



Mental Health/Substance Use Action Team Meeting Minutes

DATE: 10/26/2020

TIME: 9:00 AM

Location: WebEx

Present: Holly Bill, Tim Bromley, Ted Bender, Constance Foster, Courtney Miller, Denise Backes, Grant Allen, Jan Leonard, Julie Herzog, Kerri Viets, Mary Meister, Michele Carmichael, Monica Hendrickson, Queena Howard, Roland Tenley, Sally Gambacorta, Tricia Larson, Doug Gaa, Mike Kennedy, Kate Green, Becky Turner, & Amy Roberts

UnityPlace Presentation – Dr. Ted Bender

Dr. Bender | Theodore.Bender@unitypoint.org | 1-888-311-0321

-Dr. Bender noted how there has been a significant impact on mental health throughout the pandemic.

-Dr. Bender reviewed common symptoms of anxiety and depression and how to talk to them about how they're feeling

-Reviewed services offered by UnityPlace

Links shared during presentation:

- https://www.thenationalcouncil.org/wp-content/uploads/2020/03/Building_Organizational_Resilience_in_the_Face_of_COVID-19.pdf?daf=375ateTbd56
- <https://developingchild.harvard.edu/resources/how-to-help-families-and-staff-build-resilience-during-the-covid-19-outbreak/>
- <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/stress-coping/index.html>
- <https://seizetheawkward.org/>
- <https://youtu.be/gJ73qRfHYW8>

Announcement: IDPH Health Alert re: Counterfeit Opioid Pills (Attachment)

-Just an announcement from IDPH that there are counterfeit opioid pills out on the street and that youth are getting ahold of them.

Additional Speaker Request

-Holly stated last month Katie Kelly with Lifting Up presented and there was a lot of conversation about her presentation and work and today with UnityPlace.

-If you have suggestions for guest speakers, email Holly, Tim, or Amy and they will take the suggestion to the steering committee to consider them for future meetings.

-Someone to benefit the tri-county area, including people who regularly attend this meeting.

Action Teams Reporting

-Holly shared that the progress is on a shared Google document that you can edit. This information can be found on HealthyHOI.org discussion board. The dashboards are also available on there.

-Holly shared that she wanted to start tracking any kind of progress towards goals, so if you have any steps or progress that has been made-please let her know.

Healthcare

-Tim stated currently there are 13 OSF primary care settings that have integrated behavior health counselors within and UnityPoint has 7.

-These practices are very busy due to COVID.

-OSF is looking into expanding even further.

-At OSF, the PCP would be able to walk the patient to the counselor's office in the same building.

-At UnityPoint, a counselor will go out to the different clinics and can have appointments scheduled with the counselor while seeing their PCP.

-If they clients are needing more in-depth services, they are being referred elsewhere.

-Cheryl stated they would like to get a Psychiatrist integrated as well.

Education/Trainings

-The Mental Health First Aid cadre has been formed and the individuals are excited to be working together.

-They will be able to provide youth or adult. There is a teen version coming out, but none of the cadre has been trained on that yet.

-Networking among the trainers was a huge benefit as well as coordinating among the agencies. (Different agencies have different funding/grants).

-This training can be expensive – the new virtual platform is \$23/person to just purchase a seat and if that person doesn't show up, it's a cost to the agency. – This could lead to barriers.

-This helps cover the trainers having to get their required trainings in per year and it takes the 8-hour training away with just one person.

-This allows the community to choose which group is the best fitting.

-The overall goal so far has not moved, but they are working towards that goal.

-If you know of anyone that would like to be trained, please reach out to Holly.

-Eventually there will be a request form on the Partnership website.

-The virtual education piece is continuing but has slowed down – should be fine by the end of the year.

Criminal Justice/Harm Reduction

Chris was not on the call and Holly did not have any updates for Criminal Justice/Harm Reduction. Holly stated she knew there was a drug take back day this past weekend. Doug stated they participated in that and they also have drop centers year round.

Steering Committee Recruitment

Holly stated she is looking for others to join the steering committee. They meet one week prior to this big group meeting, working to fill the agenda together. It will probably stay as a phone

call, as it has been effective. Especially looking for help in the Criminal Justice/Harm Reduction group, as Chris from Jolt hasn't been able to join since they are short staffed and very overwhelmed right now. Please let Holly or Tim know if you'd like to join.

Member Announcements

Holly stated the next meeting is November 30th, but there will not be a meeting in December. The group did not have any reservations about keeping the November date as is.

Next Meeting: Monday, November 30, 2020 @ 9:00 am – WebEx