



North Alabama Mental Health Coalition July 12, 2022

Attendees (in person):

Daniel Adamak (Little Orange Fish)	Rebecca Bucy (Madison City Schools)	Melissa Caldwell (Wellstone)
Selena Carter (Huntsville Hospital)	Aubin Cawthon (Ross)	Rudolfo Chavez (SVDP)
Woodie Deleuil (NAMI)	Tracy Delgado (NACH)	Amy Furber (ADMH)
Kelly Goff (ADMH)	Josaylon Henry (Wellstone)	Chaniece Hicks (First Stop)
Kim Holder (Not One More Alabama)	Courtney Jeffreys (Amedisys Hospice)	Travis Jones (Thrive Alabama)
Nick Loftin (Ross/ACE)	Pat Mayfield (Wellstone)	Diane McCrary (NACC)
Cathy Miller (United Way)	Krista Moulton (Therapist / NAMI)	Jan Neighbors (HAPC)
Christina Pannell (Therapist)	Adina Peyton (GRAMI)	Diane Pierson
Mark Prescott (NAMI)	Paula Steele (Wellstone Emer. Services)	Terre Stewart (Wellstone)
Suzanne Sullivan (WAAY TV)	Mack Yates (SVDP/VOP)	

Welcome and Introductions

Major Mental Health Categories Needing a Leader

Mack shared a handout listing the major categories that need a leader as identified in the last meeting. He encouraged everyone to look at the list and consider volunteering to help with a committee. He requested that people sign up on the handout and turn it in at the end of the meeting.

Media and Education of the Public

Mack asked Cathy Miller to discuss the formation of a committee to handle media and education of the public. Cathy has secured the help of Suzanne Sullivan (WAAY TV) to get this committee moving forward.

Cathy shared that the focus of the committee will be twofold:

1. To reduce the stigma of mental illness by educating families, the mentally ill and the public in general
2. To raise awareness of the resources and how to connect with them

Suzanne emphasized that the message will not be limited to one station, but rather they will create resources that can be distributed to *all* media outlets.

Cathy mentioned that mental health has become an emerging need and encouraged people to email her (cathy.miller@uwmadisoncounty.org) if they would like to help on this committee – hopefully by the end of the week. The more people that help, the better and the more diversity of ideas. Daniel Adamek has also agreed to help on the committee.

Cathy mentioned that all the resources identified will also be passed on to the 2-1-1 Call Center.

“Here for You” – Daniel Adamek

Daniel talked about in the early days of the coalition the idea was to develop a road map so that people and families dealing with mental health crisis would know what the steps were to get the help they needed. Four years ago Daniel presented the idea of “Here for You”, which would highlight (through PSAs) different resources available to help with mental health crisis as well as all the social services available to the public.

In the past six months, Daniel has gathered a team that is developing a database of resources available in the community that will be transportable to anywhere in the world. He hopes the coalition will help him determine the needs that should be included in the database. He wants to develop a user interface to make the information accessible to those who need it. It will help them to determine: (1) their particular needs, (2) related services that are available to address their needs and (3) a step by step guide to access those needs.

Daniel hopes that this database will not only help those with mental health issues, but also those in need of help with public health and public safety. Everyone should have the right to feel safe, have basic needs fulfilled and have the opportunity to thrive. The driving force for this is mental health; if mental health is an issue, then everything else will be a problem.

Daniel also mentioned that he has put together a Google Forms survey where members of the coalition can provide their thoughts and ideas about mental health issues. He wants coalition members to try the pilot survey

that his group has developed and give your feedback. Daniel is hoping we can use this survey as a suggestion box for ideas.

He briefly went over the survey and the link is below:

<https://forms.gle/PedqtGZERnjtoLpD6>

Daniel hopes to make this survey a standard place for suggestions for the coalition.

First Stop – Jennifer Geist

Jennifer was not present at the meeting, but it was reported that First Stop day services have moved to 2820 Governors Dr. Case management (as well as other services) is still available in their temporary building until the remodel project has completed.

Alabama Dept. of Rehab – Tiffini Chandler

Tiffini was not present at the meeting, but will address the coalition at the next meeting.

Ross/ACE – Aubin Cawthon

Ross is a statewide organization that is a certified recovery organization for substance abuse. Everyone who works for Ross is someone in long term recovery from substance abuse. They are not clinical, but provide peer support and transportation when needed. They have a 24/7 Helpline (ph. **844-307-1760** or **205-848-2112**) and once someone contacts the Helpline, Ross provides follow-up outreach support. All services are free; they are supported by state and federal grants.

Ross also provides support to those coming out of the hospital as well as those in the Pardons and Parole program. Ross also has three outreach centers across the state. They are trying to establish one in Madison County. ACE (Advocating for Change through Education) is the program Aubin handles that aims to educate different organizations about the resources available for those in recovery from substance abuse. Aubin offered his educational services about substance abuse to the coalition or anyone who might need it.

Someone asked if Ross works with the drug court. Aubin mentioned that they just started a program in Madison County to do that.

Open Floor

Mack mentioned that Johnny Hollingsworth is trying to form a steering committee for CIT and Mack asked that if you are interested to please sign up.

Someone spoke up about Advocacy and the need in Alabama for Medicaid Expansion. Coalition members were encouraged to reach out to legislators to encourage their support of Medicaid Expansion. The organizations handling this are: Cover Alabama and Alabama Arise.

Mack closed the meeting by reminding members to sign up to help with a committee. Daniel also reminded everyone to fill out the survey.

Next Meeting
Tuesday August 9, 2022
11:00 am at Wellstone