



## **Mental Health Action Team –Agenda**

March 18th, 2019 • **2:30-4:00pm** • Room G034, Eau Claire City-County Health Department

1. **Welcome & Updates** - 10 mins
  - a. Take Annual Action Team Survey
  - b. Share annual report
  - c. QPR train-the-trainer funding ideas
2. **Mental Health Matters Grant – 5 mins**
3. **Catalog Mental Health Resources (Goal 1, Obj. 1) – 15 mins**
  - a. UW-Extension Brochure update
  - b. ADRC Brochure update
4. **Sub-Committee Update – 10 mins**
  - a. Flash Mob
  - b. ACEs/Resiliency Training
5. **Awareness Months/Events (Goal 1, Obj. 2) – 20 mins**
  - a. Review social media process
  - b. Upcoming months- health holidays and events
    - i. April
      1. Volunteer recognition month
    - ii. May
      1. Mental Health Month
    - iii. June
      1. Summer activities- mental health
6. **Sub-Committee Work Time – 30 mins**



**Next Meeting: April 15th, 2:30-4:00pm in Room G034**

## **Mental Health Action Team**

### **2018-2021 Goals, Objectives, and Data Indicators**

#### **2018-2021 Goals & Objectives**

**Goal 1: To increase strong, healthy social connections among Eau Claire County residents across all life stages to promote mental wellness through education, programming, outreach, and policies.**

**Obj. 1:** By 2021, implement at least three strategies to build resilience and expand mental health support for youth and adults.

**Obj. 2:** By 2021, at least three new or existing strategies around stigma will be implemented, strengthened, or expanded to improve mental well-being.

**Obj. 3:** By 2021, complete at least three collaborative efforts with Eau Claire Healthy Communities Action Teams and other organizations to strengthen partnerships.

#### **2018-2021 Data Indicators**

<b>Indicator</b>	<b>Eau Claire County</b>	<b>Wisconsin</b>
Percent of high school students in the past year feeling sad and/or hopeless almost every day for two weeks or more	<b>29%</b>	<b>27%</b>
Percent of high school students in the past year with significant problems feeling very anxious, nervous, tense, scared, or like "something bad was going to happen"	<b>48%</b>	<b>40%</b>
Suicide deaths (rate per 100,000)	<b>20.7</b>	<b>14.9</b>