

Central Region Mental Health First Aid Instructor Support Group Meeting Notes

Tuesday, February 25th, 2014 ◦ 2:00 PM – 3:00 PM

Phone Conference Call-In Number: 916-552-6503

No Pass Code Required

As a courtesy to others, while using the phone conference line, please mute your phone when you are not speaking.

❖ I - Welcome and Introductions

○ On the call:

- Tamara Evans – Amador County
- Lucille Villalobos – El Dorado County
- Stephanie Carlson – El Dorado County
- Randy Austin – El Dorado County
- Cela Nichols – Kings County
- Rachelle Stowers – Placer County
- Nassiba Cherif – Sacramento County
- John New – San Joaquin County
- Jennifer Robles – San Joaquin County
- Angel Galvez – Tulare County
- Donna Bousquet – Yolo County
- Amelia Stultz – CSU, Sacramento
- Darcy McGaffic – CiMH
- Katie Culliton - CiMH
- Gina Ehlert – Central Region Partnership

❖ II - Review Agenda and Meeting Notes from January 23rd, 2014 call – *See document entitled, “Central Region MHFA Instructor Support Group Meeting Notes_DRAFT_01_23_2014.”*

- No edits suggested to the agenda or minutes

❖ III – Tips, Techniques and Tools from other instructors:

- Gina asked if folks experienced any challenges during trainings and, if so, what others do to facilitate or mitigate those challenges during their trainings.
- Challenges:
 - Amelia shared that some participants have shown concern for the lack of inclusion of information and statistics regarding transgender individuals. She will share some specific data because depression and suicide

rates among those who are transgender or considering transitioning are higher than those of the general population. Gina reminded folks that this information can be shared verbally but cannot be included in the slide deck for fidelity reasons.

- Donna shared that participants are complaining a bit about the 3 early activities in the Youth training; however, they feel they did not get enough opportunity to practice. It was suggested to have the middle activity done at the table and the other two up and around the room.
- Nassiba asked about manuals. Gina asked her to follow-up after the call via email.
- Marketing:
 - Gina shared that John Floe of Sutter/Yuba will be sharing about his experience as his agency purchased commercial time in a local theater with “Knowing the Signs” video—reaching up to 38,000 people in Sutter/Yuba Counties.
- Tips and Techniques:
 - Stephanie Carlson shared a new ice breaker: tell us about one of your hobbies in 10 words or less. Saves time!

❖ IV – Spotlights:

- **NSSI** – We should try to weave eating disorders into NSSI for both adult and youth curriculum. In the youth curriculum, NSSI shows up as an information box for the instructor. Gina suggested utilizing the NSSI portion of the Fact/Fiction/Somewhere in Between handout to introduce the topic.
- **Scenarios** – Donna Bousquet shared written instructions for each scenario. Based on another trainer’s recommendation, Gina suggested:
 - **for scene 1:** first, a demo with someone volunteering to be a “youth” giving thumbs up or down, with no verbal responses by volunteer, to comments made; folks return to tables to practice and no tables report out;

California Institute for Mental Health

- **for scene 2:** have a different person at each table be the “youth.” Only 1 table report out—they must read scenarios 1 and 2 for context before reporting out;
 - **for scene 3:** have the remaining tables report out, including reading all 3 scenarios per table;
 - **for final scene,** all tables report out.
 - **for all scenes:** REMIND participants that saying the actual words they would use is critical for each scene. To save time, consider combining 2 tables for each scenario.
 - Stephanie Carlson suggested printing the various scenarios on different colored paper and laminating them. Good suggestion!
 - Resiliency Q & A activity – Gina shared a PowerPoint slide for folks who may want to try this activity.
- ❖ **V - Monthly SurveyMonkey® survey for participants 6 months ago.**
Results can be found at the following link:
https://www.surveymonkey.com/sr.aspx?sm=D6fDvPGy8y3GaaFdPGqEi7X_2baMmIMTmh8w6NgrwEY18_3d. A reminder was made to send out link.
- ❖ **VI – Updates:**
- Gina said Spanish manuals should have arrived in February for those counties who requested them.
- ❖ **VII - Round Robin –**
Folks are considering what to share next time...

❖ **VIII – Action Items:**

Action Items for MHFA Instructor Support Group Members			
Responsible Party	Action	Due Date	Date Done
Gina Ehler	Send out Doodle.com request for availability in the next month	Before next meeting	
Gina Ehler	Send out Meeting Notes after the Call	Before next meeting	
All	Share information, ideas and suggestions on tips, challenges, techniques, marketing strategies and successes	As needed	Continuous

❖ **IX – Adjourned Meeting**