

MCOT

MOBILE CRISIS
OUTREACH TEAM

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Hey Jenny!

As always, we appreciate you and the opportunity to have been awarded the money raised from the Golf Classic the last two years. I wanted to share a little bit about what we have used the money for and the great opportunities it has brought the MCOT team.

In our office, we keep an ongoing supply of lock boxes, pill minders and trigger locks for those that we see in crisis needing a safe locked space for any lethal means in the home. The lock boxes have been used in many different occasions such as storage of medications, firearms, sharp objects, and anything else that someone may need out of sight and out of mind. Pill minders are helpful for individuals who may often forget if they took their medications or not, and to only have a limited number of medications at a time in their possession while the rest of the bottle can be locked away.

Last year the team was able to attend Crisis Con in Arizona. This was a weeklong conference where we got to gather with individuals who work in crisis from across the United States. There were multiple seminars that were provided by professionals working in mental health and we got to split up and take in as much information as we could to bring back knowledge and possible changes that we could incorporate in our county in order to work towards crisis prevention and helping individuals experiencing a crisis more comfortable. These conferences are held every year and there are multiple different suicide prevention conferences and crisis seminars that we have been able to attend and are looking forward to attending as well.

This year we are doing a lot of community outreach, especially for suicide prevention month and mental health awareness. We have set up a table at schools and other community events that allow us to talk to individuals who may not know who we are or have loved ones who need help. We use the money to buy supplies to hand out at these events to make them creative and interactive and make sure people are getting the necessary information for our clinic.

Lastly, we got branded shirts and jackets so that while we are out in the community, we can represent our team and continue to build awareness throughout the community and ensure that people are getting connected to our crisis line. I have attached some pictures of the different outreach in the community that we have been able to be a part of as well as a couple from our time at crisis con.

Again, thank you so much for giving us the opportunity to grow in our community and in our knowledge. We appreciate everything!

Ariel Rumbawa, QMHP-CS

MCOT Care Coordinator

