



## **Mental Health Action Team –Agenda**

November 13th, 2019 • 1:00-2:30pm • Room G3312, Eau Claire City-County Health Department

1. **Welcome & Updates**
2. **MH Matters**- 5 mins
3. **Social Media** – 10 mins
  - a. November
  - b. December
4. **Augusta Mental Health Event** (Goal 1, Obj 2) – 15 mins
5. **Flash Mob Follow up** (Goal 1, Obj. 3) – 60 mins
  - a. Review timeline
  - b. Review contest rule
  - c. Review scoring rubric
  - d. Discuss dissemination
  - e. Decide prize

**Next Meeting: December 16th, 2019, 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  | <b>29%</b>        | <b>27%</b>  |
| 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” | <b>48%</b>        | <b>40%</b>  |
| Suicide deaths (rate per 100,000)  | <b>20.7</b>       | <b>14.9</b> |