

Meeting Minutes from: Tuesday, December 6, 2011

Attending: Andrea, Stefonek, Cathy Koerpel, Jaye Bessa, Gail Nelson, Maureen Juras, Sue Piazza, Donna Shimeck

Group: Mental Health Interagency Council/Summit Planning

Topic	Discussion	Follow Up
Welcome/updates	Andrea chaired the meeting in Char's absence. It was decided that we should devote the meeting time to planning of the Summit. Committee brainstormed ideas.	
2012 Mental Health Summit	<p><u>Target Audience:</u> Students & Teachers, parents, consumers, professionals</p> <p><u>Location:</u> Several locations were investigated and it was determined that the only viable venue would be the Waters in Minocqua. They had two dates in May available: May 11 & May 25th. It was suggested that we request May 11 because the 25th is a holiday weekend.</p> <p><u>Theme:</u> Mental Health Summit: The Journey Continues. "Surviving, Thriving, Hope & Peace"</p> <p><u>Keynote:</u> Bridgett Birdsall, author of "Ordinary Angels" She will be asked to give a keynote and a workshop & panel</p> <p><u>Time Schedule:</u> Same as last year.</p>	<p>Same as last year.</p> <p>Maureen will go and look at the location & begin the process for reserving it for Friday, May 11th.</p> <p>Cathy will talk to her</p>

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	<p><u>TOPICS /PRESENTER IDEAS:</u> In looking at last year’s program, we determined that we needed 15 workshops for the day. We added a few extra in case we needed alternatives.</p> <p>The committee identified the following workshop ideas:</p> <ol style="list-style-type: none"> 1. Bridgett’s follow-up workshop 2. Cyberbullying (Chief Mike Steffis/Minocqua) 3. “Eating for Happiness” 4. Trauma Debriefing/Stress Management 5. Compassion Fatigue 6. Journaling from surviving to thriving (Sue Perry) 7. Teen Dating Violence (Dr. Salt, UW Stout) 8. Veterans (PTSD, WrapAround?) (Dan Naylor) 9. Yoga or Experiential Exercises (Betsy) 10. QPR/Suicide (Maureen or Betsy) 11. Rhinelander Model/Natural Supports (Dr. Galley) 12. Survivor Panel (Bridgett, Sue Perry, others?) 	<p>Cathy</p> <p>Sue</p> <p>Gail (UW Extension)</p> <p>Jaye (Cesa)</p> <p>Andrea</p> <p>Sue</p> <p>Sue</p> <p>Cathy</p> <p>Sue</p> <p>Maureen</p> <p>Donna</p> <p>? Cathy & Sue</p>

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	<p>13. Spirituality & Aging Issues (Dr. Salt)</p> <p>14. Zumba or something like it.</p> <p>15. Teen Violence Skit? (Tri-County Council?)</p> <p>16. Meditation or Alternative</p> <p>17. Stressors of Poverty</p> <p>It was suggested that the committee members identified in the follow-up would contact the potential presenter and talk about availability & workshop idea in a general manner & will report back to the committee at the January meeting.</p>	<p>Sue</p> <p>Maureen</p> <p>Maureen</p> <p>Cathy</p> <p>Gail</p>
<p>Additional Workshop Ideas during Brainstorming</p>	<p>The committee brainstormed more ideas for potential workshop topics. Some of these were included:</p> <ul style="list-style-type: none"> • RAD Training • Alzheimer's & Dementia • Poverty Workshop • Brain Development & Attachment (Children thru lifespan) • Task Force: Hepatitis C epidemic, gangs, Rx drug 	<p>If we need more workshops we may want to consider adding one or more of these.</p> <p>It was also mentioned that there is a substance abuse conference in the planning stages around the same time as our summit so we may not need to include similar topics they might also address.</p>

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	<p>abuse</p> <ul style="list-style-type: none"> • Panel of caregiver, consumer, etc (realize that older adults are not sure what to watch for—abuse of drugs such as Vicodin) • “Boys Adrift”—ADHD & meds—brain affect; education system issues, effects of therapy & drugs • (Panel?) Grandparents Raising Grandchildren: legal issues (special needs trust) financial planning (Don Hermansen) • Survivor of Abuse—Thriving 	
Next MHIAC Meeting	Tuesday, January 3, 2012 at St. Mary’s Hospital, Conference Room 3. MH Summit planning mtg. tentatively right after.	Char will reserve room.