

# South Milwaukee Community Health Improvement Plan & Process (CHIPP)

## Emotional Well-Being Focus Group: 06/17/13

South Milwaukee City Hall Common Council South Chambers; 11:00 am – 12:30 pm

Agenda Item	Talking Points	Who
<b>Welcome</b>		Jackie
<b>History of CHIPP &amp; Purpose of Focus Group</b>	Historical brief on the CHIPP and Emotional Well-Being Focus Group was given as a reminder and for new attendees.	Ove,
<b>Introductions</b>		Health Officer
<b>Nationwide Recognized Process Outlined</b>	<p>Mobilizing for Action Through Planning &amp; Partnerships (MAPP) Process briefly explained for new members and to review for former members 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"> <li>1. <b>A community-wide strategic planning tool</b> for improving public health</li> <li>2. <b>A method to help communities prioritize</b> public health issues, identify resources for addressing them, and take action</li> <li>3. <b>Community Driven Process</b> (not just local public health department)</li> </ol> <p>Local Public Health <i>System</i> is identified and defined</p>	Jen Freiheit, BVAM, LLC
<b>Focus Group Structure Identified</b>	<p>Focus Group Structure (5) with School/Community Advisory Committee as overarching committee</p> <ol style="list-style-type: none"> <li>1. Positive Parenting</li> <li>2. Job Readiness</li> <li>3. Informed Life Choices</li> <li>4. Active Living and Healthy Eating</li> <li>5. Emotional Well-Being</li> </ol>	
<b>Community Health Improvement Plan (CHIP) description</b>	<p>Approval of the Focus Group Mission</p> <ol style="list-style-type: none"> <li>1. CHIP Vision: <i>Healthy People in a Healthy South Milwaukee</i></li> <li>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></li> <li>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</i></li> </ol>	

	<i>impact their overall picture of wellness</i>	
<b>Goals vs. Strategy Definition</b>	<ol style="list-style-type: none"> <li>1. 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)</li> <li>2. Broad long-term aims that define the desired result associated with identified strategic issues</li> <li>3. Goals = What do we want to achieve by addressing the “emotional well-being” strategic issue</li> <li>4. Strategies = How do we want to achieve it? What action is needed?</li> </ol>	
<b>Review and Alteration of Focus Group Goals</b>	<p>We finalized and approved the following three goals for this focus area:</p> <ol style="list-style-type: none"> <li>1. Educate and provide South Milwaukee youth (ages 3-17) with positive coping skills, conflict resolution skills, and character development to become healthy and resilient.</li> <li>2. Educate and provide South Milwaukee adults (age 18+) with positive coping skills, conflict resolution skills, and character development to become healthy and resilient.</li> <li>3. Create accessible community mental health services.</li> </ol>	
<b>Review and Additions to Strategy Alternatives</b>	<p>Identified strategy alternatives based upon the following two themes:</p> <ol style="list-style-type: none"> <li>1. Create city activities and events that support residents of all ages.</li> <li>2. Provide opportunities for positive role modeling in city sponsored events and activities.</li> </ol> <p>Broad-spectrum and strategic thinking brainstorming ideas based upon:</p> <ol style="list-style-type: none"> <li>1. Money and time of no hindrance</li> <li>2. Absolutely no idea is rejected at this stage</li> <li>3. Determining patterns of action, decision, and policies that guide the public health system toward a vision or goal</li> <li>4. Thinking about what you as an individual can contribute</li> <li>5. Thinking about the agency you work for/represent and what the agency can contribute</li> </ol> <p>The following were brainstorm ideas and are not complete nor approved by School/Community Advisory Committee. They are in no particular order.</p>	All
<b>Strategies for Goal #1 – Children</b>	<ul style="list-style-type: none"> <li>• Positive character development through leadership/mentorship at schools, businesses, family, law enforcement, faith-based communities, healthcare, civic organizations</li> <li>• Service learning activities/projects bringing all above agencies together (role modeling) ex. Gratitude project (donations for families around holidays, garden project, clean up project)</li> <li>• Buddy System/mentoring (Block Watch)</li> </ul>	Led by Jackie Ove

