

## June 26<sup>th</sup>, 2023 MMHTF Meeting Minutes

Commenced at 7:01am Not present, Moses and Lisa.

Approved Minutes from April 10<sup>th</sup> meeting, Melissa motioned and Teri Seconded. All in favor.

### Agenda:

Plan to build strategic plan to achieve goals. Marc Libon has supported the development of a Strategic Plan. Scheduling a session to create Strategic Plan. Marc outlined plan to create goals for the Task Force to set direction and specify goals. The meeting would set mission of Task Force and set "North Star", mission statement, elevator speech and then clarify specific program goals and focus. We will participate in a brainstorm session to determine operationalizing goals and determine how we will accomplish achieving the goals. We will set a clear direction with deliverables and determine time frame. Each goal can morph into a sub-committee and create membership aligned with stakeholders and the focus they can bring.

A group can look at YRS Results and determine which results that were identified can be engaged. Members of sub-committees can give updates around the progress toward meeting goals! Susan Stelk agreed that this can be very helpful, as the goals need to be clearly outlined. Melissa supports this plan as our Task Force has evolved. We were focused on the pandemic and now that we are moving toward post-pandemic, it would be valuable to look ahead as determine how we can support the community going forward.

The Gerry5 offered us space to hold an in-person Strategic planning session for a sub-committee, and we may be able to have facilitator help us in this session.

Wendy Kent shared that she had recently attended a conference around changing framework related to solving problems by shifting how we look at things with a positive framework, emphasizing assets and resources and positive community norms. She shared that this helps with respect to burn-out. She offered to share some of these learnings as we try to set goals. Melissa and Marc had presented at the Youth at Risk conference on pathways to hope in adolescents, toward positive psychology. She agreed that should be an area of focus! How do we change focus on the deficits, toward the assets. The Science of the Positive at the Montana Institute, an evidence- based approach that we can explore. The community can identify what positive community norms to focus on, and how we look at data. We are planning our first Strategic Planning sub-committee 7-9 on July 24<sup>th</sup>. Melissa, Mark, Susan,

We'll also build out committee assignments and have alternates for membership so that we can meet quorum. YRBS results could be presented before the strategic plan. Gina Hart had tried to share the data at our last few meetings which weren't well enough attended to hold. Marc suggested that the first meeting is typically not a deep dive into the specifics. So it may help us identify which work groups could do the deep dives, for different areas of focus. Teri shared that they had an excellent facilitator, Kirstin, who has facilitated planning sessions at MCC and COA. Melissa has qualitative data from students to add to the discussion. And Marc offered to share out the YRS to share out to the Task Force.

Congratulations to the Marblehead Current team, Susan shared that Gina is working on an article to be published next week. And Susan needs someone to write an article for July. The topic of social media

and how can we support one another and elevate some of the conversations around vulnerable groups. Teri described how groups can promote positive civil discourse and respect. Melissa suggested we think about how our Task Force can carve out civil discourse as a whole and mental health has been so impacted by the lack of civil discourse. How can we be allies and support others. Teri suggested we look to a strong speaker program around respectful civil discourse. Wendy suggested asking them, "How can we help you, what kind of alliance is helpful"? Really, talk to them, to learn how best to support. Gina raised that bullying towards those that use substances can be a group that needs to be respectfully treated as well, and we can reach to build space for everyone to feel safe. Joanne raised another article topic around "Digital Detox", where we can build a conversation around taking a time-out from these social media platform to strategize ways to minimize that addiction. Susan shared an update on Gina's current article. Susan suggested we focus on creating articles aimed at seniors or isolated community members to address needs of all of our residents. COA may be able to write an article on caregiver support. Marc asked if there was a group that could get together before the 24<sup>th</sup> to create agenda and time frames to prepare for the session. Mark, Melissa, Susan and Teri will meet before the session.

Meeting adjourned at 8:01pm Motion by Melissa, seconded by Teri. All in favor.