

## Emotional Health & Well Being Meeting Notes

November 12, 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, Lisa Eck, Julie Helinski, Patti Phillips, Kathryn Szewczuk, Laura Pipis, Mary Markle, Michelle Hutchinson

- Review of meeting minutes from the September meeting.
- Review of dashboard – all agreed to keep what we previously agreed upon.
- **Trauma discussion** – Michelle gave an explanation of the Trauma Screening Tool that is now being used at LCMHA as well as by many other providers in the area. The CTAC (Children's Trauma Assessment Center) Trauma Screening Checklist is broken into two age groups, (0-5) and (6-18). It is a screening, not an assessment. It can be used to determine treatment and when a child should be referred to LCMHA, who in turn will provide a list of area resources.
- Training is available through the State program of NCTSN (National Child Traumatic Stress Network) and can be tailored to fit the needs of the provider. CMH has been doing some of the training.
- Typically trauma is generational so trauma does not involve only children.

- Michelle reported that CMH received a grant to do another community conference on trauma in 2016.
- **Telemental Health** – Julie gave an update on the FMC and their goal to expand psych services. Dr. Pettit is resigning in January from FCCS and will be going to the FMC. He does not see young children. FMC will absorb his clients from FCCS if appropriate. FMC also has a full time psychologist. Julie also reported that the FMC will be taking telemental health services to Onsted Schools. LCMHA is also utilizing telemental health four days a week. The group discussed how important it will be to revisit funding opportunities for one provider (FMC or Promedica) to provide services in an effort to increase access to psych services for FCCS and Catholic Charities and others who have clients that need these services.
- FMC has been in discussion with LISD regarding a school based health center.

Meeting was adjourned at 9:00 a.m.

**Next meeting: February 11, 2016 at 8:00 a.m. in the Merillat Center.** This will be a meeting of **Solution Team #2.**