



Lenawee Community Mental Health Authority

To promote positive outcomes by creating a path to resilience; recovery; wellness and self-determination

CONSUMER ACTION COMMITTEE

MINUTES

August 17, 2022

CMH Board Room

10:00am

Present: T. Ackley; C. Brugger; J. Dunn; J. Durell; S. Mineff; S. Nowicki; K. Rawlings; M. Roman; E. Starlin; K. Szewczuk; H. Terrill

Absent: J. Ackley; D. Montie Jr; C. Snyder; J. Thompson

1. Previous Minutes

MOTION BY M. ROMAN to approve previous minutes dated July 20, 2022. **SUPPORTED BY E. STARLIN. MOTION CARRIED.**

2. Additions to the agenda.

- a. Mark Roman would like to look into re-ordering the CAC zip-up hoodies for members. Christy will contact ProMed Uniform (previous supplier) to find out cost and availability. Members – please email Stefanie Mineff with your size (smineff@lcmha.org).

3. Chair Person Report. Nothing to report.

4. Work Plan Updates

- a. Radio ads are ongoing
- b. Boys & Girls Club Community Family Day. Erin Starlin reported that this event was very well attended with over 200 people/families. Suggestions for the future:
 - i. An LCMHA table cover would increase awareness
 - ii. Many tables had additional activities
 - iii. It was agreed that the committee should list events to attend that would be most productive

5. Budget

- a. Remaining balance is \$3,796.47.
- b. Baskets for residential homes. There are 9 homes, Kathryn & Stefanie plan to visit all of them in September to distribute baskets for staff as a token of appreciation. Jen Durell and Erin Starlin would also be interested in attending. **MOTION BY M. ROMAN** to approve distribution of 9 gift baskets for the staff at residential homes. **SUPPORTED BY J. DURELL. MOTION CARRIED.**

6. RCAC Report

- a. Jen attended a sub-committee to discuss the in-person training in November. The date is set for November 9th from 10am – 3pm. Trainings suggested:
 - i. How to run a meeting
 - ii. MIABLE Account
 - iii. Advance Directives
 - iv. How to tell your story effectively, and get an “ask” at the same time
 - v. State Update (Connie Conklin)
- b. The next meeting is September 14th.

7. Calendar of Events for 2022
 - a. Day of HOPE – August 31st, from 2-6pm at the Adrian Farmers Market. The Drop in Center will be having a table, CAC can also have fliers and magnets available.
 - b. Walk A Mile – September 15th in Lansing.
 - i. Participation, Transportation, Food, Parking
 1. Jen has a sign up for attendees at the Drop In
 2. Committee members, please let Jen know if you plan on attending
 3. John can drive – he is checking on availability
 4. Members meet at gam, est. return at 2:30pm
 5. It was agreed that subs/other would be purchased on the way/in Lansing
 - ii. Flag Carrier, Statement Reader – this can be decided on the day
 - iii. Statement
 1. The committee agreed on suggested statement #1 “Lenawee County understands the importance of health and wellness. There is no health without mental health....walk a mile in our shoes!”
 - c. The Greg Adams E-Race the Stigma 5K – October 1st. Drop in members will be hosting the water station on the lawn in front of Adrian High School. E-Race committee meets again on August 30th at 3pm.
 - d. Celebration of Success/Consumer Spotlight. The draft nomination form was reviewed. These can be distributed on the residential home visits. The form can also be added to the website and on social media.
8. Membership Updates
 - a. Still need a child rep.
9. Next meeting – September 21st.

Meeting adjourned at 10:29am.