

Northland Healthy Minds Coalition Meeting, 7/19/19

In attendance: Jenna Ballinger, Stephanie Cotton, Michelle Hargrave, Sarah Miller, Glen Tridgale, Stephanie Medina, Rachel Thapa, Meghann Levitt, Jennifer Jereulle, Pat Michals, Ric Schaefer, Emily Anderson, Karly Horn, Adam Ries, Angel Hohenstein, Becca Jago, Megan Halena, Barb Caskey, Erin Thompson, Meredith Kujala, Stacy Nordby, Beth Fait, Meagan Avery, Rochelle Lentz, Heather Klingsporn

Item	Discussion	Future actions
Welcome & introductions		
<p>Reviewing our metrics: Our goal is to eliminate the stigma surrounding mental illness. We envision a community that is caring and compassionate for people with mental illnesses.</p> <p>The community events work group developed these metrics based off of a HealthPartners survey. Do you agree these metrics contribute to eliminating stigma? Is there anything we are missing?</p> <ol style="list-style-type: none"> 1. Making our community a more caring place for people with mental illnesses? 2. Increasing knowledge about mental illnesses 3. Making people more comfortable talking to someone about mental illness 4. Increasing compassion for people living with mental illnesses 	<p>In small groups, we discussed the metrics. Some highlights of the discussion:</p> <ul style="list-style-type: none"> ● Another metric of success could be increased dialogue, but we would need to come up with a way to measure that. ● How are we distinguishing between mental health and mental illness and what does that mean for our work and metrics? ● Currently we are surveying event participants and worksite partners and asking them these questions - we would like to measure these in more places (such as communitywide). ● The language could use some clarifying - what defines a community, what kind of knowledge are we increasing, how are we defining comfort and compassion. We may not need to change the metrics to clarify, but could add clarification when the questions are asked. Maybe we can tailor the questions 	<p>The executive committee will review these suggestions and come up with recommendations to bring back to the coalition.</p>

	<p>to specific groups/events that are being surveyed.</p> <ul style="list-style-type: none"> ● What range of mental illnesses are we talking about in these questions? It may be too broad. ● How can we measure awareness of resources? ● Can we add a measure that looks at our impact on stigma reduction at a more systems/population level? ● Can we change the language to “people experiencing mental illnesses”? 	
<p>Discussion: Who are we missing at our table? Professions, agencies, etc.</p>	<ul style="list-style-type: none"> ● Lake County ● Tribal Governments/AICHO ● Lake Superior College ● Lake Superior Community Health Center ● Maurices ● Minnesota Power ● PAVSA ● Duluth Family Medicine Clinic ● DRCC, REM ● Safe Haven ● CHUM ● DAIP ● Other non-ISD 709 schools ● Northern Lights Cooperative, ICOD Co-op ● Salvation Army ● Lutheran Social Services ● Lighthouse ● MAC-V 	<p>If you suggested someone or have a connection at one of the places listed, please invite them to participate! You can use the email, attached and pasted below.</p>

	<ul style="list-style-type: none"> ● Affordable Housing Coalition 	
Come up with at least three things we can do in 2019 - 2020 to work towards our metrics.	<ul style="list-style-type: none"> ● Marketing campaign - mental health and mental illness are something that we all experience - we have to conceptualize that we all exist on this spectrum. Mental health is a continuum/construct. Demonstrating that everyone can relate to this. What does 1 in 5 mean, and is that stigmatizing language in itself? ● More focus on in depth training vs. ambassador training (which is more surface level) - such as Mental Health First Aid. Could we add our metrics to the MHFA post-evaluation? 	We ran out of time and will continue this discussion at our August meeting.
Volunteers for tabling <ul style="list-style-type: none"> ● Pride: Aug. 31, 11 a.m. to 7 p.m. at Bayfront ● Harvest Festival: Sept. 7, 10 a.m. to 4 p.m. at Bayfront 		Contact LaReesa, info@northlandhealthyminds.org , to volunteer. <i>We cannot table without volunteers, so please help if you can!</i>
Coalition Member Feature: Virginia Northland Healthy Minds Group	<ul style="list-style-type: none"> ● Project-focused groups ● Focusing on mental illness week, employment work/group and ideas for the school year ● John Moe will be coming in April 	If you would like to talk about your work/organization at an upcoming meeting, please contact LaReesa, info@northlandhealthyminds.org .
Other Items	NHM will be sponsoring a Mental Health First Aid training in October. We have a large group of trainers now in the region for the 8-hour class that	MHFA training in October - would you like to host or do you know of a group who would benefit from

	<p>teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders in your community.</p>	<p>that training? Contact LaReesa, info@northlandhealthyminds.org, if you do.</p> <p>Otherwise, if you are interested in the training at another time, contact Jenna Ballinger, jenna.ballinger@essentiahealth.org, if you are interested in hosting a Mental Health First Aid class for your organization/workplace, contact Jenna.</p>
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Next Meeting: Friday, Aug. 16, 11 a.m. to noon

Draft email to invite a new organization

Hello,

I'm reaching out on behalf of Northland Healthy Minds. They are a coalition that meets monthly in Duluth, and their goal is to eliminate the stigma surrounding mental illness. We envision a community that is caring and compassionate for people with mental illnesses.

You/your organization would be a great addition to the group. We are currently planning our work for the 2019-2020 year and would value your input. Our next coalition meeting is Aug. 16, 11 a.m. at Government Services Center, St. Louis River Room, Duluth.

I would love to see you there! If you have questions or other ideas on how you or your organization can support our mission, please let me know. You can also learn more at www.northlandhealthyminds.org.

Thanks,

Coalition Member