

January 30, 2018

Attendees: Fort Bragg - Thais Mazur (Project Coordinator, Healthy Mendocino), Richard Mack (Community Member), Laurel LeMohn (Redwood Community Services), Anna Shaw (Mendocino Coast Hospitality Center), Lisa Larimer Burtis (Redwood Community Services)

Reminder to send meeting Minutes to Patrice Mascolo.

Welcome and Introductions:

Thais called meeting to order at 16:04.

Introductions were made for the attendees

Thais reviewed the Community Health Improvement Plan history.

Community Health Needs Assessment was completed

Results can be found on the Healthy Mendocino website.

A lot has happened since the initial study: (fires, mill site shut down (2001), fishing industry hits, cannabis industry hit)

The five priorities areas are: Mental Health, Poverty, Housing, Childhood Trauma, Family Wellness (including Childhood Obesity)

Thais reminded the team of the Healthy Mendocino Summit on March 8th in Willits - 9:30 - 12:30 (Willits Community Center?) and encouraged all to carpool. Thais gave a brief overview of what to expect at the summit.

We have three years to impact our communities. The final community health improvement plan review will be due June 1, 2020.

Team discussed a key strategy: Expand or build relationships/communication with people in the community.

A suggestion was made to market crisis center for all people, not just medi-cal beneficiaries.

Reviewed Goal 1 and the 3 corresponding objectives. Identified the following trainings that would be helpful for the coast: Mental Health First Aid; ASIST (MHSA).

Thais provided information on some of the other action teams including an 8 week course being offered through the West Company on Money Management.

Several marketing suggestions were made:

Stigma reduction in the community

Directing Change - Lisa will follow up

Write Articles, send items of what's happening to Patrice.

FaceBook, Instagram - Laurel will follow up.

TV/Ad at theater - Richard will follow up with a quote.

Join the Hashtags campaign from inland group.

The Bridge Angels - Golden Gate Bridge - What has worked for them

Last Letter exhibit - put on an exhibit of last letters from people who have completed suicide.

Others we can reach out to: Nutritionist, sports club, fort Bragg City council, teachers, Andy wellspring, Sheriff Allman, Sally Swan, Dan Djerde.

Next Meeting February 27th at 4pm at Healing Center on Main