



HSC 2020 Mental Health Substance Abuse Community Health Committee


Stigma


Thursday February 4, 2016

Minutes

DATE:	Thursday February 4, 2016, 8:05am-9am	LOCATION:	Sheboygan Dept. of Health & Human Services, Rm. 372
PRESIDING:	Kate Baer, (Mental Health America)		
PRESENT:	Sue Thiel, Frank Simac, James Simac, Ann Bachrach, Mary Paluchniak, Barb Kolar, Michele Wangemann, Connie Bitter, Mark Janzen, Pamela Krueger, Jean Beinemann, Libby Holte, Jenny Vorpapel, Kristine Feggestad, Kate Baer		
ABSENT/EXCUSED:	Miva Yang		
GUESTS:			
RECORDER:	Jenny Vorpapel		
NEXT MEETING:	8:05am - 9am on Thursday March 3 rd , 2016 at DHHS [1011 N. 8 th St., Sheboygan, WI 53081], Room 372		

ITEM	DISCUSSION/CONCLUSION/RECOMMENDATIONS
A. Welcome and Introductions	We have a new member of the group, Connie Bitter from Sargento. Welcome, Connie!
Objective 1: "Provide education and resources to increase community awareness of mental illness and substance abuse disorders."	
B. Watch a story of recovery....	<p>The group watched a video made by Rogers InHealth. All testimonials on their website feature Wisconsin residents:</p> <p>http://rogersinhealth.org/resources/randy</p> <p>Healthy Sheboygan County is open to making similar videos with anyone who would be willing to share their story on camera.</p> <p>Some discussion from the group included:</p> <ul style="list-style-type: none">-“Mental health recovery” sometimes sends the message to people that people will fully recover and no longer have mental health issues. Resiliency might be a better term to use.-“Recovery” is a fluid term, however when people hear recovery, they think the mental illness is cured.-It is important to educate families on what recovery means. A comparison could be made to diabetes: it is a lifelong struggle with its ups and downs.-Everyone has mental health, but everyone is somewhere different on the mental health

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	spectrum. Recovery means coming back from a hopeless situation. After that recovery, you still may go up and down on the mental health spectrum.
<p>C. “Organize and hold a mental health/AODA resource fair to improve awareness of programs and resources in Sheboygan County.”</p> <p>Review/Discuss Budget Updates Vendor Updates Activities Marketing Next Steps</p>	<p>We need to follow up with sponsors for monetary donations for the event. Aurora, St. Nicks, Sargento, and Homes for Independent Living are all probable sponsors. Jean Beinemann stated she can check into the possibility of Sheboygan County Health and Human Services also sponsoring.</p> <p>Sue stated that three girls from Horizon for Girls will be available to help with the Kids Korner.</p> <p>We will again be doing city bus advertising—there was positive feedback from that advertising last year.</p> <p>Much more planning will be going on before the next meeting. Next month’s meeting is on Kate’s birthday. She’ll be bringing doughnuts. 😊</p>
<p>D. “Write articles for the HSC2020 column in the Sheboygan Press that focus on the reduction of stigma.”</p> <p>Volunteer Author Updates and Continued Discussion needed after HOP training awareness -</p> <p>Follow Up Re: first article printed/community feedback</p>	<p>Kate handed out “5 Levels of Disclosure” to the group from the Honest, Open and Proud training.</p> <div data-bbox="808 649 913 771">  5 Levels of Disclosure.pdf </div> <p>Honest, Open Proud training will be offered to the public in May. Dates to come soon.</p> <p>Reminder-All the articles and minutes from HSC 2020 meetings are on the HSC 2020 website: www.healthysheboygancounty.org</p> <p>Any health related events can be sent to hsc2020@sheboygancounty.com to be put on the website.</p>
<p>Objective 2: “Provide continued support for existing initiatives in our community that are working to create a culture that reduces stigma of mental illness and substance abuse disorders.”</p>	
<p>E. “Support activities, outreach, and marketing for National Mental Health Month in May.”</p> <p>What’s Happening...</p>	<p>The month will kick off with the Mental Health/AODA resource fair on May 3rd.</p> <p>Mental health screening week will be featured during the month of May, specific dates to be determined.</p> <p>Look for more updates in March.</p> <p>It’s also important to get this information to schools. At the last HSC 2020 Leadership meeting, Tom Malmstadt offered to gather contact information for various school contacts throughout the entire county.</p>
<p>F. Update on Recovery Coaches Stigma Reduction Approaches...</p>	<p>Kate was given a “Unite Leadership Priorities” document. It is still in draft form. More information to come once a final draft is created.</p>
<p>G. OTHER/ROUND TABLE</p>	<p>-Kohler and the United Way are funding “Mindful Awareness Strategies”, a one OR three day training</p>

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	<p>opportunity for education and community professionals. There is no cost for the training, and you can choose to participate in only day one, or days one, two, and three.</p> <p>Day 1: Wednesday, April 6, 2016 8:30am-12pm</p> <p>Day 2: Wednesday, April 13, 2016 8:30am-12pm</p> <p>Day 3: Wednesday, April 27, 2016 8:30-12pm</p> <p>All three trainings will be at Jake's Café (529 Ontario Ave, Sheboygan, WI 53081)</p> <p>-Two book club dates at the Kohler Public Library: March 22nd and April 19th, both Tuesdays.</p> <p>Flyers for the events:</p> <p> Book Club Flyers.pdf</p> <p>-Community Involvement Event: Advanced Care Planning</p> <p>Tuesday, April 19, 2016 at The Bull from 6:30-8pm—Open to the public</p> <p>Anyone over 18 should think about Advanced Care Planning</p> <p>They are working on a flyer now and will submit it to go on the website.</p>
<p>H. OTHER ITEMS Tabled for further discussion....</p> <p>Find out if other community health assessments measure stigma.</p>	
<p>“Support the ‘There is Hope’ walk for suicide awareness and prevention.” Table N/A</p>	<p>Save the Date: 2016 There is Hope Walk for Suicide Awareness and Prevention will be held on Saturday September 10th (also World Suicide Prevention Day)</p>
<p>“Support MHA explore with W.I.S.E. and other successful anti-stigma initiatives in other communities and pick target population/project to develop and implement in Sheboygan County.”</p>	

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“Support activities, outreach, and marketing for National Recovery Month in September.” TBD	
“Connect with SCAN Committee to support Well County Initiative and assure accurate information on mental health, illness, addiction, and trauma is being shared with employees in non-stigmatizing ways.”	
<p><i>Don’t forget:</i></p> <ul style="list-style-type: none"> • Education/Prevention • Access to Service • Coordination/Continuity of Care • Health Literacy 	
<p>Report Out for Full Committee</p> <ul style="list-style-type: none"> • <i>Summary</i> • <i>Barriers</i> • <i>Celebrations</i> • <i>Asks</i> 	