



## North Coast Mental Health Action Team Minutes Tuesday, May 21, 2019 – 5:30PM-7PM

Present: Lisa Larimer Burtis, Thaïs Mazur, Frank Menhams, Molly Rosenthal (Healthy Mendocino)

Absent: Tammy Davis, Dan Gjerde, Vanessa Goertzen, Janet Self, Meryl Schlingheyde, Sally Swan, Cynthia Wall, Tanya Wyldflower, Kianna Zielesch, Geri Morisky, Richard Mack

Meeting begin: 5:40PM

Thaïs is working with the South Coast school districts to put together a resource toolkit around youth mental health. The North Coast Mental Health Team should think of some ways to support them—possibly getting together a team together for the South Coast so that resources can be shared between geographic regions and communication can be kept open. The South Coast is very underserved when it comes to mental health. The suicide rate is off the charts.

Thaïs and Lisa will be attending the QPR suicide prevention training all day on 6/25. Salon stylists are a suitable group to be trained in this means of communication. Lisa is working with Amy Statham to train a group of hairdressers. Thaïs mentioned that Action Network may be able to provide a stipend for Lisa to come to the South Coast to train some professionals.

Lisa would like to join the Mendocino County Suicide Prevention Committee to help improve the MHSA suicide prevention exhibit in the fall and has contacted them about joining the committee. She would like to help the committee with recruiting presenters. The Mental Health Team could help with county outreach to get more people involved that have experienced suicide. The MHAT could also help with collection of letters and help get better involvement from the community as well as consider ideas of a supportive process—making art related to suicide can heighten trauma. Thaïs would like to get involved and tie the exhibit into resiliency.

The team reviewed their goals for this CHIP cycle. The team had mostly satisfied all goals except Goal 1: Increase outreach to the regional middle-school and high school suicide prevention programs and literature by 30% by July 2020. Ideas for satisfying this goal were discussed—a viewing of a youth suicide prevention film “Help Make it Happen” (title?) at an upcoming parent night. To arrange this the superintendent will need to be contacted.

Action items: Lisa will continue to get in contact with the county’s Suicide Prevention Committee to see if she can join. Thaïs will connect with the superintendent for Point Arena schools, Warren Galletti.

Molly Rosenthal will work on compiling a resource toolkit for the coast--mental health resources, best practices, articles that destigmatize mental illness, local mental health fundraisers and trainings, etc-- for the Healthy Mendocino website. Molly will also work on recruitment for the Mental Health Action Team.

The next Mental Health meeting will be June 18<sup>th</sup> (not June 25<sup>th</sup>) and it will be the last meeting at RCS Healing Center. The team would like to find a new meeting spot.

Meeting adjourned.

*Respectfully Submitted by Molly Rosenthal, Healthy Mendocino*