

**Mental Well-Being  
Community Action Team  
March 10, 2015**

Attendees: Janae Algire, Jan Baily, Jean Bickmire, Erin Conahan, Kate Garrison, Anna Kennedy, Brian Long, Bon Musser, Wendy Wood

Date: 03-10-15

Time: 4:30-6:00 p.m.

Location: LGH Suburban Outpatient Pavilion

TOPIC	GENERAL DISCUSSION/DECISION POINTS	FOLLOW-UP
<b>Call to Order (name and time)</b>	Meeting called to order at 4:40 p.m. - Welcome & Introductions	
<b>Meeting Minutes</b>	Minutes from 2/10/15 were reviewed and approved	
<b>Background</b>	Anna provided quick overview of team's progress to date, reviewed vision/mission/purposed and "ground rules"	
<b>Finalizing Asset Map</b>	Reviewed Asset Map, noted that community encompasses many different resources. A few additional assets were discussed; yet noted that the list could be unending. It was decided that the existing asset map would be a working document; the team agreed and moved to finalize.	
<b>SWOT Analysis</b>	<p>The Team discussed on the community's vision for mental well-being in Lancaster County as it related to its strengths, weaknesses, opportunities and threats. A SWOT from 7/9/2014 was shared with the Committee. The responses below were generated from Community Action Team members. Highlights included:</p> <p><b>STRENGTHS:</b></p> <ul style="list-style-type: none"> <li>- Willingness to collaborate exists; people are interested in working together</li> <li>- A desire to improve views and understanding of mental health</li> <li>- Community has much to offer (faith-based, Crisis Intervention, MH Providers)</li> <li>- Implementation of MHFA and QPR Suicide Prevention</li> <li>- Enormous resources</li> <li>- Recognition within the community that there is a "season of change" in way we address mental health</li> </ul> <p><b>WEAKNESSES:</b></p> <ul style="list-style-type: none"> <li>- We do not listen, no place to "be" our authentic selves</li> <li>- Too systematic</li> <li>- People overwhelmed and shut down</li> <li>- Paperwork overload/documentation</li> </ul>	

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<p><b>Supporting Discussion &amp; Handouts</b></p> <p><b>Logic Model</b></p>	<ul style="list-style-type: none"> <li>- Robotized</li> <li>- Enormous resources lends to confusion; people are lost when try to access systems</li> <li>- Lack of diversity</li> </ul> <p>THREATS:</p> <ul style="list-style-type: none"> <li>- Stigma</li> <li>- Insurance limits in terms of time (do not listen well and give individuals what they need)</li> <li>- Paperwork overload</li> <li>- Modeling powerlessness (system)</li> <li>- Technology (keeps us disconnect and isolated)</li> </ul> <p>OPPORTUNITIES:</p> <ul style="list-style-type: none"> <li>- Innovative approaches and creative practices</li> <li>- Strengthening of peer networks</li> <li>- Challenging stigma</li> <li>- Educating the public</li> <li>- Better integration of services</li> <li>- Funders sitting at the same tables (more global in approach)</li> <li>- Moving towards simplification; everything is complicated</li> <li>- Aavidum for adults</li> <li>- Celebrating people</li> <li>- Inspiring hope</li> <li>- Learning from each other</li> </ul> <ul style="list-style-type: none"> <li>- I Am the Evidence (Mental Health Campaign)</li> <li>- Three Covenants (excerpted from Seven Thousand Ways to Listen by Mark Nepo)</li> <li>- Global Wellness Day, June 13, 2015</li> </ul> <p>Sufficient time did not exist to judiciously discuss and work through the logic model.</p>	<p>Several Team members suggested a “Happiness Event” be organized on June 13 for Global Wellness Day.</p> <p>At the March meeting, discussion and activities will focus upon the completion of the Logic Model via an organizational perspective and the outcomes to be achieved via a community lens.</p>
<p><b>Next meeting date:</b></p>	<p>April 14, 2015, Suburban Outpatient Pavilion @ 4:30 p.m, Conference Room #2</p>	