

## **Emotional Health & Well Being Meeting Notes**

**February 11, 2016 8:00 – 9:00 a.m.**

**Present:** Sue Lewis, Kathryn Szewczuk, Mary Markle, Michelle Hutchison, Laura Pipis, Lisa Eack, Brian Jones, Cindy Daniels, Patty Phillips

### **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:**

- Review of meeting minutes from the January meeting.
- Grant Discussion – Sue introduced the attachment to the minutes which is a brief interview for “Evidence for Action”, a Research-based Grant through the Robert Wood Johnson Foundation. Sue shared that at the recent CORE meeting Anne introduced the grant possibility and it was agreed that LHN would review and discuss today. The team agreed the work in Lenawee could make a strong contribution to the research. Kathryn suggested that all look deeper into the commitment requirements of the grant and send comments and ideas to the CORE and LHN Leadership committees would review such comments to make a decision about further interest.
- Laura Pipis reported that Catherine Cobb Shelter applied for the ProMedica Foundation Grant and they are awaiting response. The grant would include a partnership with LISD, Great Start, Community Action Agency, and FCCS. Report noted that Catherine Cobb Shelter was identified

as needing some type of health assessment which could include physical health and nutrition programming.

- Telemedicine progress was discussed. Family medical Center (FMC) gave an update regarding the use of Telemedicine appointments in their clinic at Onsted Elementary. They are just beginning these appointments and have had positive feedback thus far. The Clinic has the capability to complete in-depth exams with medical instruments that immediately reflect findings electronically to physicians and patients during the appointments. FMC rolled out Telemedicine at Onsted November 6, 2015 and they have had success with the programming. Dr. Spillan will be leaving end of March 2016. CMH continues to offer TelePsych services provided by Dr. Spells and again have had positive reviews of the programming.

Meeting was adjourned at 9:00 a.m.

**Next meeting: March 10<sup>th</sup> at 8:00 a.m. in the Merillat Center.** This will be a meeting of the entire LHN.