

**Waukesha County Human Services Center  
Mental Health Advisory Committee (MHAC) Meeting  
March 19, 2018**

**Present MHAC Committee:** Linda Cole, Terry Findley, Cathy Friend, Colleen Gonzales, Jessica Grzybowski (via phone), Mary Madden, Maura McMahon, Shannon Stydahr

**Absent MHAC Committee:** Mary Lodes, Kathy Mack, Karen McCue, Helen Prozeller, Kelly Simms, Becky Stark, Marybeth VanderMale

**HHS Liaisons:** Brad Haas, Joan Sternweis

**Guests:** Danielle Birdeau, Sunnie Hirschfield, Katie Miller, Trista Neary, Lisa Riggle

**1. Call to Order**

Chair Gonzalez called the meeting to order at 1:41 p.m. Introductions were exchanged among the committee members and guests.

**2. Review and Approval of Minutes**

Motion: Cole moved, second by Madden, to approve the Mental Health Committees Minute of February 19, 2018. Motion passed unanimously.

**3. Educational Presentation: Question, Persuade, Refer (QPR) Training – Sunnie Hirschfield**  
Hirschfield, a staff member from NAMI, gave a brief background on herself.

When Hirschfield begins the hour-long training, she begins with discussing the statistics and myths around suicide. A common myth is that if you talk to someone about suicide, it puts the idea in their mind.

Hirschfield is able to interject personal stories into the training, as she is a survivor of suicide, having lost six loved ones to suicide.

When training, Hirschfield gives various questions that attendees can ask others if they are suicidal. She encourages people to not ask if they are feeling like hurting themselves because the person is often already hurting, so they view suicide as saving them.

Persuading someone to get help can be one of the hardest things because people will object to the options, such as saying that they do not want to see a therapist because a therapist did not help in the past. Hirschfield tries to get rid of the stigma that surrounds mental illness, especially for men.

Hirschfield will provide attendees a variety of signs and clues to pay attention to that can result in asking follow-up questions to the potentially suicidal person.

Hirschfield suggested that, if the suicidal person is a loved one and you cannot ask openly if they are suicidal because you are afraid of the answer (such as a parent asking their child), find someone that can ask the question.

Madden added that the QPR training is offered for free, supported by the Charles E. Kubly Foundation. The training can be catered to the audience.

Findley commented that Hirschfield had come out to Friendships, and it was extremely beneficial and eye-opening. QPR was not covered in Peer Specialist training.

Stydahar commented that they do the QPR training for the agents. Coworkers tend to see each other more than their families do, so being "clued in" to coworkers is important as well.

**4. HHS Staff Liaison Report – Brad Haas, Joan Sternweis**

Simms and one of her clinical therapists will be attending the statewide CST meeting will be this Friday in Waukesha. Simms and a staff member will be attending the statewide CCS meeting in April.

Haas reported that the state CSP meeting was last Friday. The main takeaway is that they are looking to have one rule for all psychosocial programs (i.e. CSP, CCS, Targeted Case Management). This will be an extremely large undertaking, but will help with continuity of service, will allow procedures to be combined, and will be easier on the staff.

The new APNP is doing very well at the Mental Health Center, and continues to be well received by staff and clients. Haas stated that the collaboration is refreshing.

Sternweis reported that Waukesha was asked to join the Wisconsin Learning Collaborative for Crisis Intervention and Emergency Detention Services. The group will review trends and usage of the state hospitals, such as Winnebago.

There are four new crisis staff members, and a staff member for children in the CCS program.

The Heroin Task Force is meeting this month.

Waukesha County HHS was invited to participate in a school collaborative regarding safety and risk assessment in response to the Florida school shooting.

McMahon left at 2:12 p.m.

**5. Reports**

**a. HHS Board Liaison Report – Mary Lodes**

No report.

**b. Comprehensive Community Services (CCS) Coordinating Committee – Kelly Simms**

Hass reported that the committee is continuing to move forward on the Mental Health Center beautification project. At the next MHAC meeting, a formal request for donations of artwork will be given.

**c. Coordinated Services Team – Kelly Simms**

No report.

**c. Peer Specialist Committee of Waukesha County – Cathy Friend**

No report.

**d. Community Health Improvement Planning Process (CHIPP) Report – Mary Madden**

Madden reported that the process is going well. There are 15 people on each team. When the survey originally went out, the community identified suicide as being a main issue, so the mental health group will be focusing on that. The mental health group has completed the Root Cause Analysis and Pay Off Matrix, and will be reviewing a package from the CDC regarding reducing suicide.

The whole process will be complete on July 17. Madden stated that the process has seemed more streamlined, and that having the tri-chairs for each team works well.

**e. Suicide Task Force – Mary Madden**

Last week Wednesday, NAMI was invited to cohost the movie “Suicide: The Ripple Effect,” and 157 people attended. There will be another showing tonight at Mequon’s Marcus North Short theater. To coincide with Mental Health Awareness Month in May, there will be four more screenings in May in collaboration with Mental Health America, Wisconsin Initiative with Stigma Elimination, and the Waukesha County HHS. NAMI will be hosting, supported by Waukesha County HHS crisis grant, a showing at the Marcus Ridge theater on May 16. The grant will be purchasing tickets for high school youth and their parents to attend. Proceeds of all of the showings will be split between four organizations, including NAMI. Madden said that the movie is appropriate with middle and high school kids already struggling with suicide, with parents accompaniment. The content is heavy, but there is positive information after the credits.

Madden stated that there is a tipping point with a minimum number of tickets to be bought. The May 16 showing will definitely happen; however, Madden is not sure about the other events. If sales do not reach the minimum, people will be refunded. The showings thus far have sold out.

Madden will send a flyer to McClain for distribution.

**6. Ongoing Business / Community Initiatives**

The Prioritized/Unmet Needs presentation will be this week Thursday.

The joint needs between the AODA and the Mental Health Advisory Committees are:

- Housing
- Medication Assisted Treatment (the board would not be prioritizing medications between those for mental health and those for substance use)
- Peer Support
- Accessibility to Services

The Mental Health Advisory Committee’s needs are:

- Budgeted Increase to Contract Agencies
- Crisis Stabilization
- Peer Run Respite
- Young Adult Services

- Resources for the Lesbian, Gay, Bi-sexual, Transsexual, Questioning, Intersex, and Asexual/Allies (LGBTQIA) Population

**7. Agency Updates / Announcements**

Madden reported that NAMI Greater Milwaukee has unexpectedly let go of all staff and will only be utilizing volunteers. NAMI Waukesha has received calls, but does not have any definitive details. If someone was receiving services, they should contact NAMI Waukesha; the person will be referred back to the Greater Milwaukee number, but Waukesha is tracking the calls. Madden has a follow-up meeting later this week.

Cole announced that Clubhouse is applying for accreditation, and this is generating a lot of excitement.

**8. New Business**

No report.

**9. Other**

No report.

**10. Public Comment**

No report.

**11. Adjourn**

Motion: Madden moved, second by Stydahar, to adjourn the meeting at 3:03 p.m. Motion carried unanimously.

Minutes respectfully submitted by Janelle McClain.

Minutes Were Approved: Cornea A. Stydahar Date: 4-16-18