

Cascade County Mental Health Local Advisory Council (CCMHLAC)

Minutes

Monday, May 1, 2017

Largent Center - McFadden Room

915 1st Ave. South 3-5 pm

Members Present- Shelly Heilweil, Dawn Goulet, James Gustafsen, Shawn Matsko, Richard Ferry, Linda Daggett, Wilson, John Shaffer, Trish Haagenson, Vonnie Brown, Julie Prigmore, Greg Tilton, Jean Irvine, Karen McDaniel, Nicole Zimmerman.

Call to Order, Welcome and Introductions- The meeting was called to order at 3:04 PM by Shelly Heilweil, Co-Chair, at 3:04 PM.

Review and Approval of Minutes of Last Meeting- The Minutes of the April 3rd meeting were approved.

Treasurer's Report- Linda reported that there was one expenditure of \$7.12 for printing. The account now stands at \$2,555.96.

Continuing Business:

1. **CIT & CRT-** Shelly reported that the Crisis Steering Committee met and that there are no new projects or substantive developments. The Committee's May meeting will be at the jail.
2. **CHIP-** (Community Health Improvement Plan) Nicole reported that she was on the *Access to Mental Health Committee* of the CHIP program. Their work dovetails with what she is doing at her employment – i.e., reducing the barriers of stigma in mental health access, especially with kids.
3. **Web & Media Committee-** Shelly reported that she is coordinating with the Suicide Prevention Committee to employ one web designer at Allegra. They are meeting to set it up this coming week and should have it set up within 5 weeks. The website costs will be this group's major expense for 2017.
4. **Suicide Prevention Committee-** Greg reported they trying to fill the gaps in expertise/stakeholders representation on the committee and recruiting those needed areas of expertise. He reminded members about the May 18th MHAGF event with speaker, Eric Newhouse.
5. **Update of email list and new members-** Today's new members will be added to the list.
6. **Mapping the Community resources-**
 - Shelly circulated a printed copy of the Map we created to identify local mental health organizations-- Federal, State, County/City, Private, and Volunteer.
 - The goal is to identify gaps in services and to streamline access to services for consumers. .
 - Each member present was encouraged to discuss their organization's needs and how we can coordinate better, and how to better fill in the gaps.

New Business:

1. **Dedicated phone lines during May-** Greg reported that he is doing some TV and radio spots during Mental Health Month (May) and was encouraged by his collaborators to set up a dedicated phone line; providing a simple, easy to remember number that would be advertised for the listeners/viewers to call. He requested consideration of funding a phone line for this purpose starting in May, but possibly continuing into the future. This led to a group discussion about the need for a functional mental health hot line:

- Trish affirmed the critical need for a central number to call as the way to access mental health care. She personally experienced a week's duration of confusion & dead ends when seeking to solve a family member's mental health crisis. She noted that some police are trained in CIT and some aren't.
- Discussion: A new phone line might not be something included in our mission. There are crisis numbers in the community, but for some reason they are not well known, or used. The need for easy access was acknowledged.
- An ad-hoc committee was formed to address this gap in hot line services, trace what happened in Trish's family's experience, and make recommendations. Trish, Julie, Shelly, Greg and John will be on the committee and they will meet Wednesday May 10th at 1:00 with Julie hosting the meeting.

Brief Community Reports/Announcements from our Stakeholders present:

Wounded Warrior Project – Jean reported that she works with Veterans experiencing trauma.

Vets Center - Richard reported that they did a walk honoring survivors of sexual trauma including male sexual assault. The center is increasing awareness for disability ratings for Vets to cover sexual assault and the VA is producing information on the results of sexual trauma. Richard is working all over the State. At the Center they are doing Yoga for Vets, Healing Waters, and working with Eagle Mount on an equestrian program.

Police Department- John reported that the Department is focusing on Second hand trauma. They are in a pilot program with Northeastern University on a vicarious trauma tool kit aimed at prevention. A website to access more information about vicarious trauma is ovc.gov/vtt. They were able to send some officers to an out-of-state retreat. John is working toward putting mental health check-ups on par with physical check-ups.

Alliance for Youth- Nicole reported that they are doing a panel on cyber-bullying and suicide hoping to reduce the stigma of mental health. The *Elephant in the Room* project provides a safe place for kids to talk about mental health problems. They are hosting a community awareness day in September and October for kids. They are doing Mental Health First Aid taglined as *CPR for Mental Health*.

Full Circle- Karen reported that their clinicians are at full capacity and they are partnering with outside therapists. Kayla Shepardson at Community Health Care Center is a good resource for them and possibly for us.

Suicide Prevention Team- Greg reported that the team has 3 working groups: Marketing- working with media and networking; Outreach-screenings and referrals; and Intervention- measuring success, identifying gaps & the path forward.

CSAA- James reported that they are planning for the CSAA Congress next Saturday (May 13th) in Helena, and urged everyone's attendance. We do need an alternate to fill in for James if he is not able to attend. There will be a Staewide SAA Summit in July. James will send some CSAA information to Linda for distribution via email.

Peer Support Specialist – Vonnie reported that the State Licensing Board is working on the rules and regulations for certification of Peer Support Specialists, and that they will be set up by October.

Center for Mental Health- Julie reported that some employees went to the National Council Conference- consultants the State is using to be better partners in community identification of gaps in services.

MHAGF- Shelly provided invitations to the *Make a Difference in May* event to be held at the Country Club on May 18th, and Linda encouraged the members to attend.

AWARE- Dawn reported that AWARE does offer an emergency crisis number staffed by licensed therapists that will take calls after hours.

Adjourn- The meeting was adjourned at 4:35 PM by Dawn Goulet, Co-Chair.

Date of next meeting: June 5th, 2017