



---

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

December 11th, 2019 • 1:00-2:30-pm • Room G312, Eau Claire City-County Health Department

1. **Welcome & Updates** – 20 mins
  - a. Wintermission- Winter Recreation Route
    - i. How can we help promote?
  - b. Conversation with Augusta student
2. **Mental Health Matters Update** – 5 mins
3. **Social Media** – 15 mins
  - a. Create 2 posts for January 2020
4. **Flash Mob Discussion** – 35 mins
5. **End of Year Discussion-** 15 mins
  - a. What went well
  - b. What could be improved
  - c. Goals for next year

**Next Meeting: January 27th, 2019, 8:30 – 10:00 am, Room G302  
(Rescheduled due to MLK day)**

### **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>