

Mental Health Notes
June 23, 2015

How will we know we've made a difference? Hopefully, we'll move the needle on the attempted suicide and depressive symptoms data.

Mental Health Task Force Connections –

Alisa Cowan provided a brief overview of the MHTF – it started 6 years ago and is currently led by Heather Stowe and Brenda Wilks jointly. The purpose is to share information, support each other, while serving youth and families.

Although the group has many accomplishments, they are currently focusing on two things:

- One page resource list, not referrals, but resources available that include APS/ACG and others to give to parents
- Whole Child Conference (or something similar)

Strategies we can do:

For APS - Advocate for the MHF Aide Training to be required for all at the state level, then it will be required for all teachers (like CPR). Can the CSB help with that? Require some mental health training for teachers to get recertified every 5 years.

For ACG - Crisis Intervention Training (CIT) for all police officers. Currently 40% of officers are trained, make sure the dispatchers know to find the appropriate officers.

For the Community –

Offer Mental Health First Aide Training to everyone -

- Go to the neighborhoods, churches, etc..
- Get on agendas of groups that exist
- Private schools
- VOICE

Is there be a list of everyone who is trained? Or can we get a listing of all of the places that training has been/will be offered? (Kim will ask Christian Haase if that is available).

[Ending the Silence](#) – Debbie DeFranco is committed to making this happen for all high school student. Jeff Carpenter had been working on going through middle school counselors. He will connect with Debbie. Jeff mentioned that the NAMI curriculum [Breaking the Silence](#) is at the 5th grade level.

Whole Child Conference – rename and revision to include:

- Kick-off event followed by all sorts of supporting programs/workshops/opportunities:
- Speaker's bureau
- Different locations
- Offer daycare
- Multiple opportunities
- Live-stream, video social media
- Practical take-aways

- Reach beyond one day
- Panel discussions
- Survey reports/feedback
- Workshops
- Calendar of events
- WHO will own this???

Connections – Others to Connect with who could help support any/all of these strategies:

- Mental Health Task Force
- CFSD Behavioral Unit
- Community Services Board
- NAMI supports and training
- Crisis Link
- Parent Education Network
- ArlingtonFamilies.com
- Churches
- OST Council
- Parent Academy
- Communities in Schools