

CONSUMER ACTION COMMITTEE

Meeting Minutes

October 9, 2015

10:00-11:00 am

Present: Judy D.; Jen D.; Sandy K.; Vance P.; Mark R.; Kay R.; Sandy T.

Absent: Greg A.; Judy A.; Rod H.; Kathy I.

Meeting called to order.

Warm-Up

Group icebreaker activity: Candy Confessions

Additions to Agenda/Approval of Last Month's Minutes

- **MOTION** by Mark R. to accept September 2015 minutes with correction to recommendations as follows:

Deleting second recommendation reading "That a group be developed to provide support for families of adolescents and adults with mental illness."

SECOND by Sandy T. **MOTION CARRIED.**

Calendar of Events for October

- Trunk or Treat on October 29, 2015 from 4:30-6:00 pm at the Human Services Building parking lot.

Committee Education

- Each month a member of one of the LCMHA teams will attend the CAC meeting to educate members about what role their team serves.
 - Judy Warren, Case Management Supervisor for the MI Team attended this month. She took time to discuss what Case Managers on the MI Team do. Points that were highlighted:
 - Case managers link, coordinate, and monitor services for LCMHA consumers.

- They use motivational interviewing skills to meet each consumer where they are at, individually.
 - The Case Management Team assists consumers with medication-related services.
 - This can include solving issues with medications and providing med drops for consumers that need that service.
 - Judy and her team assist with benefits such as food stamps, disability, etc.
 - Assistance with benefits can include getting qualified and/or helping a consumer to retain or prevent losing current benefits.
 - Finding and maintaining appropriate housing is another area where the Case Management Team can help consumers.
 - Case managers can coordinate medical appointments.
 - Members of this team run groups (ex. SUD Engagement Groups, DBT Skills Groups)
 - Case Management Team is involved with jail diversion and linking to LCMHA services if a consumer is discharged from a period of incarceration.
 - Case Management Team is also working with the new tele-psychiatry options being used at LCMHA.
- Recipient Rights training to be completed by CAC members who have not had it recently.

Work Plan

- Discussed Work Plan. Updated goals to reflect progress that has been made. Goal #2 and #3 was tabled in the interest of time.

RCAC

- Washtenaw will not have a CAC representative until January. Due to this, RCAC is on hiatus until after new year.

Education

- Leadership Training
 - Discussion on how to use Leadership Training
 - Collective Impact Panel
 - Panels focusing on areas of food, housing, financial stability, health

Other

- Christmas Party
 - Scheduled for December 4, 2015 from 11:30-1:00
 - Kay and Sandy T. to make soup again this year.
 - Sandy K., Jen, and Judy D. to make cookies.

- Grapevine
 - Article for next Grapevine completed.

MOTION by Jen D. to adjourn. **SECOND** Mark R. **MOTION CARRIED.**

Next Meeting Date—**November 13, 2015 10:00 am** at LCMHA