

February Meeting 1

Date: February 8, 2024

Attendees-

Riley Gerst, Katy Henderson, Melanie Herrera-Ortiz Gennifer Humphries, Jamie Nordling, Antoine Smith, Ashley Tharp, Mitchell Walker, Amanda Wentler

Agenda

1. Welcome & Introductions
2. Review group agreements
3. Overview of work & Big Questions
4. Mental health/wellness check-ins and Strategies
 - a. Check in: Emoji Heart Check-In
 - b. Strategies: 5 finger breathing, 5 senses grounding
 - c. Local/State/National Mental & Behavioral Health Resources
5. Mental and behavioral health introduction
 - a. Behavioral vs. Mental Health
 - i. Examined similarities and differences
 - b. Mentimeter- Initial thoughts on the mental health landscape in our region
 - c. Video: Ted Talk
 - i. Mental health is an issue for all, it is a family and community issue
 - ii. Examining the school to prison pipeline-Mental illness undiagnosed during childhood can progress into involvement in the criminal justice system.
6. Next Steps
 - a. Would like to learn more about
 - i. Medicaid reimbursement and payouts for providers
 - ii. Police-Social Worker partnerships in our region
 - b. Ideas for guest speakers:
 - i. Organizations supporting services for LGBTQIA+



February Meeting 2

Date: February 22, 2024

Attendees

Amanda Wentler, Ashley Tharp, Jamie Nordling, Gennifer Humphreys, Jess Lovera-Matter, Natalie Doyle

Meeting Notes

1. Review group agreements
2. Mental health/wellness check-in
3. Understanding and using data
 - Quantitative Data
 - Qualitative Data
 - Responsibility of Data
4. Mental and behavioral health landscape
5. Region 49 Data
 - Family voices:
 - What is available?
 - Telehealth (rurally accessed)
 - Community Mental Health Centers
 - Private practice
 - What is missing?
 - Timely care
 - Adequate number of providers
 - Advertisement of care options
 - What barriers exist?
 - Transportation
 - Rural vs. urban
 - Insurance & cost
 - Long waitlists
 - Lack of service knowledge
 - Who is missing out on services?
 - Poverty and limited access to economic resources
 - Single parent households with young children
 - Physical health contributes to Mental & Behavioral Health
 - Foods consumed

- Sleep patterns
 - Caregiver attention
 - Activity & fresh air
6. What questions do Council members have for mental and/or behavioral health providers, agencies, organizations and/or non-profit organizations?
- Who is included in Mental & Behavioral Health provider numbers?
 - Learn more about Medicaid offering [limited] transportation services.
 - Jail is serving as a Mental & Behavioral Health center; ineffective.
 - Patients must lie to gain immediate support.
 - Very few Mental & Behavioral Health providers for children ages 0-5 years: Why? Incentives?
 - How can waitlists be lessened? Current wait times of 5-6 months.