



re:TH!NK Mental Health/Substance Abuse Prevention Committee Meeting

Date: 8-20-15

Location: Coughlin Center, Oshkosh

Minutes taken by: Lynnsey Erickson

| <b>Attendees:</b>                                 |   |   |   |
|---|---|---|---|
| Lynnsey Erickson,<br>AmeriCorps-<br>WCHD/re:TH!NK | Anna Carpenter,<br>WCHD/Lakeshore Tobacco<br>Prevention Network | Leona Whitman, UWO-<br>Living Healthy Community<br>Clinic | Kevin Wilkinson, Neenah<br>PD                 |
| Heidi Keating,<br>WCHD/re:TH!NK                   | Beth Clay, NEW Mental<br>Health Connection                      | Jason Weber, Town of<br>Menasha PD                        | Jeannie Chase, Catholic<br>Charities, Oshkosh |
| Chris Wardlow, Catalpa<br>Health/Outagamie County | Teresa Paulus, WCHD   | Pete Ehlert, WISO   | Andrea Phillips, Friendship<br>Place          |
| Barry Busby, Coroner                              | Kenn Olson, Winnebago<br>County Board                           | Debbie Peters, Community<br>for Hope                      |   |
| Brenna Root,<br>WCHD/re:TH!NK                     | Dan Hinton, Winnebago<br>County DHS                             | Cheryl Laabs,<br>WCHD/re:TH!NK                            |   |



re:TH!NK Mental Health/Substance Abuse Prevention Committee Meeting

Date: 8-20-15

Location: Coughlin Center, Oshkosh

Minutes taken by: Lynnsey Erickson

| Topic                         | Facilitated By: | Discussion  | Actions |
|-------------------------------|-----------------|---|---------|
| Welcome and Introductions     | Dan Hinton      | re:TH!NK decided to merge into two “halves”: “Nutrition + Physical Activity” and “Mental Health + Substance Abuse Prevention” to better combine resources and join efforts. This meeting is to provide updates on already happening initiatives and introduce the two groups together.  |         |
| Public Comments               |                 |   |         |
| Update on social host efforts | Heidi Keating   | <ol style="list-style-type: none"> <li>1. Working on getting a social host policy in City of Oshkosh, Neenah, and Menasha; Winnebago County and Town of Menasha already have policies in place</li> <li>2. Social host policies reinforce laws that are already in place, helps law enforcement</li> <li>3. talking to UWO PD to get them involved</li> <li>4. We still have a big problem of underage drinking</li> <li>5. as far as policy change, this is one thing we can do</li> <li>6. looking for suggestions on how to further this movement and make progress</li> </ol> |         |





re:TH!NK Mental Health/Substance Abuse Prevention Committee Meeting

Date: 8-20-15

Location: Coughlin Center, Oshkosh

Minutes taken by: Lynnsey Erickson

|                                  |                          |  |   |
|----------------------------------|--------------------------|--|---|
|                                  |                          | <ul style="list-style-type: none"> <li>a. join with Party.0?</li> <li>b. will be following up with PD and provide education/presentation to city councils</li> </ul>   |   |
| Marijuana Report Review          | Dan Hinton/Chris Wardlow | <ul style="list-style-type: none"> <li>1. AODA group is reporting to governor's office of current state of marijuana in the state</li> <li>2. there is a final draft ready, may make some amendments, will vote on it, then send back to SCAODA (State Council on Alcohol and other Drug Abuse) for approval, then will be published</li> <li>3. contains 36 recommendations, some for cannabinoid research, treatment/recovery</li> <li>4. report is potentially up for change</li> <li>5. there is good representation in the group that has worked on the report</li> </ul> |   |
| Winnebago County AODA Assessment | Heidi Keating            | <ul style="list-style-type: none"> <li>1. required part of 2014-2019 DFC (Drug Free Communities) grant</li> <li>2. Brenna and Heidi have been attending Coalition Academy, as required of the DFC grant</li> <li>3. required to create a community assessment, first</li> </ul>  | Contact Heidi Keating at <a href="mailto:hkeating@co.winnebago.wi.us">hkeating@co.winnebago.wi.us</a> if interested in viewing the final report once finished |





