

## MENTAL WELL-BEING STEERING COMMITTEE MEETING MINUTES

Attendees: Dale Brickley, Colleen Elmer, Anna Kennedy, Leslie Naylor, Gerald Ressler, Chad Wickenheiser, Alice Yoder

Guests: Larry George, Susan Strickler

Absent: Jan Baily, Susan Blue, Cathy DeGuire, Steve Denlinger, Jacqueline Fisher, Phil Hess, Jennie Rose Huber, Deb Jones, Carol Kuntz, Radames Melendez, Debra Scheidt, Pam Smith

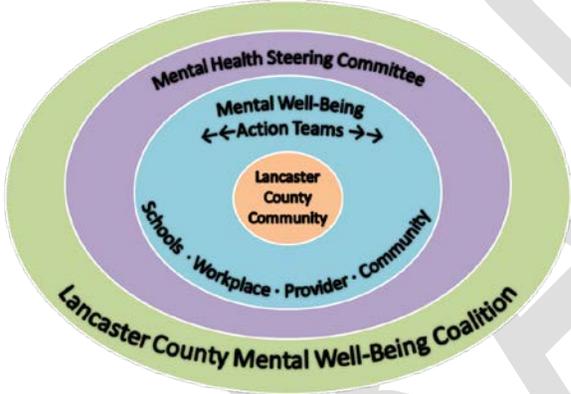
Date: September 17, 2014

Time: 12:00-1:30 p.m.

Location: LGH, Suburban Outpatient Pavilion  
Wellness Center Conference Room 1

ISSUE/TOPIC	DISCUSSION/ANALYSIS	ACTIONS/FOLLOW-UP
	<p>Alice Yoder called the meeting to order. The goal for the meeting is to be clear on the structure of the committee and to discuss how decisions will be made and how the steering committee and action teams will communicate.</p> <p>Alice asked for additions or corrections to the minutes and posed the question if going forward the committee should formalize the meeting by approving the minutes. All agreed that should be done. Anna Kennedy made a motion to approve the August minutes. Leslie Naylor second. None opposed.</p> <p>Alice reminded the committee that when reviewing the minutes to check the follow-up column for any actions assigned.</p> <p>Introductions were made for guest Larry George, Executive Director Lancaster County BH/DS.</p>	
<p><b>Vision and Mission</b></p>	<p>Alice announced that the Vision statement that was most voted on by the steering committee by a small margin was:</p> <p><i>Lancaster County is a model community that promotes and supports an environment where people live mentally healthy lives.</i></p>	

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	<p>Gerald commented that he thought the statement envisioned the result.</p> <p>Anna suggested that the strategies should include elements of the mission statement: engagement, collaboration and action  <i>To serve as a catalyst for advancing mental well-being in Lancaster County through <b>engagement, collaboration and action.</b></i></p> <p>Alice mentioned that the current strategies: Awareness, Access and Connectivity were all themes that came out of the Visioning session.</p> <p>Colleen suggested that we should call strategies tactics.</p> <p>Gerald mentioned that Mission Statements should generally be kept at 8 words long; Alice suggested that we remove wording: <i>through engagement, collaboration and action.</i></p> <p>Dale expressed concern that all audiences may not understand our goal if we remove these words.</p> <p>Colleen thought that having the word collaboration in the mission statement was redundant with Mental Health Collaborative.</p> <p>All agreed to remove: <i>through engagement, collaboration and action</i> from the Mission statement.</p>	
<p><b>Action Teams timelines</b></p>	<p>Alice started a discussion of terminology using mental health versus mental well-being. By referring to mental well-being, we address anxiety, stress, depression, etc.</p> <p>Larry mentioned that mental health is generic and neutral; mental well-being speaks to a more positive outlook and the focus of the group.</p> <p>Leslie said that mental health connotes worst case scenario while mental well-being is more positive.</p>	

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	<p>Dale mentioned that mental well-being will address stigma.</p> <p>Alice announced that this committee will now be called the Mental Well-being Steering Committee. When speaking on the topic, we need to be clear that mental health is a piece of overall mental well-being.</p> <p>Alice handed out draft socio-ecological model as a discussion of how to communicate from the individual to the full Collaborative.</p>  <p>Anna suggested changing the center circle to the smallest group – the individual, and changing coalition to collaboration, as it sounds friendlier and less formal.</p> <p>Dale suggested making Lancaster County the outer circle and put individual well-being in the center.</p> <p>It was decided that the broader group to include steering committee and action teams would be called the Mental Well-being Collaborative (as opposed to Coalition). Alice suggested this group should be brought together two times per year. Action Teams and the Steering Committee should meet once a month.</p> <p>Alice suggested that each Action Team should have one Chair sit on</p>	<p><b>Susan Strickler</b> will make changes to the model and send to <b>Jan Bailly</b> to finalize.</p> <p><b>Leslie Naylor</b> will create a document detailing:</p> <ul style="list-style-type: none"> <li>• What the Collaboration is</li> <li>• What the Action Teams are</li> <li>• What the Steering Committee is</li> <li>• Purpose of each</li> <li>• How often all teams meet</li> </ul>

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	<p>the Steering Committee. Both the Provider and Community teams have a member(s) on the committee. The Schools and Workplace do not, however the Schools Chair (Vanessa Philbert) is a colleague of a member and the Workplace Vice-chair (Barbara Kettering) is also a colleague of a member. Should these members be responsible for relaying action team information back to the steering committee or should we invite one to serve on the steering committee?</p>	<p><b>Alice Yoder</b> will create a document detailing Action Team timelines.</p> <p><b>Alice Yoder</b> will invite one of the School Chairs and Workplace Chairs to sit on the Steering Committee.</p>
<p><b>Brainstorming – Low-hanging fruit</b></p>	<p>Alice would like the steering committee to consider something they could head that is visible to the community. Suggestions were made:</p> <p>Leslie – Awareness of Seasonal Affective Disorder – what does it look like; what to do about it? Alice commented that this would show that we’re focusing not just on mental health but on mental well-being.</p> <p>Anna – Bring attention to stress among children and how over-programmed and over-scheduled they are. Tools to determine if a child is stressed and how to notice the signs. Gerald suggested it be a general piece of self-care for both children and adults.</p> <p>Anna – Toolkit resources that builds to awareness campaigns</p> <p>Dale suggested creating a website.</p> <ul style="list-style-type: none"> <li>- Colleen said it could be going through LiveWell Lancaster.</li> <li>- Leslie suggested there be a place to ask questions; it would be measurable by the number of hits.</li> <li>- Colleen expanded by suggesting an Ask the Expert section with questions that would draw people to the website. The question would be listed on Facebook and viewers would have to go to the website for the answer.</li> <li>- Alice suggested that we would rotate an expert of the week to acknowledge members of the steering committee and their organizations.</li> <li>- Colleen suggested ‘staging’ a question for each organization.</li> </ul>	<p><b>Alice Yoder</b> to organize toolkit content.</p>

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<b>Next Steps</b>		<b>Alice Yoder</b> to ask Carol Kuntz to assign an alternate since she is unable to attend Wednesday meetings.
	Meeting adjourned at 1:23 p.m.	Next meeting will be Wednesday, October 15th Suburban Outpatient Pavilion Wellness Room #1

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