

## Emotional Health & Well Being Meeting Notes

April 14, 2016 8:00 – 9:00 a.m.

**Present:** Sue Lewis, Kathryn Szewczuk, Martha York, Julie Helinski, Laura Pipis, S.Spanbana NP, Brian Jones

### **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:**

- Introductions and review of our Strategic Plan goals and objectives.
- Discussed Telemedicine/Telepsychiatry - FMC has a psychologist who is currently doing telepsychiatry. LCMHA uses a psychiatrist for telepsychiatry but with limited number of hours/days. There is definitely a shortage of all mental health professionals including psychiatrists in this area.
- Kathryn reported medical examiner data. Deaths from drug overdose have increased by 25% and the number of suicides have tripled, primarily among males in the workforce age bracket. LCMHA will be reinstating the Suicide Prevention workgroup/coalition.
- Robert Wood Johnson Research Grant – the focus of this grant is on various groups in a community working together to demonstrate an improvement in the overall health of the

community. The task force has met once so far. The group brainstormed ways to narrow the focus to what is currently happening in the community regarding health and education in the area of trauma. Their next step was to investigate who may be able to help with the research and evaluation from Adrian College and Siena Heights University. Stan Masters from LISD will also be invited to join the group.

Martha shared that Early Head Start may already have some data that would be helpful.

The group was reminded that with our Collective Impact Model we share a common mission and we landed on the topic of trauma and how we want to become a trauma informed community.

- The Department on Aging is working on recognizing dementia and being a dementia informed community as well which also fits into the trauma initiative. Martha also discussed various classes that are being offered to seniors on topics such as diabetes and falls prevention/balance.
- Mental Health referrals to FMC – Julie reported that Dr. Petit is now doing groups so to free up more of his time for individual appointments and medication management. Currently FMC is scheduling appointments six weeks out. If there is an urgent need for a client to see a psychiatrist, call Julie directly.

Meeting was adjourned at 9:00 a.m.

**Next meeting: Our next meeting is scheduled for May 12<sup>th</sup> however, in place of the meeting, all are invited to attend the Project Lazarus Community Forum at the Human Services building (River Raisin Room) from 8:30 a.m. – 4:00 p.m. Register @ [www.lcmha.org](http://www.lcmha.org)**