



Behavioral Health Coalition

OF ADAMS & TAYLOR COUNTY

**Meeting Minutes - Corning
CHI Health Mercy Corning
605 Rosary Drive
Corning, Iowa 50841
November 2, 2017 (11:45 pm-1:00 pm)**

Attendance

Those in present at the meeting were:

Deb Schrader, Coalition Leader
Brandy Powers, Tobacco Prevention, Page County Public Health
Kathy Peckham, CHI Health Mercy Hospital
Liz Timmerman, At Risk Coordinator, SWV Schools
Kris Richey, Crossroads Mental Health Center
Cheryl Walton, Choice Inc
Debra Simmonds, 1st Five Taylor County Public Health
Mary O'Riley, Pastor, Prescott United Church of Christ
Brittany Garey, Counselor, Southwest Iowa Families
Madison McBride, Turning Point
Aimee, Quicke, Turning Point
Vicki Sickels, Quad Counties 4 Kids

Welcome/Introductions:

Debra Schrader opened the meeting. Those present introduced themselves.
The Coalition members thanked CHI for the complementary lunch as well as the administrative support.

Review of meeting minutes

The minutes of the October 5, 2017 meeting were reviewed and accepted as presented.

Plan Development

Web Based Resource Guide - Deb Schrader updated the group regarding the website. The website should go live November 30, 2017. The website will provide for additional web pages for Quad Counties 4 Kids ECI, Taylor County Interagency, Adams County Interagency, and the Southern Hills Mental Health Region. Deb requested the web developer to provide a training manual on website operations, additionally a training will be conducted and Vicki Sickels and Deb will attend. A few changes needed to be made regarding the information gathered from mental health providers and an online form will be available to add a new provider or update an existing provider. After the \$1,778 performance package, domain, and webhosting is paid, there will be \$572 remaining in the FY18 budget. The remaining funding will be used to prepay for website expenses.

Mental Health First Aid Training (Adult and Youth)

Deb Schrader provided a written update from Cathay Pringniz. There are three adult mental health first aid trainings set up through SWCC for November 8th - 9th, November 29th and 30th and December 13th and 14th from 12:30-4:45 p.m. Cathay has discussed with SWCC doing an ongoing class about every 6 weeks or so in the spring. This is something she will work with SWCC on. Working with SWCC has seemed to be the best resource for getting the word out and the advertising which covers several surrounding counties including Adams and Taylor.

Brittany Garey updated the group for Brittany Homan. The youth mental health first aid training that was scheduled for Clarinda High School was cancelled due to low registration. A community training is tentatively being planned for January 2018 in Corning. It was noted that AJ Counseling has a meeting room that can be used free of charge for trainings.

The Coalition would like to assist with marketing the trainings and would like having flyers to circulate in the community. Deb will follow-up with the trainers regarding flyers.

The training line for mental health first aid was discussed. There is \$4,500 allocated for community training expenses and to date \$177.92 has been expended, which leaves \$4,322.08. It was consensus of the Coalition to relocate \$2,500 to other trainings and the remaining \$1,822.08 can be utilized for mental health first aide community training expenses (i.e. books, refreshments, etc)

Evidenced Based Prevention

Liz Timmerman updated the group on Capturing Kids Hearts. It was noted that kids are greeting one another in a positive manner, there have been less disruptions in school and children are doing overall better in school with grades. Liz will draft an outcome report for the December meeting.

Liz updated the group that the \$500 allocated for NAMI group education will not take place this year due to concentration of Capturing Kids Hearts and Nurtured Heart Approach. The funding can be reallocated to other trainings.

Liz updated the group on the Nurtured Heart Approach training. The total costs of the September training was budgeted at \$6,500 and \$5,133.69 was expended. This leaves \$1,366.31 remaining in the training line. It has been identified that Sara Stone from the AEA, Kyle Dasher from Crossroads, Erin Wetzel from Southwest Valley Schools as well as Liz are interested in attending training to become a trainer in the future.

The FY18 training budget was discussed in detail. After careful review of the FY18 budget, it was consensus of the Coalition to re-allocate \$2,500 from mental health first aid training, \$500 from the NAMI group education, and \$1,366.31 from the Nurtured Heart Approach training, for a total reallocation of \$4,366.31 to the follow-up training for Nurtured Heart Approach in February 2018. The follow-up training is \$3,000 and the remainder of the funds can be used for other expenses and incentives for families. The incentives is to consist of Nurtured Heart Approach products.

