



# Monroe County Mental Health Coalition

## Meeting Minutes

**Date:** Thursday, October 17, 2024 at 8 a.m. via [Zoom](#), **Facilitator:** Eryn Leahy, **Note taker:** Eryn Leahy

**Attendees:** Eryn Leahy (Health Department), April Anderson (UW Extension), Terry Rogalla (Fort McCoy), Laurie and Tom Graber (Together with Veterans), Deb Murray (Scenic Bluffs), Liz Evans (GR United Way), Danielle Reget (Sparta Boys and Girls Club), Lindsey Purl (Great Rivers HUB), Laura Reutlinger (Health Department), Jennifer Roberts (Great Rivers HUB), Nancy VanderMeer, Carole Ewald (Tomah VA), Amy Whitwam (TMS Counselor), Michelle Larson (DHS)

### Larger group discussion:

Topic	Conclusion/action
General updates	Updating resource guide: need edits from military and veterans, Ho-Chunk Nation, and IPV/sexual assault. Next steps: get smaller version available in Spanish <a href="#">Spanish language youth mental health resources</a> now available. <a href="#">DHS Suicide Data Dashboard</a> now available. November 21 meeting hybrid (in-person at Tomah Health): more information to come!
Organizational updates	<ul style="list-style-type: none"> <li>-Working on getting the Little Heart Project expanded in our county – Carole met with leader of this organization to discuss importance of program being self-sustaining</li> <li>-April attended virtual Mental Health America conference. Adults in community have recently reported that they are struggling with depression, anxiety, and thoughts of suicide.</li> <li>-GRUW received grant to support RTIC work (foundation training) – joining RTIC group!</li> <li>-GRUW focusing funding on mental wellbeing in the community.</li> <li>-Scenic Bluffs has received grant to expand mental health and substance use counseling. 3 additional providers, 1 nurse, someone for schools, and Recovery Coach.</li> <li>-Veterans Pancake Breakfast and Cups of Comradeship have great attendance!</li> <li>-Recovery Rally was well received (grief support, resilience, postvention). Pharmacogenomics testing to identify positive/negative outcomes from medications.</li> </ul>
Upcoming events	<ul style="list-style-type: none"> <li>-TWV hosting Veterans Pancake Breakfast last Monday of each month at Dorset Valley Schoolhouse from 9 – 11 am. Also Cups of Comradeship on the second Tuesday monthly at American Legion.</li> <li>-Drug Take Back event: October 26 from 10 am – 1 pm at Sparta Mayo campus.</li> <li>-Harvesting Our Authentic Selves: first Pride event on October 26 from 2-5pm at Mueller Square.</li> <li>-November 7-9 Writer’s Retreat at Sparrows Nest. Open House 2-5pm on November 15.</li> <li>-Lunch and Learns on November 6 and December 9 at noon virtually.</li> </ul>



# Monroe County Mental Health Coalition

## Meeting Minutes

### Social Media and Outreach Workgroup:

<b>Facilitator:</b> Eryn Leahy <b>Notetaker:</b> Eryn Leahy		<b>Attendees:</b> Eryn Leahy, Laurie and Tom Graber, Terry Rogalla
Start Time	Topic	Conclusion/Action
8:30	Updates from last meeting	People have sent additional contacts to be added to Mental Health and RTIC groups. Eryn created introductory letter for future connections – keep an eye out! Also created a brief survey to understand interest and capacity and a letterhead for all documents. Eryn asked SPTF for additional support for Facebook management.
8:30	Idea from Laurie	Create a flyer for our in-person meeting to share in the community – specifically the ministerial group to share.
8:30	12 sectors activity  Ask Cedric to re-invite county board and law enforcement – what concerns are they seeing (your viewpoint) and what are we working on? Help us to host a legislative session.	<p>Businesses: yes – sponsorship for events, hanging flyers, donations</p> <p>Child care providers: we have contact list</p> <p>Civic/volunteer groups: Challenge Academy, Church youth groups, Teens for Christ, Holy Family Healing Center, Drug Court participants</p> <p>Elementary and secondary education: need more school involvement in these groups.</p> <p>Government: Nancy VanderMeer and Fort McCoy. Ideas to engage county board.</p> <p>Healthcare professionals: Tomah Health, Scenic Bluffs, Tomah VA, previously had Gundersen and Mayo.</p> <p>Law enforcement: Sparta PD SRO and Officer Fisher. Grabers have contact with Wilton officer. How can we share information, resources, and trainings with our law enforcement? Ideas of crisis intervention training and peer support for law enforcement.</p> <p>Media: we have a contact list of who to reach.</p> <p>Parents: listening sessions at schools? Training specific to caregivers.</p> <p>Religious and fraternal organizations: Knights of Columbus, Rotary, Lions Club, 4H, FFA, Boy Scouts (Eagle Projects), Mennonite groups (Llewelyn Graber).</p> <p><b>Senior citizens: next meeting</b></p> <p><b>Youth: next meeting</b></p>
9:00	Next steps	<p>-Eryn to attend coordinating justice meeting to gather feedback from law enforcement.</p> <p>-Eryn to email Liz about idea of engaging county board for listening session.</p> <p>-Grabers to host Spring event: speaker/painter, singer, QPR training – get in touch with Charles</p>



# Monroe County Mental Health Coalition

## Meeting Minutes

---

### Education and Training Workgroup:

<b>Facilitator:</b> April Anderson <b>Notetaker:</b> April Anderson		<b>Attendees:</b> April Anderson, Carole Ewald, Laura Reutlinger, Liz Evans, Amy Whitwam, Sierra Phillips
Start Time	Topic	Conclusion/Action
8:30	Lunch and Learn	We discussed the RTIC "Healthy Holidays: Self-Care & Coping Skills" event on December 9th from noon to 1. Carole suggested the topic of "navigating families" and is willing to help plan this event. If anyone has any additional ideas and/or resources, please let us know.
8:35	Coffee Conversations	Carole is going to reach out to the Farm Co-Op off Hwy. 16
8:40	Review of objectives	We reviewed our workgroup's objectives within the strategic plan. We discussed creating a survey to determine topics members are interested in learning more about to help us plan potential trainings and/or presentations. We also discussed having each member create a Facebook post to send to Eryn.  When it comes to accessing mental health care Carole suggested that people carry 988 cards and Veteran's Crisis Line information with them. Local businesses could be asked to display these cards. The cards are a great conversation starter and can lead to other opportunities.
9:00	Self-care	Everyone shared what they're doing for self-care and discussed a few recipes. April's Butternut Squash Apple Cranberry Bake recipe is included in the email with minutes.
9:05	Topics for next meeting	Check in with Carole on Farmers Co-Op

### Advocacy and Systems Change Workgroup:

Did not meet during this month.