	<ul style="list-style-type: none"> <li>• Crisis Intervention Training Police Dept (recommend it in police academy training) and other professionals such as Crisis Prevention Intervention (talking down) training in schools</li> <li>• Characterfirst.com: a non-faith based program to train people in all of #1 with 6 areas and a train the trainer</li> <li>• Use college kids in the psychology program to volunteer mentor (buddy) at SMHS or School District: REAL Academy</li> <li>• Pilot character club ambassadors of character then they become mentors</li> <li>• Young people 19-20 already trained in character first can come to the schools to offer training to school age</li> <li>• Second step for elementary level</li> <li>• <a href="#">Life Course presentation to School Board</a></li> </ul>	
<b>Strategies for Goal #2 – Adults</b>	<ul style="list-style-type: none"> <li>• Council of Churches: common purpose for community; program on Family &amp; Mental Health including topics such as mentoring, counseling and marriage and family</li> <li>• Need to get needy engaged (buy-in) and indentify who we address</li> <li>• Mental health providers in SM and schools/counselors</li> <li>• Have a community event with incentives to make connections such as a movie night called “Got Stress? We can help” and we can have support groups there</li> <li>• Booth at farmers market</li> <li>• Programs to emphasize responsibility and accountability</li> <li>• Stress Management workshop to include 5 minute chair massages, stress balls, breathing exercises, exercise such as yoga, meditation/prayer</li> <li>• Educate businesses</li> <li>• Address the already mentally ill in community (i.e. a house for them?)j</li> </ul>	Led by Mariana Liebsch
<b>Strategies for Goal #3 – Services</b>	<ul style="list-style-type: none"> <li>• Workshops at the PAC (works for goals #1 and #2 as well)</li> <li>• Crisis Center/telephone volunteers</li> <li>• Community center for kids programming/ young adults programming</li> <li>• Partnership with community resources (goes with above)</li> <li>• Community model = located at the school for families (like the UCLA model to include medical, emotional, psych, and dental?)</li> <li>• Comprehensive database of information to be developed by all members of the community for example Police, FD, HD, school, faith-based, businesses, library, etc.</li> </ul>	Led by Lynette Stefanec

	<ul style="list-style-type: none"> <li>• Accessible transportation (either bus fare donations or volunteers)</li> <li>• Safe house within the city</li> <li>• Counseling services/outpatient</li> <li>• Change the law/legal process</li> <li>• Change insurance benefits</li> <li>• Community mentors/trained volunteers</li> <li>• Peer advocates/trained</li> <li>• Neighborhood “safety” watch/safe house/safe space with signs/magnet for a safe place to talk</li> <li>• 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</li> </ul> <p>(blue bulleted points were given at the 1<sup>st</sup> meeting)</p>	
<p><b>Strategies chosen to address in near future</b></p>	<ul style="list-style-type: none"> <li>• Comprehensive database of information to be developed by all members of the community for example Police, FD, HD, school, faith-based, businesses, library, etc.</li> <li>• Accessible transportation (either bus fare donations or volunteers)</li> <li>• Training Program (to include CIP/CPI, Life Skills, conflict resolution, and mentoring skills) to include a mentor “bank” for youth, adults, intergenerational(retirees), law enforcement, businesses, parents of mentally ill children, and faith-based communities</li> <li>• Business programming to include character, prejudices of those mentally ill, database, stress management</li> </ul>	<p>Jen Freiheit, BVAM, LLC</p>
<p><b>Next Meeting</b></p>	<p>Monday, July 1, 2013  11:00am-12:30 pm  South Milwaukee City Hall South Council Chambers  Agenda Items:</p> <ol style="list-style-type: none"> <li>1. Consider barriers to implementation <ol style="list-style-type: none"> <li>a. Insufficient resources (i.e. time and financial)</li> <li>b. Lack of community support</li> <li>c. Legal or policy impediments to authority</li> <li>d. Technological difficulties/lack of access</li> <li>e. Limited organizational or management capacity</li> <li>f. Others?</li> </ol> </li> <li>2. Consider implementation details</li> </ol>	

	<ul style="list-style-type: none"> <li>a. What specific actions need to take place? (connect the “silos”)</li> <li>b. What is a reasonable timeline?</li> <li>c. Which organization and individuals should be involved?</li> <li>d. What resources are required and where will they come from?</li> </ul> <p>3. Draft planning report for presenting to School/Community Advisory Committee (part of CHIP)</p>
<b>Attendees</b>	<p>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), Lynette Stefanec (South Milwaukee Health Department Public Health Nurse), Mary Pelner (Aurora St. Luke’s South Shore), Molly Gallegos (South Milwaukee Schools), Jill Petre (South Milwaukee School District), 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), Yolanda Silas (UWGB Student), Ann Fooks (interested resident) and, Jennifer Freiheit (Facilitator, Bay View Advanced Management, LLC)</p>