



Mental Health Action Team –Agenda

August 14th, 2019 • 1:00-2:30pm • Room G302, Eau Claire City-County Health Department

1. **Welcome & Updates** - 25 mins
 - a. Youth Leadership EC
 - b. Wellness Walk Recap
 - c. Resource Directory
 - d. Tough Topics Library Book Club
 - e. Co-Chair recruitment

2. **Suicide Prevention Awareness Month** – 25 mins
 - a. Develop two social media posts for Sept.
 - b. Sharing Hope Walk

3. **QPR Update** – 10 mins
 - a. Host community trainings in September

4. **Mental Health Matters Update** – 10 mins

5. **“Flash mob” continuation with schools** – 20 mins

Next Meeting: September 11th, 1:-00-2:30pm in Room G3312

All minutes and agendas are located at www.ehealthycommunities.org



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