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## MINUTES

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MENTAL HEALTH WORK GROUP MEETING  
APRIL 30, 2015 10:30 AM - 12 PM  
BAUER BUILDING- THOMSON ROOM

### **Welcomed and Briefed Agenda- Emily Vaden Accreditation Coordinator/QI Lead**

#### **What is the CHA?**

Community Health Assessment (CHA) included four comprehensive assessment reports:

1. Community Health Status
2. Community Themes and Strengths
3. Local Public Health System
4. Forces of Change

#### **CSU Nursing Student Presentation from: Monique Dupree-Parker, Stephanie Petitpas, David Quan.**

The presentation mainly focused on the data the nursing students collected for their Health Assessment Project. In spring 2015, the Public Survey was conducted. Findings were represented by focusing on Mental Health of Youth particularly 7<sup>th</sup>, 9<sup>th</sup>, and 11<sup>th</sup> grade, Depression that is one of the most common mental health issues, and Suicide & Self-Inflicted Injury that is an estimated 18% of high school freshmen and 11% of high school juniors stated they had seriously considered attempting suicide in the past month.

**TED talk: Simon Sinek – “The Golden Circle”** <https://www.youtube.com/watch?v=l5Tw0PGcyN0>  
The short video focused on a big “Why”.

#### **Introductions: Name, Affiliation, Why are you here**

After the short video presentation, participants were given the opportunity to introduce themselves and their organization and share their “why” for participating in the work group.

Everyone shared “Why they are here today” and how Chronic Disease had an impact in their life,

work related, or closed ones. Some examples of “Why”: “To help community members that need mental health services that are not being helped by mental health services. “I am here to promote resilience building practices across both professional and individual sectors.” Advocate for upstream investment in activities to prevent and minimize mental illness.” To eliminate barriers to Mental Health care for members of Yolo County.”

**Collective Impact Framework**

The Five Conditions of Collective Impact are Common agenda, Shared Measurement, Mutually Reinforcing Activities, Continuous Communication, and Backbone Support. Mainly focused on Collective Action to improve chronic disease in Yolo County.

**What is the Community Health Improvement Plan (CHIP)?**

Our countywide plan is to protect and improve the health of all Yolo county residents, and is overseen by the Healthy Yolo Workgroups. The project timeline is showing below what we are planning to achieve for the next six months starting April through October 2015



**Next Steps**

Next goal for the May 28th meeting is to Identify 1-3 Goals

**Future Agenda Topics:**

Identify 1-3 Goals

**2015 Mental Health Work Group Meeting Calendar:**

Meetings will occur every 4 weeks:

Thursday, May 28<sup>th</sup> 10:30am – 12pm (Walker Room #1610)

Thursday, June 25<sup>th</sup> 10:30am – 12pm (Thomson Room #1600)

Thursday, July 23<sup>rd</sup> 10:30am -12pm (Thomson Room #1600)

Thursday, August 20<sup>th</sup> 10:30am – 12pm (Walker Room #1610)

Thursday, September 17<sup>th</sup> 10:30am -12pm (Thomson Room #1600)

**Next Meeting:**

The next Mental Health Work Group Meeting will be on May 28, 2015 from 10:30am – 12pm in the Health Department Walker Room 1610.