



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

January 8th, 2020 • 1:00-2:30-pm • Room G3312, Eau Claire City-County Health Department

1. **Welcome & Updates** – 10 mins
  - a. Celebration- Training idea?
  - b. Sharing Hope Walk Planning Committee
  
2. **Review CHIP/ Action Team Goals & Objectives** – 10 mins
  - a. What went well
  - b. What could be improved
  - c. Goals for next year
  
3. **Discuss Annual Report topics** – 5 mins
  - a. QPR
  - b. Wellness Walk
  - c. Flash Mob
  
4. **Mental Health Matters Update** – 5 mins
  
5. **Social Media** – 10 mins
  - a. Create 2 posts for February 2020
  
6. **Flash Mob Discussion** – 20 mins
  - a. Finalize prize
  - b. Create a list of appropriate songs-**please bring ideas with to meeting**
  - c. Review flyer for dissemination
  - d. Confirm date and location of winner reveal
    - i. May 2, 2020

**Next Meeting: February 12th, 2020, 1-2:30 pm, Room G3312**

## 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