

Mental Health Priority

Call January 6, 2021, Linda Songy, Kay Malone, and Diana DeBruin (Sue Ernster absent)

Updated with additions from BOD mtg January 11, 2021

Updated with additions from Advisory Committee February 15, 2021

GOAL

To achieve and promote wellness

TRACKS

- Persons experiencing mental illness
- Person who are coping, supporting, and interacting with those with mental illness

THEMES

Categories of mental health Issues:

- Dementia, memory issues, aging, loss
- Process and substance additions (hoarding, obsessive-compulsive, food, alcohol, drugs)
- Unhealed abuse victims, untreated mental illness, authority issues
- Difficult personalities (vs. mental illness), behavioral issues/habits of behavior

Issues around mental health:

- Lack of access to professional help
 - Geographically
 - Understanding of religious life
- Resistance to receiving diagnosis and help
 - Fear of losing independence (eg, dementia and driving)
- Covering for and enabling each other as “kindness”
 - How to cope with and support without enabling
- Difficulty of handling mental health crisis in community setting
- Wellness/coping for those exposed to mental illness/dementia
- Increasing visibility of mental illness
- What will increase or emerge because of pandemic?

SOLUTIONS

Connections to explore:

- Counselor in MKE via Pat Cormack connection potential Advisory Committee member to come from Pat Cormack if counselor agrees
- Lynn Levo presentations (<http://www.csjalbany.org/index.cfm/SpeakersBureau/>)

- Southeast Wisconsin chapter of Alzheimer's nonprofit (training for staff and sisters on coping, helping, and how to diagnose, etc.)
 - St. Agnes contacts Rhea Emmer and Jo Marie Wilke resources from CSA program led by Alzheimer's Association
- St. John Vianney Center (<https://www.sjvcenter.org/>)
- Guest House now addressing hoarding as well (<https://guesthouse.org/>)
- St. Luke's Institute, Emily (???) to come from Pat Cormack
- Regional clinics (Aspirus, Marshfield, SSM, etc, to become aware of potential resources)
- Theresa Sandok will send contact from Manitowoc-area presentation
- NRRO resources for aging
- Toni Harris will reach out to psychiatrist in Dubuque involved in previous discussions
- AA movement (alcohol, drugs, food)
- National Alliance on Mental Illness (NAMI)
- Ascension Mercy Hospital in Oshkosh has one of only two inpatient behavioral health (mental health) unit for 65 and older in state
- University of Wisconsin course on dementia, and others
- PESI was recommended as a resource for mining topics and/or educational programming options. (<https://www.pesi.com/>)

Emerging ideas:

- Virtual roundtable sessions (expand to broader educational program to add deeper dive, informational materials, and incorporate self-facilitated support groups)
- Facilitated support groups
- Library of resources on website (include professionals by specialty and geography)
- Contract professional serving multiple communities
- WRC-led regional programs for LCWR 9