

Mental Health Action Team Action Plan

Date last updated: October 2019

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.

Data indicator: % of HS students in the past year feeling sad and/or hopeless almost every day for 2 weeks or more (29%); % of HS students in the past year with significant problems feeling very anxious, nervous, tense, scared, or like "something bad was going to happen" (48%); Suicide deaths (rate per 100,000; 20.7).

Sub team	Action/activities	Start date	Progress*	Date completed	results/notes	Person responsible	Indicators	Results	Evidence^
Objective 1: By 2021, implement at least three strategies to build resilience and expand mental health support for youth and adults.									
	a. Expand capacity for ACES/Resiliency Training with Mental Health Matters Coalition	Feb-19	In Progress		Members of the action team have joined the Mental Health Matters team to add capacity.	MHAT members			
	b. Continue to add capacity and expand QPR trainings for youth and adults.	Aug-18	In Progress		MHAT has received additional funding to offer stipends for teachers at local schools to become QPR instructors. 3 school staff from Augusta, Altoona and Fall Creek schools were training in August 2019.	Chelsie Smith	# of additional trained facilitators		Scientifically Supported
	c. Catalog local mental health resources and distribute to community.	Jun-19	In Progress		Action team is assisting community team that is identifying the gaps that exists around resources as well as collecting resource directories in the community so we can get a better picture of the problem and solution around resource guides in the community	MHAT members			
Objective 2: By 2021, at least three new or existing strategies around stigma will be implemented, strengthened, or expanded to improve mental wellbeing.									
	c. Expand annual flash mob event.	Feb-19	In Progress		Action team had Fall Creek Dance Team join the flash mob in May 2019. Action team is planning follow up dance competition in the schools to promote mental wellness for Spring 2020.	MHAT members	# of events		
	b.								
	c.								
Objective 3: By 2021, complete at least three collaborative efforts with Health Communities Action Teams and other organizations to strengthen partnerships.									
	a. Develop and implement social campaign with Healthy Communities action team around social connectedness.	19-Aug	Future objective		Action team is coordinating a meeting around screen time, which will correlate with social connecteness. The project will be an activity that increases awareness of parks through the RX for Parks project.	MHAT members involved in screen time combined group			
	b. Partner with Chamber Wellness Committee	Jul-19	Mostly met		Action team partnered with the Wellness Walk to provide chalking of mental health messages on the pathway for walk participants (7/2019). Action team providing QPR training at workplace wellness learning circle in Oct 2019.	MHAT members			

* Fully met, mostly met, partially met, not met, future objective

^Scientifically supported, some evidence, expert opinion, insufficient evidence, mixed opinion