re:TH!NK Mental Health/Substance Abuse Prevention Committee Meeting

Date: 8-20-15

Location: Coughlin Center, Oshkosh

Minutes taken by: Lynnsey Erickson

|   |                         |   |  |
|---|-------------------------|---|--|
|   |                         | <p>brought back to SAP committee; the assessment goes through communities (places, interests) to try and understand influences of community, differences, interests, demographics, strengths/areas for improvement; new influences (i.e., vape stores), substances with most problems (i.e., alcohol); and history related to substance use (e.g., UWO's St. Patrick's Day celebrations)</p> <ol style="list-style-type: none"> <li>4. report not finished yet but will be soon for the next coalition academy training in two weeks</li> <li>5. report must name problem statement and priority: Adult binge drinking and underage drinking</li> <li>6. CHIA (Community Health in Action)- health departments and coalitions meet together to share ideas</li> </ol> |  |
| <p>Connected Community Wellness Screening</p> | <p>Lynnsey Erickson</p> | <ol style="list-style-type: none"> <li>1. Brief overview of Samaritan Counseling's Wellness Screen program:             <ol style="list-style-type: none"> <li>a. parents sign form giving consent to have student screened</li> </ol> </li> </ol>  | <p>If interested in learning more about Wellness Screen, contact program director Sarah Bassing-</p> |





re:TH!NK Mental Health/Substance Abuse Prevention Committee Meeting

Date: 8-20-15

Location: Coughlin Center, Oshkosh

Minutes taken by: Lynnsey Erickson

|  |  |   |  |
|--|--|---|--|
|  |  | <p>b. Students are called down to be screened, they also give consent</p> <p>c. Students take a 10-minute questionnaire on computer with questions about health, feelings, and behaviors</p> <p>d. Questionnaire is scored, and if no concerns arise, students debrief with a staff member and talk about their stress and coping skills; if a concern arises (e.g., high anxiety or depression levels, drug or alcohol use, thoughts or attempts of suicide, self-harm behavior), the student meets with a clinician to discuss concerns and identify recommended next steps. Students may be handed off to guidance counselor or outside mental health provider. Parents are called to discuss concerns and help with connecting to resources</p> <p>2. Screening last school year at Oshkosh North and</p> | <p>Sutton at <a href="mailto:sbassing-sutton@samaritan-counseling.com">sbassing-sutton@samaritan-counseling.com</a> or <a href="http://samaritan-counseling.com/wellness-screen/">http://samaritan-counseling.com/wellness-screen/</a></p> <p>Check out re:TH!NK's latest <a href="#">eUpdate</a>, featuring Samaritan Counseling in partner spotlight</p> |
|--|--|---|--|





re:TH!NK Mental Health/Substance Abuse Prevention Committee Meeting

Date: 8-20-15

Location: Coughlin Center, Oshkosh

Minutes taken by: Lynnsey Erickson

|  |   |  |  |
|--|---|--|--|
|  |   | <p>West high schools went well; over 200 students screened</p> <ol style="list-style-type: none"> <li>3. Screening will continue this fall 2015 at Oshkosh West and North, adding on Omro High School</li> <li>4. additional team added to Samaritan's staff to cover some Outagamie County schools</li> </ol>   |  |
| <p>Fox Valley/Tri-County Zero Suicide Initiative</p> | <p>Cheryl Laabs/Debbie Peters/Beth Clay</p> | <ol style="list-style-type: none"> <li>1. 7-8 collaborators in the area (including Community for Hope, Samaritan Counseling, and Prevent Suicide-Fox Cities) attended the Zero Suicide Academy training in Stevens Point in April</li> <li>2. Zero Suicide is the philosophy that no number of suicides is acceptable and suicide prevention is possible in health care settings</li> <li>3. The Fox Valley/Tri-County initiative is the first in the state and has met multiple times since April. Currently waiting to hear response from Mental Health America for a grant to support hiring a coordinator for the initiative</li> <li>4. Focus on follow-up care after ER visits or crisis center</li> </ol> | <p>If interested in joining Fox Valley/Tri County Zero Suicide Initiative, contact Linda Hupf at <a href="mailto:lhupfwi@gmail.com">lhupfwi@gmail.com</a></p> <p>Check out Zero Suicide website at <a href="http://zerosuicide.sprc.org/">http://zerosuicide.sprc.org/</a></p> |





