

Mental Health Action Team

04/18/2017

- Jenine Miller informed all new participants to include their email on the sign-in sheet if they would like to receive the minutes via email.
- Updates –
- Previous minutes were reviewed – There were no changes or questions regarding the previous minutes.
 - I. Minutes were approved.
- Introductions were made around the table after the first agenda item was discussed.
- Agenda Items
 - I. The setting of a regular meeting date was discussed.
 - There was a suggestion that after 4 pm would be a good time to schedule a reoccurring meeting.
 - Another member suggested that there would be more diversity and clients able to attend if we chose times that client were more available.
 - The after 4 pm suggestion would work for the TAY clients.
 - Care managers would be able to bring clients that wanted to attend.
 - Manzanita and Arbor open at 4 pm.
 - It was suggested that we try to have a rotating meeting host.
 - The meeting would need to take place once per month.
 - Other groups are farther ahead that this one currently is and it will be easier to catch up once regularly scheduled meetings are in place.
 - The best day to accommodate was discussed and 4 pm on the 1st Thursday of the month at a rotating location was chosen.
 - There was a discussion about using Telehealth software or Polycom to increase membership and attendance.
 - There was a suggestion to have one at the coast on a quarterly basis.
 - There was concern that not enough people would be able to be involved.
 - The May 4th meeting will take place in Conference Room 1 in the Dora Street location and the rotating schedule will be discussed at that point.
 - Having late meetings hinders people who live farther out from attending.
 - II. The previous goals and lack of goals were discussed.

- The last meeting started to frame goals.
 - More focus and better education on what different services are available.
 - A primary focus is needed.
 - Getting a proposal on the ballot for Mental Health Initiative.
- What should the primary focus be, something already discussed or something new?
 - Gayle Zepeda suggested that the group start promoting increased prevention services, provide more education, and more training to the community.
 - Feels prevention is a good focus and undiagnosed issues are important to try to help.
 - Need to deliver the message that recovery is possible.
 - Townley Saye said that a collective message of what options and services are available is needed.
 - Donna Moschetti brought up that part of the focus should be on educating the families.
 - Helping them to notice the signs or better deal with issues and crises that arise.
 - Jan McGourty asked what was being done for the Prevention measure currently.
 - Outreach is being made to reach veterans.
 - There is a broader focus (SMI-VA, Beacon, Mild to Moderate)
 - Tim Schraeder discussed the Prevention work that has been done in areas around the county and in the schools.
 - Karen Lovato elaborated on prevention measures and where funds are allocated for prevention.
 - Gayle Zepeda asked how the average community member know about the services.
 - Awareness bracelets
 - May is Mental Health Month Events
 - Many brochures
 - Lots of items and giveaways with information and phone numbers of where help can be gotten.
 - Townley Saye asked how is the effectiveness of the efforts being measured?

- Need to evaluate the effectiveness of the services and determine how they are working and what can be improved.
- Deborah Lee talked about different types of evaluating and educating.
 - She discussed how MHSA differentiates the PEI categories and that there were different ways to measure each type of service.
 - Suggested that we look at what goals we want to achieve and come up with a plan to achieve them, instead of having a program and then figure out how to evaluate.
- **Goal – Taking inventory of services, creating a simplified message, and provide adequate education about the services.
 - Suicide prevention was used as an example.
 - Knowing what programs and services exist is important.
- S.M.A.R.T. (Simple, Measureable, Achievable, Realistic, Timely) goals need to be set.
- Ron Epstein talked about how we should focus on earlier ages, to catch illnesses or issues early.
 - Need to increase preventive services.
 - Increase risk factor analysis.
 - Add an additional proposition to the ballot.
- **Goal – Increase the awareness and evaluation of prevention activities and preventative services that we currently have with the community.
- Jenine Miller reviewed part of the PEI regulation changes.
 - We must learn what things are being done nationally and figure out what we need to do as a community.
 - We need better education and training for what services are available.
- Debra Lee discussed education and training; we should figure out what to educate on before we will be able to figure out how to educate.
 - Most PEI services are a 1, 2, or 3 step program, education for each type of program is different from the others.
- Gayle Zepeda talked about the groups purpose, the people that are served, and the services that are provided.
- Jenine Miller clarified that the county is not fully responsible for this initiative, that there are more people and organizations involve than just the county, the county is just a small part of the whole.

- **Goal – Inventory and assess all levels of services
 - Jenine discussed that there are some great things happening in other areas in the county that people have no idea they exist.
 - Wellness preventing mental illness could be a destigmatization.
- There was a discussion about stigma and the lack of education
 - A lack of knowledge and stigma cause people to avoid the use of services.
- The medical professionals also need to be educated as well.
- It is important for families to have a voice in treatment and decisions that are being made about their family member that are experiencing a mental illness.
- Education for family members is also extremely important.
- Lois Lockhart discussed the difficulties that the Tribal Community has had many problems getting services.
 - Suggested that the goals should be to better the availability of services.
 - Services in those area is far too difficult to find.
- Ron Epstein stated that talking about community health is very important.
- We must make sure that we assess that the services are covering the needs of the community.

III. Follow up Assignments

- Sandy O’Ferrall will follow-up on a pre-existing file from a thumb drive that was created in a previous group.
 - Will bring in the info for a start.
- Need to reach out to services that aren’t represented
 - Veterans – Will Van Zandt
- Donna Moschetti will bring information on Nami.
- Tim Schraeder will bring a list of the services that are offered by their providers.
- Townley Saye will create a Survey Monkey survey to evaluate services.
- Lois Lockhart will call Consolidated Tribal Health.
- Sandy O’Ferrall will investigate possible hospital protocol that will prevent our goals.
- Jenine Miller will provide a provider manual that has an updated list of services that are covered; it has recently been updated.
- It was discussed whether offering ICE cards out to the entire community would be beneficial and help prevent stigma.

IV. Next meeting date – May 4th at 4 pm in Conference Room 1