



CHIP Committee Minutes

05/09/2024

- 1) Welcome/ Introductions – Terri, Jessica Hicks, and Mathews Thampi from East Central District Health Department. Amy Blaser from Columbus Community Hospital, Bruce J. Prenda, Colfax County Attorney, Hope Freshour from Columbus Area United Way, and Karmen from Colegrove Counselling.

- 2) Current Mental Health Initiatives - During the meeting, the Project Coordinator provided an update on current mental health initiatives, including the ongoing monthly mental health classes at Seekers of Serenity (SOS) in Columbus, conducted in English, and at Schuyler Elementary School, where classes are offered in Spanish. Matthews highlighted the continuous conversations with community members to better understand mental health needs, and health promotions in manufacturing companies. Efforts are also being made to promote health across Platte, Colfax, Nance, and Boone counties. The coordinator emphasized the importance of the regular Community and Family Partnership meetings, where mental health is a priority, and collaboration with United Way to restart the "How are you really?" campaign. A grant from Columbus Area United Way (CAUW) facilitated the recent QPR (Question, Persuade, Refer) training session. Additionally, the formation of the non-profit organization Hopeful Horizon was announced, and ongoing efforts with the Chamber of Commerce aim to restart Diversity and Inclusion meetings with a focus on mental health. The coordinator also mentioned becoming a board member of Big Pals and Little Pals to better deliver health information to youth. Lastly, the creation of a Mental Health Resource page on the East Central District Health Department (ECDHD) website was discussed, along with future plans to enhance mental health services and resources in collaboration with community partners

- 3) District Suicide Prevention Coalition Update – The Coordinator updated the group about the current process and also mentioned about the conflict of names that occurred. Karmen is working to resolve this issue.

- 4) Current needs/Concerns/ Announcements – The coordinator mentioned the issue of vaping with THC among middle schoolers that was brought up in the Communities Against Substance Abuse (CASMA) meeting. The group discussed the ways to intervene discussing bringing the DARE program back in schools. Also discussed about the possibility of having keepin' IT REAL training.