re:TH!NK Mental Health/Substance Abuse Prevention Committee Meeting

Date: 8-20-15

Location: Coughlin Center, Oshkosh

Minutes taken by: Lynnsey Erickson

|                                 |                  |   |   |
|---------------------------------|------------------|---|---|
|                                 |                  | <p>calls; fill gaps and make sure health care systems are asking suicide risk questions for all appointments</p> <p>5. Beth Clay gave overview of NEW Mental Health initiatives (including Zero Suicide)</p>  |   |
| 2-1-1 Resource Helpline Posters | Lynnsey Erickson | <p>1. Posters promote United Way's 2-1-1 Resource Helpline, which connects callers to a variety of resources, from mental health, substance abuse, housing, transportation, etc. Poster has post-it notes people can tear off with the information to call; translated in Spanish and Hmong</p> <p>2. We have about 38 posters left; looking to hang more up in public bathroom stalls, hair salons, laundromats, anywhere where people can take them privately</p> | <p>If you would like some posters to hang at your agency or anywhere else, contact Lynnsey Erickson at <a href="mailto:lerickson@co.winnebago.wi.us">lerickson@co.winnebago.wi.us</a></p> |
| Real Happy Hour                 | Cheryl Laabs     | <p>1. To reflect re:TH!NK's new structure and merging of committees, WCHD and re:TH!NK is also developing a new campaign called the Real Happy Hour, adapted from Marathon County's campaign.</p> <p>2. Real Happy Hour is all about stressing the importance</p>   | <p>If interested in joining the Real Happy Hour group, contact Heidi Keating at <a href="mailto:hkeating@co.winnebago.wi.us">hkeating@co.winnebago.wi.us</a></p>                          |



re:TH!NK Mental Health/Substance Abuse Prevention Committee Meeting

Date: 8-20-15

Location: Coughlin Center, Oshkosh

Minutes taken by: Lynnsey Erickson

|                          |              |   |  |
|--------------------------|--------------|---|--|
|                          |              | <p>of quality family time with kids and helping kids have at least one trusted adult they can go to. Help families share meals together and talk, listen, and connect.</p> <ol style="list-style-type: none"> <li>3. We had a table at the Oshkosh Back-to-School Fair and Neenah Back-to-School Fair and handed out palm cards with research supporting Real Happy Hour and conversation starters for families; along with re:TH!NK’s staggered handouts (how to talk to teens about tough issues), and survey for families about how often they eat meals together, barriers preventing them from mealtime, and why it’s important</li> <li>4. Launch events coming up October 19-23</li> </ol> | <p>Follow Real Happy Hour on social media:</p> <p>Facebook:<br/> <a href="https://www.facebook.com/TheRealHappyHr">https://www.facebook.com/TheRealHappyHr</a></p> <p>Twitter:<br/> <a href="https://twitter.com/realhappyhour">https://twitter.com/realhappyhour</a></p> <p>Pinterest:<br/> <a href="https://www.pinterest.com/realhappyhour/">https://www.pinterest.com/realhappyhour/</a></p> |
| Mental Health Share Shop | Cheryl Laabs | <ol style="list-style-type: none"> <li>1. We will continue to have Mental Health Share Shop meetings, which are for mental health care providers and agencies to network and share news</li> <li>2. Will start again after re:TH!NK’s workshop on ACEs in September</li> </ol>  |  |







re:TH!NK Mental Health/Substance Abuse Prevention Committee Meeting

Date: 8-20-15

Location: Coughlin Center, Oshkosh

Minutes taken by: Lynnsey Erickson

|                                    |                  |   |  |
|------------------------------------|------------------|---|--|
| Upcoming re:TH!NK workshop on ACEs | Lynnsey Erickson | 1. Next re:TH!NK workshop will be on Adverse Childhood Experiences and associated health outcomes on Monday, September 14, 12:30-3:30pm at Miron Construction in Neenah | If you would like to attend the ACEs workshop, RSVP <a href="#">here</a> |
| Next Meeting                       |                  | TBD; we will be meeting every other month   |  |