

Northland Healthy Minds Coalition Meeting
 August 16, 2019 11:05 a.m.-Noon
 St. Louis River Room
 Government Services Center, 320 W. 2nd St. Duluth, MN

Attendance: LaReesa Sandretsky (Presiding), Pat Michals (Recorder), Jeff Mortimer, Rochelle Lentz, Barb Caskey, Stephany Medina, Sara Bumgardner, Megan Halena, Stacey Nordby, Meredith J. Kujala, Robyn Tomaszewski, Karen Sheldon, Martina Mellang, Rachel Thapa, Meghann Levitt, Terry Wasnick, Susan Vitulli, Donell Smith, Beth Ebtad, Mary Rapps, Erin Thompson.
 Attendance via phone: Emma Grover, Meagan Avery, Melissa Burlaga

Item	Discussion	Future Actions
Welcome/Introductions	LaReesa Sandretsky welcomed all attending in person and via phone.	
Work Group Updates 1. Employer 2. Community Events	<p>No one could come from the Employer Work Group today.</p> <p>Community Events Group meets 1-2:30 p.m. on the 3rd Wednesday of each month. Members have been staffing NHM tables. Suggestions were given on ways to get more volunteers for tables and NHM events. Some ideas were having Google Docs sign-up sheet with time slots, Tip Sheets on what should be done at the tables, contact info, handouts, etc.</p> <p>The following agreed to join the Community Work Group meetings. Stacy Nordby, Meredith J. Kujala, Sara Bumgardner, Rochelle Lentz, Jeff Mortimer, Beth Elstad.</p> <p>The following agreed to staff NHM tables at the upcoming events. PRIDE: August 31 11 a.m.-7 p.m. Emma Grover ; Meredith J. Kujala & Erin Thompson together. Harvest Festival September 7 10 a.m.-4 p.m. @ Bayfront Mary Rapps; Terry Wasnick NHM has not reserved a table at the October St. Louis County Health and Human Services 2-day conference due to high fee.</p>	<p>Megan Halena stated that the Employer group inventoried its supplies & will order more.</p> <p>LaReesa will implement suggestions made for better communication and solicitation of volunteers. She will send an e-mail to the new Work Group members concerning the Wednesday 8/21 Community Events meeting @ Generations 1-2:30 p.m.</p> <p>Please use this link to access the tabling document: https://docs.google.com/document/d/1kznb2fm-NFBUmWIVcU_lwmTPL0xjdc7K-nvfjsVq7i0/edit?usp=sharing</p> <p>There are funds for table fees but they were not requested until there are volunteers. Terry sent info to Lareesa concerning requesting a table for Harvest Festival. More info will be sent to the volunteers once</p>

<p>3. Youth Mental Health First Aid Trainings</p>	<p>During October 6-12 Mental Illness Awareness Week, NHM will offer a free 8-hour Adult Mental Health First Aid Course at One Roof on October 9 from Noon-5 p.m and 8 a.m.-1 p.m. on October 10. Since there still are funds from the Family Services Grant, children’s books on mental health may be purchased. Volunteers may be needed to read books to children at the Library during Mental Health Awareness Week.</p> <p>The Community Events Work Group is starting planning for the May 2020 Mental Health Awareness activities.</p> <p>Today was Martina Mellang’s last day with NHM as she took a new job with Essentia. She was thanked for her leadership these past years.</p> <p>There will be 3 Youth Mental Health First Aid Trainings on August 24, September 11 & 12 and September 30.</p>	<p>the reservations & details are completed for each event.</p> <p>Several people indicated that NHM could share materials at their agencies’ tables. More discussion is needed at next meeting.</p> <p>Spread the word about the MHFA class. More info will be on the NHM website when details are finalized.</p> <p>Anyone desiring to volunteer for a work group or any NHM activities should contact Lareesa at info@northlandhealthyminds.org</p> <p>A new leader for this Work Group is needed. Volunteers are welcome.</p> <p>Anyone interested can register at www.norhtlandhealtyminds.org/ymfa</p>
<p>Review of Key Take-aways from July Meeting</p>	<p>Lareesa summarized the main issues from the last meeting including language used when referring to mental illness and those with lived experiences. Metrics for evaluation of program effectiveness were reviewed. Members appreciate actions taken since July. The metrics are:</p> <ol style="list-style-type: none"> 1. <i>making our community a more caring place for people with mental illnesses.</i> 2. <i>increasing knowledge about mental illnesses.</i> 3. <i>making people more comfortable talking to someone about mental illness.</i> 4. <i>increasing compassion for people living with mental illnesses.</i> <p>Since there were a lot of suggestions on how to do effective evaluation (when to evaluate, type of evaluation, other questions to ask, etc) the group decided to form an Evaluation Work Group. Members are: Rachel Thapa, Meghann Levitt, Robyn Tomaszewski, Beth Elstad, Rochelle Lentz, Mary Rapps, Terry Wasnick.</p>	<p>We will be convening a group of mental health professionals & people with lived experiences to get input on language used by NHM in oral and written communications. This may happen in the next 2 months. LaReesa is open to any ideas for the group. Suggestion was made to also get input on the needs of these 2 groups.</p> <p>Megan Halena has the sign-up list that has information on the people who volunteered for the new Evaluation Work Group.</p>

<p>Upcoming Events/Programs</p>	<p>Jeff Mortimore from RSI described the work he is doing with several agencies to help those who live with disabilities form social connections. The event he promoted is <i>Community Conversations</i> that will be held on September 12, 2019 @ Duluth Folk School from 6-8 p.m. It will include art, live music, food, panel discussion and short films.</p> <p>There is a free Peer Conference in Staples, MN sponsored by Wellness in the Woods on September 14 at 9 a.m.</p> <p>Martina shared flyers on 2 programs.</p> <ol style="list-style-type: none"> 1. Are You at Risk for Diabetes: Improve your health & prevent diabetes through Diabetes Prevention Program. Classes start on September 9 and October 9. 2. <i>All of Us Research Program</i>. Martina will be joining this team on 8/19. <p>The <i>Annual Recovery Walk</i> is on September 8, 2019 2-5 p.m. at Leif Erickson Park 1301 London Road Duluth, MN 55805. All are Welcome.</p> <p>Rochelle Lentz described a new NAMI Open Door Support Group for those who have an anxiety or panic disorder. It will start on 10/2/19 and will meet every 1st and 3rd Wednesdays from 6:30 p.m.-8:00 p.m. at Central Hillside Community Center 12 E. 4th Street.</p>	<p>For more info, contact Jeff at jeffrey.mortimore@residentialservices.org</p> <p>Contact Terry Wasnick for more information at terryann2345@gmail.com</p> <p>Pre-registration is required. Please call 218-722-4745.</p> <p>For more info go call 1-877-340-8058 or e-mail AllofUs@EssentiaHealth.org or visit EssentiaHealth.org/AllofUs</p> <p>Flyers were distributed on this event.</p> <p>For more information, contact Rochelle @ 218-349-0358 or rjewelentz14@gmail.com</p>
<p>Next Meeting:</p>	<p>The next meeting will be Friday September 20, 2019 11 a.m.-Noon in the St. Louis River Room @ Government Services Center, 320 W. 2nd St. in Duluth, MN.</p>	<p>LaReesa will add today's new members to the list of those who get advanced notice of the next meetings.</p>