



Mental Health Action Team –Agenda

June 12th, 2019 • 1:00-2:30pm • **Room G3312 (3rd floor)**, Eau Claire City-County Health Dept.

1. Welcome & Updates

- a. Healthy Communities Action Teams and Alliance Bi-Monthly Update
- b. Mental Health Matters Grant

2. Flash Mob Debrief

3. Revisit Goals/Strategies

4. Follow-up

- a. Youth Anxiety Event
 - i. Youth Mental Health First Aid class?
- b. UWEC Mental Health Event on campus

5. Resource Directory Discussion

- a. Evaluation of current use

6. June social media/events

- a. Assign/develop two posts
- b. Discuss items from last meeting: chalking, poster in bathrooms with positive phrases, blowing bubbles event

Next Meeting: July 10th, 1:00-2:30pm in Room G302



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

Indicator	Eau Claire County	Wisconsin
Percent of high school students in the past year feeling sad and/or hopeless almost every day for two weeks or more	29%	27%
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"	48%	40%
Suicide deaths (rate per 100,000)	20.7	14.9