

**Consumer Action Committee  
Meeting Minutes  
April 8, 2016**

**Present:** Jen D, Judy D, Mark R, Vance, Rod H, Sandy T, Sandy K, Kay R, Kathy I, Joe R

**Absent:** Greg A, Judy A

**Additions to Agenda/Minutes**

- Agenda was accepted as written.
- March minutes were not available. Will bring to May Meeting for approval.

**Education Speaker**

- Vicki Hall, CMH Access Clinician, talked about the procedure of getting SUD services through CMH, about our providers, and Emergency Services

**Work Plan**

- Reviewed “Your Vote Counts” program on 4/19. Joe will contact Secretary Of State to see if there is any information we can supply people as there will not be a representative for the event.
- Group would like to start at writing group. Mark will check with a REA worker to get suggestions on how to do this.
- Reviewed rest of plan, we are on track

**Coming Events**

- E-Race Stigma 5K – on track, registration needs to be turned in by April 22 to guarantee shirts. There is a scholarship of \$10.00 for persons with MI/DD
- State Walk A Mile – on track, Bus ordered, shirts will be ordered by end of April, Kay to do the food

**RCAC**

- Meeting scheduled for 4/13. Committee members had nothing they would like presented there.

**Old Business**

- Sandy gave an update on the Boilerplate 298. She thanked everyone for this work to get the word out about advocating for the removal of this language, still more work needs to be done.

**Motion** by Mark adjourn meeting. **Second** by Vance. **Motion Carried**

Next meeting: May 13, 2016 10:00 am LCMHA Board Room

## CAC WORK PLAN

2016

### Goal #1: Consumer Action Committee members will identify their role in CMH efforts to educate the community about Mental Illness

Objective	Specific Activities	Who	By When	Status Update
1. Increase community awareness of suicide risk	<ul style="list-style-type: none"> <li>• Mental Health First Aid – Sandy will keep members updated on new trainings</li> <li>• SAFE Talk</li> </ul>	<ul style="list-style-type: none"> <li>• Sandy</li> <li>• Kay</li> <li>• Training 8/6/16</li> </ul>	<ul style="list-style-type: none"> <li>• ongoing</li> <li>• 9/16</li> </ul>	<ul style="list-style-type: none"> <li>• Training 7/21/16</li> <li>• 9/16</li> <li>• ST training 6/4/16</li> </ul>
2. Increase community awareness of the impact of substance use disorders (SUD)	<ul style="list-style-type: none"> <li>• ROSC – presentative</li> <li>• LSAPC – representative</li> <li>• 2016 Addiction Summit</li> </ul>	<ul style="list-style-type: none"> <li>• Jen</li> <li>• Judy</li> <li>• Kay</li> </ul>	<ul style="list-style-type: none"> <li>• Monthly</li> <li>• Monthly</li> </ul>	<ul style="list-style-type: none"> <li>• 9/16</li> <li>• 3/16 completed</li> </ul>
3. Increase community awareness of the impact of mental illness and developmental disabilities on the criminal justice system	<ul style="list-style-type: none"> <li>• Mental Health Court – information</li> <li>• Jail Diversion - information</li> </ul>	<ul style="list-style-type: none"> <li>• Sandy</li> <li>• Sandy</li> </ul>	<ul style="list-style-type: none"> <li>• Ongoing</li> <li>• ongoing</li> </ul>	9/16
4. Increase awareness of mental health issues through attendance at Collective Impact meetings	<ul style="list-style-type: none"> <li>• Attend Collective Impact meetings</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>	monthly	<ul style="list-style-type: none"> <li>• 9/16</li> </ul>

Objective	Specific Activities	Who	By When	Status Update
5. Increase support/education for family members of persons with mental illness	<ul style="list-style-type: none"> <li>Write/record Radio Ads</li> </ul>	<ul style="list-style-type: none"> <li>Jen</li> <li>Joe</li> <li>kay</li> </ul>	<ul style="list-style-type: none"> <li>9/16</li> </ul>	ongoing
6. Increase number of persons who are trained to share stories to help reduce stigma	<ul style="list-style-type: none"> <li>Continue with leadership trainings.</li> <li><b>Create a Writing Group for persons to learn how to write their stories, poems etc</b></li> </ul>	<ul style="list-style-type: none"> <li>Kay</li> </ul> Newly added 4/16	<ul style="list-style-type: none"> <li>Ongoing</li> <li><b>Mark</b></li> </ul>	<ul style="list-style-type: none"> <li>9//16</li> <li><b>5/16</b></li> </ul>

**Goal #2: Promote consumer self sufficiency through information and support**

1. Learn from other CAC's about activities to educate consumers	<ul style="list-style-type: none"> <li>Visit CAC's in the region</li> <li>Attending RCAC when starts back up in Feb 2016</li> </ul>			9/16
2. Use existing consumer surveys to identify role for CAC in educating consumers	<ul style="list-style-type: none"> <li>Consumer Satisfaction Surveys</li> </ul>		<ul style="list-style-type: none"> <li>2016</li> </ul>	
3. Develop a Consumer Education Plan <ul style="list-style-type: none"> <li>a. What do consumers need to know?</li> <li>b. How do consumers access information</li> </ul>	<ul style="list-style-type: none"> <li>Leadership training for consumers</li> </ul>	<ul style="list-style-type: none"> <li>CAC members</li> </ul>	<ul style="list-style-type: none"> <li>ongoing</li> </ul>	Quarterly 4/16 7/16

Objective	Specific Activities	Who	By When	Status Update
4. Advocate for consumers	<ul style="list-style-type: none"> <li>Report to the LCMHA Board</li> </ul>	<ul style="list-style-type: none"> <li>Chair/vice chair</li> </ul>	<ul style="list-style-type: none"> <li>ongoing</li> </ul>	Monthly CAC meetings
5. CAC Communication Plan	<ul style="list-style-type: none"> <li>Grapevine-Newsletter</li> <li>Give input on radio ads</li> </ul>		<ul style="list-style-type: none"> <li>Ongoing</li> <li>Ongoing</li> </ul>	

**Goal #3: Educate CMH consumers through legislation effecting persons with mental illness, developmental disabilities and substance abuse disorders**

Objective	Specific Activities	Who	By When	Status Update
1. Educating persons with MI and SUD on the voting process	<ul style="list-style-type: none"> <li>Bring in a speaker, ie. County/township clerk to talk about procedures of voting, how to vote, etc</li> <li>Invite a legislator, ie to talk about how to research candidates, issues etc.</li> </ul>	<ul style="list-style-type: none"> <li>subcommittee</li> </ul>	<ul style="list-style-type: none"> <li>June 2016 and Oct 2016</li> <li>June 2015</li> </ul>	<ul style="list-style-type: none"> <li>June 2016</li> </ul>
2. Inform all about the candidates that are running for office	<ul style="list-style-type: none"> <li>Join with a group/create a Candidates Forum to talk about MI and SUD issues</li> </ul>	<ul style="list-style-type: none"> <li>Committee</li> </ul>	<ul style="list-style-type: none"> <li>October 2016</li> </ul>	May 2016