

Washtenaw Alive Meeting Minutes
September 12, 2019
LRC
1:30 pm

- Present: Kathy Arnold (FCC Washtenaw), Charles Wilson (WCHD), Robin Batten (WACC), Julie Halpert (Garrett's Space), Lori Bennett (Garrett's Space), Scott Halpert (Garrett's Space), Shannon Novara (WISD), LJ Sarten (Ozone House), Kathy Wyatt (WCSO), Lisa Gentz (WCCMH), Michelle Walters (WACC), Mark Creekmore (NAMI), Adreanne Waller (WCHD), Anne Daws-Lazar (WCSO – CISM team)

- Presentations: (Tony Weatherly was unable to make it)
 - Garrett's Space - Julie and Scott Halpert, Lori Bennett – this organization aims to be a space that is geared toward 18-28 year old people which may provide services including but not limited to: therapy, space in nature, peer to peer support and support for families, arts – dance and music. Warm and welcoming to everyone and not dependent on ability to pay. Note: they are a 501c3
 - Educating the public right now – distributing door tags – 17,000 so far – goal is 25,000
 - Increasing awareness of suicidality in this age group (yoga in the big house), possibly trainings and scholarships for therapists
 - They are an entity in the community right now – eventually will have a physical space
 - CMH – Mental health funds – started January 2019
 - 11 investment areas including MH support services, crisis intervention, community education
 - 8 years of funding
 - Health department (Emma Share – focus groups)

- As a result of suicide rates in 2016 – focus on youth and family in this diverse county
 - Survey – what youth wished they knew (that MH is real) – what adults wished they knew
 - Diversity inclusion
 - Youth didn't feel it is safe to talk
 - #wishyouknew – art work and murals, video story telling – share what they have experienced
 - Campaign around local artists – able to illustrate ideas
 - Leading a coordinated effort
 - (comment – need to help adults 'I can't help my child if I'm traumatized')
- Community Partners
 - Cheryl King – UM Depression Center – Youth nominated support team – followed over 10 years and can apply to young adults
 - FCC hears same information from the youth they work with.
- Some stuff may be duplicated – maybe it's ok to duplicate – several entities in the community with the same message
- Gaps: can take a long time for care to happen
- CARES team 24/7 access

- Lisa will send out link to report (we'll send to WA email list)
- Lisa has resources if you would like for resource tables – let her know.
- Quarterly newsletter – CMH webpage – click on MH millage Q report and subscribe
- (we'll send out this link)

New suicide stats – Adreanne Waller

EXPOSURE (acronym)

- Expenses/employment
- Prison
- Orientation
- Substance issues
- Use mental health services
- Resilience and coping
- Environment
- Stress and trauma

Demographics

- 31 suicides thru July 2019
- 3 under 18 years of age
- 7 female
- 90% white

- 8 were 64 and older – zip Ypsilanti and Ypsilanti twp, superior

- Upcoming events (WA Calendar)
 - AFSP walk September 21 at West Park – Neal Elkin, Kathy Arnold – WA table

 - Reinhart Realty – with Sheriff's dept – handing out gallon zip lock bags with necessities (Socktober)

 - With Washtenaw County Parks and Rec – window is open to suggest MH activities.

Thanks to all who brought this valuable information to our meeting.

- Next meeting: Subgroup: Thursday, October 17, 2019 1:30 – LRC – Ontario
- WA full meeting Thursday November 21, 1:30 LRC - Huron