System Solutions

Kris Richey updated the group regarding the collaborative protocol for mental health committals. A emergency room entry form has been developed to assist with patients entering the hospital. The next meeting is December 37 at 10:00 at CHI Hospital.

Other Business

Paper Tigers

On November 7th from 5:00-7:30 Green Hills AEA will be sponsoring a Paper Tigers and Connections Matter training at AEA. Pizza and drinks will be provided. Liz Cox from Prevent Child Abuse Iowa will be the presenter.

Free Mental Health Counseling

Short term counseling will be provided by student therapists who are supervised by licensed clinicians at the Des Moines Pastoral Counseling Center located at the Grace United Methodist Church in Des Moines every Wednesday from 2:00-6:00.

News Release

Deb submitted a news release on behalf of the Coalition to the three newspapers in Adams and Taylor County. The Adams County Free press printed the article in the opinion section. A copy of the news release was provided to the Coalition.

Overdose Training

A free overdose training will be 11-28-17 from 9:00-3:30 at the Holiday Inn Airport in Des Moines.

Grant Reallocation

Deb Schrader updated the group of possible grant reallocations. Unneeded funds in grant year two (FY18) will potentially be reassigned from the ten Coalitions that are funded through the Mission and Ministry Fund (MMF). The amount of reassigned funds is unknown at this time. A list of program ideas is to be identified prior to December 5, 2017. On December 5, 2017 there will be a Coalition leader roundtable in Omaha to map out a plan for potential unused funds for FY18. Agencies with identified programs must have the capacity to implement the service by June 30, 2018. Deb provided a guidance document to assist with conversations for potential programs. Programs must meet one of the three grant goals:

- Goal 1: Increase the overall awareness of existing and potential resources among community stakeholders through an established behavioral health coalition.
- Goal 2: Provide community-wide trainings on mental health and substance abuse to stakeholders such as law enforcement, EMT's, pastors, school personnel, and elder care workers.
- Goal 3: Expand behavioral health prevention that educates and engages parents of children and youth 0-18.

After much discussion it was consensus of the Coalition to recommend the following in the event there us unallocated funds from the other ten Coalitions:

Rank of Importance	Program and Costs	Notes
1	Website expenses - \$1,206	Current program; meets goal 1 Expenses to pay for the performance package, domain and hosting Ensures continuity of the website and assist with sustainability There is only \$572 remaining the website line item, there for \$1,206 is needed for the difference The Coalition leader will take the lead on the project

2	Nurtured Heart Approach Train the Trainer -\$ 5,000	Current program; meets goal 2 Expenses to send a community member to training out of state To assure continued programming and to assist with sustainability, having a trained person would be of benefit to the community Possibility of securing funding from DCAT to assist with expenses Sara Stone/ AEA, Kyle Dasher/Crossroads, Erin Wetzal and Liz Timmerman/Southwest Valley Schools have been identified as possible trainers Southwest Valley Schools will take the lead on the project
3	Circle of Security - \$13,000	New Program; meets goal 3 Expenses to send two therapists from Crossroads out of state Evidenced based program designed to engage parents in parenting education, self reflection, and education how to regulate their own emotional state Crossroads will take the lead on the project
4	Capturing Kids Hearts - \$14,000	Current Program; meets goal 3 Expenses related to providing training to elementary school students in year three of the grant Lenox and Southwest Valley Schools will take the lead on the project

Next Steps

- Deb will contact the mental health first aid trainers and obtain flyers of trainings.
- Deb will continue to work with the web developers.
- Liz will contact Nurtured Heart Approach and schedule the February follow-up training.
- Liz will provide an outcome report for Capturing Kids Hearts in December.
- Deb will draft an amendment to the MOU for the Nurtured Heart Approach training to allow for the follow-up.
- Deb will prepare a document of potential programs with supporting information and attend the meeting in Omaha December 5th and represent the Coalition.

Next Meeting

The next meeting is December 7, 2017 at 11:45 at CHI Hospital in Corning.
Respectfully submitted, Debra Schrader, CHI Coalition Leader.