

North Coast Regional Chapter Mental Health Action Team Minutes

August 21, 2017

Present: Merlye Schling, Lynne Borheim, Lisa Larmer Burtis, Erika Malsom and
Thais Mazur

Thais announced the October 25 Healthy Mendocino Summit in Willits

Group discussed focusing on suicide prevention through education, training, and safety

Outreach to schools, parents, community centers, clinics, churches, police officers and other groups.

Educate on:

- teen and senior suicide
- bullying and social media
- warning signs
- identifying at risk
- crisis Line Access
- post traumatic stress

Educate through:

- the farmers market
- school assemblies
- media
- community events

Teach trauma informed practices.

Offer mindfulness/yoga as self regulation techniques

Have a stamp out the stigma march

Begin a Just Ask campaign

Announce Each Mind Matters

Build Action Team Members:

SUDT, Senior Center, and Chaplains – Lisa

Counselor from Highschools – Erika

Erica and Lisa agreed to be on KZYX discussing the group's focus and launching a Just Ask campaign.

Lynne Borheim agreed to be the facilitator of this group.

Next Meeting September 11, 3:30 – 4:30