

## Emotional Health & Well Being Meeting Notes

September 10, 2015 8:00 – 9:00 a.m.

### **Focus Area: Emotional Health & Well Being**

Making healthy choices possible, increases the odds that people will preserve or increase their health and wellness.

### **Strategic Plan and Objective**

Decrease by 2% Adults who rated their health as fair or poor.

**Objective 1:** Reduce by 3% adult residents that rate mental health as not good on 4 or more days in the last month.

### **Strategies:**

1. Improve Access to mental health services via Telemental health with psychiatrist access for adult and pediatrics.
2. Improve the capacity of Lenawee County residents to recognize and address emotional health issues.
3. Educate public on how to access mental / emotional health services, both routine and emergency services.

### **DISCUSSION:**

Present: Sue Lewis, Anne Barton, Julie Helinski, Cindy Daniels, Kathryn Szewczuk

- The meeting started with a review of the Dashboard. Discussion was held on what items to keep and what items should be removed because they were the responsibility of the hospital. Anne will make the revisions and have a final copy for review at the meeting of the full LHN on October 8<sup>th</sup>.
- Telemental Health: Kathryn reported that this will be starting soon at LCMHA for both adults and children. Initially LCMHA had resistance from parents. A new psychiatrist will be available 2-3 days a week.
- Trauma: Discussed how we collect data regarding children and are the schools collecting what we need. What is our role in that? Where do we tie the issue of trauma into our strategic plan? Kathryn said that LCMHA is looking at children who experienced trauma and how this affects their physical health later in life.

- Trauma (cont.): A common trauma screening tool is in the process of being identified, one that would be utilized by all service providers, for both adults and children. Next step: Once the tool has been identified, share it with others. This will help to show us how prevalent trauma (child & adult) is and then we'll know more about the work we are doing in this area and how to measure outcomes. Kathryn stated first of all this group needs to understand the overall picture of trauma in Lenawee County.
- Julie reported on the collaboration between the FMC and Onsted Schools. Services will be conducted via telemedicine. When students show up for physical ailments they could also be referred to a psychiatrist at that time if needed.
- Evaluation tools were completed prior to adjournment.

Meeting was adjourned at 9:00 a.m.

**Next meeting: November 12<sup>th</sup> at 8:00 a.m. in the Merillat Center.** This will be a meeting of Solution Team #2.