

Waukesha County Nutrition Coalition Minutes

June 27, 2023

Attendance: Lisa Topp -Waukesha County WIC; Ellen Kind- Waukesha Head Start/Early Head Start; Katy Maas & Jill Herz- Waukesha County UW-Madison Extension FoodWise; Soraya Bericoto- ProHealth Care- Wisconsin Well Woman Program; Judith Amorsen- Eras Senior Network; Chloe Bingenheimer - Community Smiles Dental; Michael Egly- Food Pantry of Waukesha County; Marissa Hartzell- Women's Center; Heather Wilke- Hebron House; Debra Thiesenhusen- Monroe Group; Nancy Muñoz- Catholic Charities; Shanna Krause- La Casa de Esperanza; Daniel Shine- NAMI.

National Alliance On Mental Illness (NAMI)- Presenter: Daniel Shine

Daniel Shine is Community Education & Outreach Manager for NAMI Southeast Wisconsin. There is a great need for mental health outreach in public health, especially in the Milwaukee area. There is a level of disparity that is different than other areas of Wisconsin. NAMI has four locations in southeastern WI: downtown Milwaukee, administrative office on Grandview, the Waukesha Resiliency center for the Christmas parade tragedy, and a community location downtown at St Matthias Church.

The purpose of NAMI is to support individuals and families affected by mental illness. NAMI does outreach in a variety of ways. Peer-to-peer support groups help those with mental health conditions share their experiences with one another. The "Basics" group is a program of education support for parents and caregivers for children with mental health issues. "Ending the Silence" is a program for middle and high schools, focusing on kids age 13+. NAMI also has a support group for survivors of suicide. (Brochure was distributed describing services). NAMI can provide people with empathy, understanding, and firsthand knowledge of crises.

Question: Are services offered in Spanish? Answer: At this time, they have a translator on staff but no groups specifically in Spanish.

Question: Are services free? Answer: Yes, NAMI is supplemented by donations and fundraisers

Group discussion about mental health and nutrition: Nutrition and mental health intersect. There are benefits to eating/accessing healthy foods. Diet and exercise can be equally impactful and can influence mood and cognition. Evidence shows that omega 3s, antioxidants, fruits, and vegetables can all play a role. What are food needs in the Waukesha community? Agencies around the table discussed how sometimes their clients and participants are not eating nutritiously, eating much, or regularly. Eating the right things isn't necessarily a priority when someone is in crisis mode. What are solutions to this? They may not be ready, so providing empathy and small nudges may be a good way to start. Extension provides free nutrition programs. NAMI is piloting "coffee and conversations" in Milwaukee, with a specific topic each time. "Minority mental health" was the last topic. Will be doing something similar in Waukesha in August.

Agency Updates:

Wisconsin Well Woman Program-ProHealth Care- Soraya Bericoto: The Wisconsin Well Woman Program provides breast and cervical cancer screening for uninsured or underinsured, and helps with resources or treatment. There is an upcoming Aug 19 conference for caregivers of older adults with memory loss. Also have an upcoming coffee chat in Spanish.

WIC- Lisa Topp: It is Farmers Market season, so all WIC participants will be receiving \$30 farmers market voucher booklets. On August 10, WIC's in-person waiver is expiring, and they will be encouraging families to come into the office for recertification. Will be opening Lake Area Free Clinic satellite location again (this location opened just before covid hit). Breastfeeding coalition updates: still have a free code available for anyone interested in the pumpspotting app, which helps you to find places to feed baby, offers a community chat with other moms, and

allows you to talk to breastfeeding experts. Count Your Kicks is an app for pregnant moms to try to prevent stillbirth.

Community Smiles Dental, Chloe Bingenheimer: We are at full capacity with a long waitlist. Began a new oral health education pilot in schools this past spring, which included a nutrition segment and discussion of risk factors. Each kid is sent home with a to-go bag with dental care items, toothbrushes.

Eras Senior Network- Judith Amorsen: Providing transportation for medical appointments, to grocery stores, etc. in Milwaukee and Waukesha. If you know anyone who needs help, please refer.

Women's Center-Marissa Hartzell: Provide walk-in crisis services from 9-4, also a 24-hour hotline. The Women's Center serves all genders, all identities, all ages.

La Casa de Esperanza- Shanna Krause: La Casa provides the Early Head Start program which includes a home visiting program and center-based program. There is currently a waiting list for the center-based program.

Hebron House (Juno House)-Heather Wilke: Juno House provides temporary home to single women and families. If you know there is an active DV threat, please don't send them; can do coordinated entry.

UW-Madison Extension FoodWise- Katy Maas & Jill Herz: We are providing youth programs in many parks this summer, as well as garden programs. Nutrition Educator Emily Green will be teaching a 7- week Eating Smart & Being Active series for parents at the Library starting in August; we will send out the flyer to the WCNC list. FoodWise has been implementing new trauma-informed curricula called *Around the Table* for high-school age kids, and *Around the Table-Nourishing Families* for parents. Curriculum focuses on experiences with food through connections and conversation. We will be starting up groups at the Women's Center and at Parents Place. If you work with parents that would be interested, please let us know; we just need 3 parents to form a group.

Catholic Charities- Nancy Muñoz: Losing two therapists at Catholic Charities, no bilingual therapist currently. We are doing best we can, trying to do over the phone/virtual appointments. We are part of the diaper bank through United Way, so if any families need diapers, please call us and ask.

Head Start/ Early Head Start- Ellen Kind: In Early Head Start, we work with pregnant moms thru 3 years old. Youth enrolling in Head Start are ages 3-4. We are enrolling right now. We have an amazing program here with lots of spots open, please send interested families our way.

Waukesha Food Pantry- Michael Egly: The USDA Summer Food Service program is underway, where kids can access free meals. Text FOOD to the number 304-304 to find the meal site closest to you. This will trigger an auto-response asking you to put in your zip code, and it will send you information about the closest site. The USDA and Wisconsin DPI websites also have the full listing. In Waukesha, schools that are operating summer school are also hosting the free lunches. Outside of USDA meals, St. Vincent de Paul provides meals at Saratoga Park, which are open to everyone. (Group discussion: St Vincent de Paul has also been sending lunches to La Casa, so you can also refer to La Casa for meals). Waukesha Food Pantry no longer has the summer meal offering it had during the pandemic, due to requirement that participants eat on site. Our FoodShare Outreach Assistant helps people navigate FoodShare, enrollment, and the application process. The Backpack Coalition will have backpacks to distribute, and they are no longer taking applications. Will be distributed first week or two of August.

2023 Meetings: February, April, June, August, October
Next Meeting: August 22, 2023 at 9AM
Waukesha County WIC
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