

CONSUMER ACTION COMMITTEE

Meeting Minutes

July 10, 2015

10:00-11:00 am

Present: Greg A.; Judy D.; Jen D.; Rod H.; Sandy K.; Vance P.; Mark R.; Kay R.

Absent: Judy A.; Kathy I.; Sandy T.

Meeting called to order 10:01 am.

Additions to Agenda/Approval of Last Month's Minutes

- **MOTION** by Jen D. to accept June 2015 minutes. **SECOND** by Mark R. **MOTION CARRIED.**

Calendar of Events for July

- Train the Trainer
 - July 17th 9:00-3:30.
 - Leslie Hall from Livingston to present
 - 6 people signed up at the time of this meeting

CAC Membership

- Tony L. has resigned from this Committee.
- Rod H. present to express interest in Committee position.
- Still in need of Substance Use Disorder representation and Children's services representation
 - Kay talked with LCMHA Children's Team about Children's representative
 - Jen offered to work on flyer for Committee

Work Plan

- Family Group Subcommittee scheduling meeting to look into more options for CAC to review.

Awareness Efforts

- Safe Talk training scheduled for Wednesday, August 26, 2015 from 9:00 am – 12:00 pm at Old National in Tecumseh. Kay will check on a flyer for this training.
 - Another training is in the works for sometime this fall.
- The Survivor Walk is scheduled for Friday September 25th at 6:00 pm. The walk will take place at Burr Ponds Park in Adrian.
 - The next Survivor Walk meeting is July 20, 2015 at 5:00 pm and meets at LCMHA.

- September Awareness Ideas
 - September is Recovery Awareness Month, which focuses on Substance Use Disorder
 - Jen mentioned SAMHSA (Substance Abuse and Mental Health Services Administration) and the Recovery Kits they have had in the past. She is willing to follow up on that option for the group.
 - Sandy K. took some time to explain what SAMHSA is and how they might assist efforts.
 - September is also Suicide Prevention Month
 - Does the Committee want to do anything for September
 - Look into options
- October is Mental Illness Awareness Month
 - Discussed whether we want to look into helping with something for that this year.

RCAC

- The next RCAC meeting will be in October, but there is no date set at this point.
- Sandy K. discussed the modified operating agreement which addresses how CMH Directors work with one another.
 - The RCAC is contained in this agreement and it is important to look into ways to strengthen what the RCAC does.

Education

- Monroe Consumer Conference
 - Mark, Judy, Jen, and Kay attended Consumer Health Conference in Monroe.
 - Keynote speaker was very informative
 - Manager of a TA Company – Popeye’s Chicken
 - Spoke about recovery from substance use and getting a chance to turn her life around, even with a criminal record.
 - Stressed that the company she manages for is big on giving second chances, which is so important to people with mental health or substance use issues.
 - Workshops provided some ideas for healthy eating choices
 - Smoothies and Parfaits
 - The Conference also provided an opportunity for networking
 - A Peer Support Specialist was there who spoke with us about her Traumatic Brain Injury
- JIMHO Support Group Conference
 - Mark spoke about the support group conference in Lansing that he, Jen, and Judy attended.
 - Conference focused strongly on living beyond mental illness and life after recovery.
 - Workshop focused on Trauma-Informed Care.
 - Colleen Jasper from MDHHS spoke about different types of trauma, including secondary-trauma, and self-care.

- It was also discussed that the Michigan Association of Community Mental Health Boards (MACMHB) is working to specifically include Trauma-Informed Care in the next contract with all CMHs throughout the State.

Other

- Party in the Park did go on as planned, even with the rain. We hope to have more information about how that went from the ROSC Committee.
- Radio Ads Update
 - Jen has been writing ads for WLEN and WQTE. She read the ads for July and is working with Kay on new ads for August.
- Grapevine
 - Discussed how it is important to see involvement from CAC with the Grapevine.
 - Mark and Judy offered to write article about conferences for the next issue.
- Monroe CMH Event – Save the Date
 - Monroe will be having a Wellness Fair on September 19, 2015 from 8:00-1:00.
 - There will be a 5K run and a 1 mile walk.

Recommendation

- CAC is recommending Rod H. for membership on CAC.

MOTION by Mark R. to adjourn. **SECOND** by Kay R. **MOTION CARRIED.** Meeting adjourned at 11:03 am.

Next Meeting Date—**August 14, 2015 10:00 am** at LCMHA