

South Milwaukee Community Health Improvement Plan & Process (CHIPP)

Emotional Well-Being Focus Group: 06/03/13

South Milwaukee Library (Upper Conference Room); 4:00 pm – 5:30 pm

Agenda Item	Talking Points	Who
Welcome		Jackie
History of CHIPP & Purpose of Focus Group	<p>A brief on the history of the CHIPP was given along with the latest statistical references pertinent to this focus group. From the handout, some highlights were:</p> <ul style="list-style-type: none"> • Mental health conditions reported by residents in the 2012 Community Health Assessment have risen 10% in the past 9 years. • 8% of these same residents felt sad or depressed always or nearly always in the past 30 days (up from 2% in 2009). • 6% seldom or never find meaning or purpose in life. • 4% have considered suicide in the past year. • 3% of children (8-17 years) felt unhappy, sad, or depressed in the past 6 months always or nearly always. • 21% of respondents experienced bullying in the past year (17% of which was verbal, 4% physical and 1% cyber) • 20% of respondents identified Mental Health/Depression as a Community Health Issue. • 61% of 6-12th graders do not have peaceful conflict resolution skills. • 52% of 6-12th graders do not have a positive self-esteem. 	Ove
Introductions		
Nationwide Recognized Process Outlined	<p>Mobilizing for Action Through Planning & Partnerships (MAPP) Process explained in great detail to outline how not only this meeting will be structured but how the entire Community Health Improvement Plan will develop. Some key points were:</p> <ol style="list-style-type: none"> 1. A community-wide strategic planning tool for improving public health 2. A method to help communities prioritize public health issues, identify resources for addressing them, and take action 3. Community Driven Process (not just local public health department) <p>Local Public Health <i>System</i> is identified and defined</p>	Jen Freiheit, BVAM, LLC

<p>Focus Group Structure Identified</p>	<p>Focus Group Structure (5) with School/Community Advisory Committee as overarching committee</p> <ol style="list-style-type: none"> 1. Positive Parenting 2. Job Readiness 3. Informed Life Choices 4. Active Living and Healthy Eating 5. Emotional Well-Being
<p>Community Health Improvement Plan (CHIP) description</p>	<p>Approval of the Focus Group Mission</p> <ol style="list-style-type: none"> 1. CHIP Vision: <i>Healthy People in a Healthy South Milwaukee</i> 2. Emotional Well-Being Focus Group Mission: <i>Provide residents with the resources and skills to be able to meet their basic need of emotional well-being.</i> 3. Premise: <i>There is a strong relationship between mental and emotional health, physical health, and personal well-being. A person's state of emotional health may strongly impact their overall picture of wellness.</i>
<p>Goals vs. Strategy Definition</p>	<ul style="list-style-type: none"> • Provide a connection between the current <i>reality</i> (what the local public health system and the community look like now) and the <i>vision</i> (what the system and community will look like in the future) • Broad long-term aims that define the desired result associated with identified strategic issues • Goals = What do we want to achieve by addressing the “emotional well-being” strategic issue • Strategies = How do we want to achieve it? What action is needed?
<p>Define Focus Group Goals</p>	<p>The original three goals identified only as a starting point were:</p> <ol style="list-style-type: none"> 1. South Milwaukee children will be healthy and resilient with adequate coping skills making them eager and ready to learn. 2. South Milwaukee adults will have improved coping and stress management skills. 3. South Milwaukee adults will be aware of the importance of the effect of Adverse Childhood Events in the first 5 years of a child's life. <p>After much discussion, we ended the meeting with these three revised goals that may still be altered in the future. Our next meeting will begin with solidifying these:</p> <ol style="list-style-type: none"> 1. Educate South Milwaukee youth (ages 3-17) on positive coping skills, conflict resolution skills, and character development to become healthy and resilient.

