



Mental Health Action Team –Agenda

October 9, 2019 • 1:00- 2:30pm • Room G3312, Eau Claire City-County Health Department

1. **Welcome & Updates** - 10 mins
2. **Co-Chair Voting**– 5 mins
3. **Mental Health Matters Update**- 5 mins
4. **Wintermission Discussion** (Goal #, Obj. #) – 15 minutes
 - a. From your perspective (personal/professional) what organizations/events are doing a great job hosting activities during the winter in EC (already)?
 - i. What is going well?
 - ii. What lessons can be learned from this/suggestions for improvements?
5. **Flash Mob Challenge** – 40 mins
 - a. Discuss challenge rules.
6. **Awareness Months/Events** – 15 mins
 - a. November
 - i. Gratitude
 - ii. Nacho day (6th), doughnut day (5th), pickle appreciation day (14th)
 - b. December
 - i. National day of giving (3rd)

Next Meeting: November 13th, 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