



Collaborative Complementary, Conventional & Community-based Care

Meeting of Network Partners

Date: February 26, 2020; 11:00 am-1:00 pm

Location: Perry Memorial Hospital, 530 Park Avenue East, Princeton, IL 61356
(We the 4th floor Multi-Purpose Room reserved from 10:30am to 1:30pm on 2/26 for C-5 Rural. This is in the Medical Office Building. The entrance faces Park Avenue.)

Attendees: Mike Miroux, LPC (POC, Gateway/Open Doors), Kerri Donahue, RN (POC, SMH), Angie Hughes, LCPC (POC, PMH), Diana Rawlings, MPH (Project Coordinator, Arukah), Stephanie Gustafson (Project Manager, Arukah), Sarah B. Scruggs (Project Director, Arukah) Linda Burt (Vice President-Quality & Community Services, SMH), Courtney Bayer (Mind-Body Therapy Director, Arukah), Susan Lucas (Hall High School), Brent Zeigler (Principal/AD, Lamoille High School), Katie Shevokas (Counselor, Hall High School), Luke Tomsha (Executive Director, Perfectly Flawed), Duane Price (Principal, Bureau Valley High School), Bob Henkelman (People Church), Luke Tomsha (PFF), Bob Morrow (Medical Director, SMH), Mike Patterson (Bunker Hill Church)

Topic: *Data Camp and Setting Standards*

Agenda:

Welcome and Introductions- *Sarah Scruggs, Arukah*

Environmental Scan final report & Creating Our Network Statement – *Diana Rawlings, Arukah*

“A **Network Statement** is a short narrative that describes the underlying reasons for, and aspirations of, your network in a compelling way. The **purpose** of a Network Statement is to create a communication piece that enlists support and engagement for your Network, similar to a leadership story, an elevator speech, or a fundraising prospectus. A Network Statement includes:

- Your Network's reason for existence
- The vision of your ideal future
- How your Network contributes to your ideal future
- Why your Network is best suited for that role
- What your Network has accomplished toward achieving your ideal future

Example Network Statement for C5 Rural:

Mental health affects our ability as humans to think, interact with each other, earn a living and enjoy life (WHO,2018). Unfortunately, mental illness is now the leading cause of disability in the US, with increased rates of depression,

suicide and substance use in rural communities such as the Bureau, Putnam and Marshall County area. Children and young adults (ages 16-24) are experiencing a high rate of mental illness, especially anxiety and depression, and oftentimes lack the resources to get care.

The C5-Rural healthcare network came together in 2019, to identify and break down the barriers that prevent youth from getting the mental healthcare they need. We embarked on this mission by establishing a network of partners that include primary care, mental health, complementary and community-based providers to develop strategies that utilize both conventional with complementary medicine. Our momentum is growing as we expanded our partnerships in 2020 to include schools, churches, places of employment and other community groups working on this issue. Together, we are focusing our efforts on reducing the stigma associated with mental illness, finding innovative ways to work together, utilizing the resources available in our community, and creating new resources for a healthier future for everyone.

Setting the Stage – Sarah Scruggs, Arukah

- What is the pilot part of the grant work plan?

Data Camp-Sarah Scruggs, Arukah

- Data indices
 - What is relevant to our network?
 - What do we want to track for the 3-month pilot program?

Grant Opportunities – Sarah Scruggs, Arukah

Marketing:

Social media, last 28 days we have had:

- 3200 post engagements
- 37 more page likes
- Reached 12,877 people
- Teen suicide post reached 2389 people with 32 shares!! People care about our targeted population and their mental health!

Do we want to introduce groups of our networks based on their service or organizations? Schools, churches, workplaces...we have 4 months left of marketing. What do we as a group want to highlight for March?

Feedback:



Collaborative Complementary, Conventional & Community-based Care

- Questions

What's Next?

- Featured Marketing Partner for March: Perry Memorial Hospital
- Next Meeting: Wednesday, March 25, 2020 at Arukah Institute of Healing, 5 North Dallas St., Princeton, IL. Topic: Pilot Implementation