



CHIP Committee Minutes – 01/11/2024

1) Welcome/ Introductions: Mathews Thampi, Molly Pofahl, Samantha Hawthorne, Patty Long, Jeff, Loree, and Maria from the East Central District Health Department, Karmen with Colegrove Counseling.

2) Updates on goal activities

- Progress on goal activities was discussed:
 - Ongoing 100 conversations
 - Promotional activities with United Way are temporarily paused due to a lack of materials; efforts are underway to resume these activities soon.
 - Plans for a joint meeting with Team Mates, Big Pals, and Little Pals focusing on Mental Health and Substance Abuse were reviewed.
 - Ongoing promotion of the Mental Health Self-Test and Mental Health pages of United Way and ECDHD was reiterated from the previous meeting.

3) Behavioral Health Provider Recruitment and Retention – Access to Resources and Quality Improvement

- Discussion on strategies for recruitment and retention of mental health providers, including:
 - Collaboration and Networking opportunities.
 - Training and Skill Development.
 - Continual Learning Opportunities.
 - Career Advancement Opportunities.

4) Behavioral Health Provider Survey - <https://www.surveymonkey.com/r/3HKQRB>

- Karmen discussed results of the survey.

5) Current Mental Health Initiatives

- Updates on ongoing initiatives discussed:
 - Progress of conversations initiated with pastors in the community and other leaders.
 - Community Engagement efforts with Big Pals Little Pals and United Way.
 - Education and Awareness initiatives, including promoting the ECDHD Mental Health Resource Page.

6) District Suicide Prevention Coalition update

- The status of the District Suicide Prevention Coalition was discussed

7) Mental health program talking points

- Stigma Reduction - Discussed Education and Awareness, Community Engagement, School Based initiatives
- Targeted Interventions – Discussed Culturally tailored program, Youth Focused initiatives
- Training and Capacity Building - Discussed Mental Health First Aid Training, Workplace Mental Health Training

Action Items:

1. Resume promotional activities with United Way.
2. Schedule joint meetings with teammates, Big Pals, and Little Pals.
3. Continue outreach efforts with community organizations.
4. Explore additional minority organizations for collaboration.
5. Resume school promotions with assistance from Roberta.
6. Integrate mental health self-tests onto the ECDHD website.
7. Further discuss the status of the District Suicide Prevention Coalition in the next meeting.