

**MENTAL WELL-BEING COLLABORATIVE  
COMMUNITY ACTION TEAM  
MEETING MINUTES**

Attendees: Jan Baily, Anna Kennedy, Brain Long, Janae Allgire, Katie Garrison, Brenda Long, Trisha Stover, Mary Steffy

Guests: Katie Greenawalt

Absent: Nancy Baker, Jean Bickmire, Rejean Carlson, Kristin Ebaugh, Barbra Eckert, Heather Estrada, Diana Fullem, Dawn Horst, Anthony House, Carmen Klingensmith, Jen Koppel, Susan Lilly, Edward Long, Glenn McCarty, Amanda McFerren, Teri Miller-Landon, Jan Mills, Jessica Perry, Roni Ryan, Rhonda Slinghoff, Dawn Weiss, Jason/Ashley Wilson, Mark Wilson, Wendy Wood

Date: 02-10-15

Time: 4:30-6:00pm

Location: LGH Suburban Outpatient Pavilion, 2100 Harrisburg Pike, Lancaster PA: Wellness Center, Conference Room #1

ISSUE/TOPIC	DISCUSSION/ANALYSIS	ACTIONS/FOLLOW-UP
<b>Welcome &amp; Introductions</b>	<ul style="list-style-type: none"> <li>• Anna Kennedy called meeting to order at 4:32pm</li> <li>-The Vision, Mission and Purpose were reviewed with the group</li> <li>-Ground Rules were restated by Jan Baily</li> <li>-Anna took the group through an introduction packet to familiarize the new attendees with the progress that has been made thus far.</li> </ul>	
<b>Review &amp; Approve Minutes from January 13, 2015</b>	<ul style="list-style-type: none"> <li>• Jan 13<sup>th</sup> minutes presented and approved</li> </ul>	
<b>Background</b>	<p>Review of Subgroups- What do we mean when we say community? Looks different for various groups...</p> <p>The group identified liaisons within the subgroups:</p> <p><b>Criminal Justice</b></p> <p>-Jean Bickmire</p>	<p>-It was suggested that the action team should identify existing community coalition meetings and attend those to get feedback from the community. This is more feasible than trying to bring more attendees to the action team meetings.</p> <p>-Ask these subgroups for feedback on what is</p>

ISSUE/TOPIC	DISCUSSION/ANALYSIS	ACTIONS/FOLLOW-UP
<p><b>Discussion</b></p>	<p><b>Faith Community</b> -Council of Churches, No Longer Alone Ministries</p> <p><b>Consumers</b> -Compeer -Community Services Program -ICAN -Disability and Impairment Center</p> <p><b>College Age</b> - Susquehanna Valley Pregnancy Services -School social workers at Millersville -Jan Baily's 2 interns</p> <p><b>Pre-K</b> -Positive Behavior Intervention Support (PBIS) -Pre-K Counts</p> <p><b>LGBTQ</b> -Adler Health -Common Roads Youth Group</p> <p><b>Older adults/aging</b> -Many different subgroups within this. Link (Brian Long)</p> <p><b>Veterans</b></p> <p><b>Non-English speaking/refugees:</b> -World Church at Trinity Lutheran -Lutheran Social Services Coalition -Welsh Mountain -South East Clinic- address the undocumented immigrants</p> <p>-Discussed how sometimes it is impossible to prevent mental illness, so focusing on <i>primary prevention</i> is very important. The group discussed that we could focus on mindfulness and resiliency.</p> <p>Curing vs. Healing in society</p>	<p>currently working/not working, what is missing</p> <p>*Add homelessness to subgroup population*</p> <p>-Change college age to <b>Transition Age Youth (18-25)</b> because not all youth in this age group are enrolled in college</p> <p>-Anna reminded the group that we need to focus in on how to define each group for the United Way Grant</p> <p>Look into creating a toolkit to customize for each subgroup population.</p> <p><b>Anna and Jan</b> will ask for assistance in creating a toolkit for each subgroup population to help in</p>

ISSUE/TOPIC	DISCUSSION/ANALYSIS	ACTIONS/FOLLOW-UP
	<p>-Moving forward, accepting</p> <p>Jan spoke about how Mental Health America focuses on providing hope, inspiration, and a toolkit for inmates</p> <p>Spent time discussing mindfulness as a model for strengthening wellness among all populations.</p> <p>-John Kabat Zinn, author (as a resource)</p>	<p>engaging these groups, facilitate discussion and conversation, and encourage feedback and engagement among diverse populations.</p> <p>Bring in Mary LeVasseur for a group mindfulness session ☺</p>
<p><b>Strengths, Weaknesses, Opportunities, and Threats (SWOT) analysis</b></p>	<p>SWOT analysis was reviewed, and several additional assets were discussed. Brian Long provided some additional assets to include.</p> <p>Looked over community asset model and discussed adding assets that are not as obvious- like alternative treatments including acupuncture or mindfulness.</p> <p>Eventually the action teams will combine their ideas.</p> <p>Concerns that our team may be overlapping with the other action teams since community is such a broad topic</p>	<p><b>Anna Kennedy</b> will update the SWOT analysis so that it can be finalized.</p> <p><b>Anna</b> will add domestic violence services to the model.</p> <p><b>Katie</b> is going to be attending the other action team meetings and can bring back discussions from their meetings to ensure the community action team is not overlapping with the other action teams</p>
<p><b>Long term goals and data</b></p>	<p>Didn't have enough time to discuss the logic model.</p> <p>*How are we going to measure the objectives?</p>	<p><b>All: review the logic model and provide feedback, suggestions to Anna Kennedy by March 1 via email</b> so that it can be reviewed at the next meeting on Tuesday, March 10.</p>
<p><b>Next Meeting</b></p>	<p>Meeting adjourned at 6:02 p.m.</p>	<p>Next meeting will be March 10, 2015 from 4:30-6:00 pm.</p>