



Mental Health Action Team –Agenda

July 10th, 2019 • 2:30-4:00pm • Room G3312, Eau Claire City-County Health Department

1. **Welcome & Updates - 10 mins**
 - a. Screen Time Joint Project between Action Team
 - b. QPR Update
2. **Mental Health Matters Update – 5 mins**
3. **Wellness Walk – 10 mins**
 - a. Develop chalk messages
 - b. Confirm volunteers (5 volunteers) on Wed. July 17th, 9am-11am
4. **UWEC Fall Mental Health Event Discussion – 20 mins**
5. **Resource Directory Update– 30 mins**
6. **Draft Social Media posts – 15 mins**
 - a. Flash Mob
 - b. Resource Directory
 - c. Mayo Clinic YouTube video
 - d. Stress relief



Next Meeting: August 19th, 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

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