	<p>2. Educate South Milwaukee adults (age 18+) on positive coping skills, conflict resolution skills, and character development to become healthy and resilient.</p> <p>3. Provide community awareness to accessible mental health resources.</p> <p>Ideas for these goals stemmed from suggested categories: children, college aged, adults, family, parents, and community</p> <p>Conflict resolution was a suggested addition as well as to remove the term awareness and make it a more action related verb.</p> <p>It was identified that this was an important issue for South Milwaukee and is especially difficult to achieve in the school system with only 8 counselors, 3 psychiatrists, and one social worker.</p> <p>http://www.mentalhealth.gov/ was identified as a great resource.</p> <p>Trauma informed care and character were discussed in great detail including current efforts and needs.</p> <ul style="list-style-type: none"> • Character provides a safe space and predicts good behavior and decisions. A three pronged approach can assist in character development: Education (such programs as secondstep.org used in the elementary schools right now that has a 5 pronged approach toward honesty, respect, perseverance, kindness, and responsibility); Employer Responsibility; and Faith Based Resources, characterfirst.com is an excellent resource for the faith-based community. • The school system is currently utilizing the Second Step program with great success and working with the Wisconsin Character Education Partnership at http://wicharacter.org/. 	
<p>Strategy Alternatives</p>	<p>Several strategies and ideas were given which we will expound upon at the next meeting. The initial list (not complete nor approved by School/Community Advisory Committee; in no particular order) includes:</p> <ul style="list-style-type: none"> • Mentors and role models (college age and intergenerational) • Speakers (at high school and for adults) • Buddy System 	<p>Jen Freiheit, BVAM, LLC</p>

- Neighborhood “safety” watch/safe house/safe space with signs/magnet for a safe place to talk
- Resources for families of people with mental health illness
- Getting more people in the community trained with Crisis Intervention Training (especially law enforcement)
- Life Course presentation to School Board
- Complimentary program to the SMPD “I’m on Watch and so is my neighbor” campaign with a new twist “I support a healthy South Milwaukee and so does my neighbor” with neighborhood captains leading an “SM WAY” character development program and education on mental health and other healthy initiatives.

Next Meeting

Monday, June 17, 2013

11:00am-12:30pm

South Milwaukee City Hall (Room TBD)

Agenda Items:

- Identify strategy alternatives based upon the following two themes:
 1. Create city activities and events that support residents of all ages.
 2. Provide opportunities for positive role modeling in city sponsored events and activities.
- Broad-spectrum and strategic thinking brainstorming ideas based upon:
 1. Money and time of no hindrance
 2. Absolutely no idea is rejected at this stage
 3. Determining patterns of action, decision, and policies that guide the public health system toward a vision or goal
 4. Thinking about what you as an individual can contribute
 5. Thinking about the agency you work for/represent and what the agency can contribute
- Barriers to Implementation
 1. Insufficient resources including time and financial constraints
 2. Lack of community support
 3. Legal or policy impediments to authority
 4. Technological difficulties and Internet access not available for all who may benefit from services/programs
 5. Limited organizational or management capacity
- Implementation Details (Action Items)
 1. What specific actions need to take place? (i.e. connecting the “silos”)
 2. What is a reasonable timeline?
 3. Which organization and individuals should be involved?
 4. What resources are required and where will they come from?
- Select Strategies for presenting to School/Community Advisory Committee

Attendees	Jackie Ove (South Milwaukee Health Department Health Officer), Jackie Benka (South Milwaukee Health Department Public Health Nurse), Mariana Liebsch (South Milwaukee Health Department Public Health Nurse), Debbie Guthrie (South Milwaukee Health Department Clerk), Mary Pelner (Aurora St. Luke's South Shore), Molly Gallegos (South Milwaukee Schools), Emily Watson (South Milwaukee Schools), Chris Giese (Giese Tax and resident), Kayla Correa (college-aged resident), Karen Workman (resident), Deborah Rodriguez (Ex RN, mom, parish/church worker), Kathely Merkel (mother, RN), Brie Farina (South Milwaukee Schools), Christine Aquilar (Independent MH), Yolanda Siles (UWGB Student), Ann Fooks (interested resident), Annette Loper (Aurora and H.O. Ads Bd), Jennifer Freiheit (Facilitator, Bay View Advanced Management, LLC)
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