



Agenda

1) Welcome and Introductions

Angela Arche, *McLaren Medical Group*; Mirissa Bosch, *MCHD*; Nancy Buyle, *MISD*; Mike Dexter, *MyCare Health Center*; Janae Greene, *Alliance Health*; Ambrosia Jackson, *MCCMH*; Kevin Kulhanek, *Easterseals*; Whitney Litzner, *MCHD*; Dawn Radzioch, *MCOSA*; Ally Rooker, *Henry Ford Health Systems*; Dominique Schroeder, *CARE of SEM*; Lauren Scipione, *MCHD*; Maria Swiatkowski, *MCHD*;

2) Review of January Meeting Minutes

No changes were made to the January minutes. Minutes were approved.

3) Evaluation Community Leader Survey

Ally Rooker from Henry Ford Health Systems came by to gather information for their Community Health Assessment. The hospital is required every three years by the IRS to review the needs of the community they serve to maintain their non-profit status. The group had a brainstorming session to identify the top three health concerns of the county followed by a conversation about the top three social determinants of health that impact members of the community. A large portion of the conversation discussed the overlap of the topics and how mental health is the root of a lot of health problems.

4) MyStrength Presentation

Ambrosia Jackson from Macomb County Community Mental Health gave a presentation on MyStrength, an evidence-based self-help resource for emotional health and overall well-being. The tool was launched in 2012 and has origins in Denver, Colorado. MyStrength is web based and there is even an app available for download for free for both Android and Apple devices. It is designed to be used as a treatment extender or in addition to help from a counselor or therapist and not in lieu of. The resource has interactive applications and wellness strategies for personalized emotional health support and it is available 24/7. All information collected and reported is anonymous (other users will see only the username). If someone's input suggests a crisis, they will automatically be linked to care and a therapist in their area will be alerted as well. Please see additional document on how to sign up.

5) Partner updates

The Health Department released a behavioral health services map for Mental Health Month in May. Access the map here: <https://GIS.MacombGov.Org/GO/BHMap>

6) Next Meeting –July/August 2019