

**2020 McLean County Community Behavioral Health Forum
Planning Committee Meeting**

**115 E. Washington Street, Bloomington, Illinois
Government Center, Room 404
And Via Remote Attendance
Monday April 27, 2020
1:00pm**

Today's meeting was held via Go To Meeting and livestreamed via the County's Facebook and YouTube accounts.

Meeting started at 1:07

- 1. Roll Call:** Trisha Malott, Mark Jontry, Colleen O' Connor, Eric Thome, Laura Furlong, Joni Painter, Judge Rebecca Foley, Cory Tello, Susan Schafer, Sonja Reece, Kevin McCall, Alicia Allen, Brian Wipperman, Nicole Anderson, Nicole Kirstein, Abby Lyons, Cassy Taylor, Stephanie Barisch, Angi Chasensky, Amy Hancock, Val Ionescu, Craig Nelson, Derek Barker, Joan Hartman, Kevin McCarthy, Joanne Glancy, Lynn Fulton
- 2. Appearance by Members of the Public:** None
- 3. Planning for 2020 Annual Behavioral Health Forum in virtual setting**

Trisha stated it was decided after having discussions with Chairman McIntyre and Administrator Rodriguez that this year's Behavioral Health Forum is going to be virtual. It is hard to know what the recommendations and guidelines [relative to COVID-19 and public safety] will be in October. Trisha stated that the fact that it will be virtual gives us an opportunity to reach more people. It allows us to start addressing needs and we can start having break-out sessions sooner rather than later.

A. Options for Technology-

Trisha spoke with Craig Nelson, McLean County IT Director, to know what we internally have capability of or what we can adapt to if needed. One option we have is Live Webinars and the other option is to do Pre-recorded Sessions. There was discussion regarding what option would be better. An advantage to doing live Webinars is that people can ask questions. Disadvantage is if technology goes down during the Live Webinar. There was a suggestion that there could be Prerecorded Sessions with a 10-minute live question and answer session. There was consensus on the dual approach to doing Pre-recorded Sessions with a live question and answer session. Trisha stated that the live question and answer session could be over the phone in case of video failure or internet connection problems. During the live question and answer sessions there would be a moderator that would read the questions. Another idea is that during the live question and answer session there could also be a chat function so people could type in their questions. Craig stated that we can have the chat function of the questions and answered logged in case it isn't a live question and answer session.

B. Discussion of timing for Forum- Trisha spoke about different options as far as timing for the Forum. We could do a whole day Forum, several half day sessions or one session per week for the remainder of the year. The one session per week for the remainder of the year allows for the presenters to have more time to prepare. Another benefit of doing one session per week for the remainder of the year is that we are targeting people on a regular basis and we're helping reach the community consistently. Trisha stated that she is leaning toward the one session per week for the remainder of the year option, but she wants to hear people's feedback. There was a suggestion regarding the one day per week sessions being offered 2-3 times on that day so people can watch at the time that is convenient for them. It was suggested that we coordinate with teacher institute days and maybe they could watch the sessions as a group. There was consensus on having the one day per week session, but having the session offered at different times in the day so that people have options, so we are targeting more people. Trisha stated that the sessions will all be recorded and put on the website. A YouTube channel will be set up separate for Behavioral Health. Targeting youth became part of the discussion because one of the goals has been to reach the youth population. Trisha stated that during discussions in the planning of last year's forum is that we capture youth at a separate date, space, and time and not try to capture youth in the same event. Since the event will be prerecorded sessions, we could target youth for some of them. Once we know more about the technology and how this will all work we will be able to come up with a start date for the weekly sessions.

C. Discussion of options to encourage "attendance" at multiple "sessions"

Trisha stated that the goal is to increase attendance and a hope to reach more people. Trisha asked if there is anything that we can do to increase attendance and also how do we get people to attend more than one session. It was stated that we need to make topics well understood and enticing to attend. Suggestions included previewing another session, building on sessions (i.e. part 1, part 2, part 3), or varied levels (i.e. introductory, moderate, and advanced). Another suggestion is that the topics should be flipped each week. There will be more discussion on ideas at one of the next planning meetings.

D. Ideas for Topics, Sessions and Presenters-

The following are the ideas for topics and sessions for the Forum

- Sessions that address trauma
- Incorporate sessions regarding dealing with COVID-19
- How does COVID-19 impact behavioral health and our own mental health
- Long term impacts of COVID-19
- A session that focuses on practical ways to manage anxiety and different ways anxiety manifests.
- What can be taken home and put into practice on what to do when we notice someone is anxious. Tips for how to help a child who is anxious, a teen who is anxious, and an adult who is anxious.
- Domestic violence

- Depression and anxiety and how they are interrelated
- Self-care
- How to stay connected and creative ways to stay connected
- Promote message on physical distancing rather than social distancing
- Employers and how they need to evaluate their wellness programs to take into account social distancing. Joanne stated that she knows a couple of great speakers that could discuss this topic and she will talk with them to see if they would do a session.
- What are we doing as a community to address the needs of people with multiple vulnerabilities. How are we dealing with housing, employment, food insecurities during this COVID-19 Crisis.
- How we take care of our community and each other during the COVID-19 Crisis
- Home Schooling in general and the effects that it is having on parents and students
- Self-Care/Family Care- a yoga class session, knitting class, etc. This would be a way to get small businesses connected and build a sense of community and support.
- Ending the Silence
- Sessions with lived experiences
- Grief and loss
- Loss as far as high school seniors and college students missing their full experience of their last year in school and missing their graduations
- Losing job and losing healthcare due to COVID-19
- Being recovery oriented in times of crisis
- The most evidenced based apps on mental and physical health. Silvercloud could be discussed more as well
- Telehealth and how to get the most out of it. How to help people engage with their health practitioner's effectively

Trisha asked the group what sessions from previous years that they feel have been beneficial. The group stated that Ending the Silence, The Behavioral Health Youth Panel, Lived Experiences sessions, Trauma, and the LGBTQ sessions were beneficial. Colleen stated that if the sessions are prerecorded that more people with lived experiences would be more comfortable doing it this way because they know that it would be able to be edited in case they want to take something out that they may have shared that afterwards they weren't comfortable sharing. Susan wondered since Ending the Silence is a trademarked program if it can be done online. Colleen is going to look into it and see, but she stated that even if she couldn't do the whole presentation, she could still do pieces of it.

Trisha stated that one of her thoughts is that each session is sponsored by a particular agency. At the start or at the end of the session would be the agency's logo and would state that this session has been sponsored by and the agency's name would be displayed.

E. Steps for Promotion of 2020 Forum

Trisha stated that the promotion for the Forum this year will be different due to COVID-19. It isn't going to make sense to print posters or cards to hand out. There may be merit to printing bookmarks and get them to the places

that are distributing meals and bags of groceries to families. A lot of the marketing and promotion of the Forum will be online through social media outlets. Colleen stated that since more people are staying at home and watching the news that it would be a good idea to do a soundbite on the evening news. Angi stated that doing a marquee to get the word out may be advantageous. We need to get the word out that this will be a weekly event as opposed to a one-day event in the fall. The HR counsel or the McLean County Chamber of Commerce would be a good place to start on getting the word out because that would be a way for them to get the word out to different employers.

4. Other Business and Communication

None

5. Adjournment

Laura made motion for meeting to adjourn

Angi seconded motion

Motion carried

Meeting adjourned at 2:40pm