little Heart Project and engage other groups-Oakwood House in Warrens to see if they'll provide scrap yarn for Little Heart Project

Advocacy and Systems Change Workgroup:

Did not meet during this month.