

Mental Health Action Plan

Date last updated: April 2019

Goal 1: Support efforts to increase access to mental health services in Portage County.

Data indicator: LIFE Report, YRBS, County Health Ranking & Roadmap, SHOW, BRFSS.

Action/activities	Start date	Progress	Date completed	Notes	Potential Partners	Indicators	Results	Evidence
Objective 1: By 2023, the Healthy People Portage County initiative will have supported at least three different initiatives or programs that help increase access to mental health services.								
a. Identify resources, programs, or grant funding that could potentially increase access or services of mental health providers in Portage County.	Apr-19	Not met			HPPC, AMG, LIFT LIFE, Mental Health Action Team, Mental Health Awareness & Suicide Prevention Coalition.	Increased ratio of Portage County population to mental health providers.		Scientifically supported.
b. Educate and gain partner commitment through working with Ascension Medical Group and the Mental Health Awareness and Suicide Prevention Coalition.	Apr-19	Not met			HPPC, AMG, LIFT LIFE, Mental Health Action Team, Mental Health Awareness & Suicide Prevention Coalition.	Increased # of mental health services in Portage County.		Scientifically supported.
Objective 2: By 2023, work to attain a Health Professional Shortage Area (HPSA) designation in Portage County from the National Health Services Corps (NHSC) to increase opportunities for mental health services for residents, such as the NHSC student loan repayment program.								
a. Working with Ascension Medical Group, contact Department of Health Services Primary Care Office to complete an application for Portage County.	Apr-19	Partially met			PCHHS-DPH Health Officer, HPPC, AMG.	Successfully attaining HPSA designation in Portage County.		Scientifically supported.
b. Once application is approved by Health Resources & Services Administration (HRSA), explore benefits that Portage County would be eligible to receive and choose best option.	Apr-19	Not met			PCHHS-DPH Health Officer, HPPC, AMG.	Increased # of mental health providers in Portage County.		Scientifically supported.

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Goal 2: Decrease the number of suicides in Portage County.

Data indicator: LIFE Report, YRBS, County Health Ranking & Roadmap, SHOW, BRFS, vital records.

Action/activities	Start date	Progress	Date complete	Notes	Potential Partners	Indicators	Results	Evidence
Objective 1: By 2023, the Healthy People Portage County initiative, in partnership with Ascension Medical Group, will help support initiatives that prevent suicide such as gun lock education and increased screening for depression.								
a. Support Ascension Medical Group in providing cable gun locks for patients who have suicidal thoughts and behaviors within health care settings and the community.	Apr-19	Not met			HPPC, AMG	The # cable gun locks and educational materials given.		Scientifically supported.
b. Support Ascension Medical Group in implementing a standardized procedure according to the US Preventive Services Task Force Guidelines for Depression.	Apr-19	Not met			HPPC, AMG	The # of suicides in Portage County.		Scientifically supported.
Objective 2: By 2023, through guidance of the Wisconsin State Health Plan and the Zero in Wisconsin initiative, reduce suicide rates in Portage County from 6.7 per year to zero.								
a. Support community-wide Question, Persuade, and Refer (QPR) suicide prevention training in partnership with the Mental Health Awareness & Suicide Prevention Coalition.	Apr-19	Not met			HPPC, Mental Health Awareness & Suicide Prevention Coalition, Mental Health Action Team.	The # of completed QPR trainings in the Portage County community.		Scientifically supported.
b. Consider different evidence-informed practices for talking about and treating suicidal thoughts and behaviors within health care settings and the community.	Apr-19	Not met			HPPC, LIFT LIFE, AMG, Mental Health Awareness & Suicide Prevention Coalition, Mental Health Action Team.	The # of evidence-based programs available in Portage County.		Scientifically supported.

Objective 3: By 2023, work to increase and enhance protective factors for suicide prevention in Portage County youth.

<p>a. Increase awareness of the link between ACEs and mental well-being through supporting trauma-informed care initiatives both in schools and healthcare.</p>	<p>Apr-19</p>	<p>Not met</p>			<p>HPPC, AMG, school administrators.</p>	<p>The # of schools and hospitals that are taking a more trauma-informed care approach to mental health.</p>		<p>Scientifically supported.</p>
<p>b. Enhance partnerships with schools in Portage County to improve student sense of belonging and suicide consideration among students.</p>	<p>Apr-19</p>	<p>Not met</p>			<p>HPPC, school administrators, LIFT LIFE, Mental Health Action Team.</p>	<p>A decrease in the among of students considering suicide and an increase in the sense of belonging of students.</p>		<p>Scientifically supported.</p>
<p>c. Support local programs and resources that help Portage County residents affected by suicide attempts and loss.</p>	<p>Apr-19</p>	<p>Not met</p>			<p>Mental Health Awareness & Suicide Prevention Coalition, NAMI.</p>	<p>The # of local support groups and resources that are offered to families affected by suicide.</p>		<p>Scientifically supported.</p>

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Goal 3: Support efforts that decrease stigma associated with mental health in Portage County.

Data indicator: LIFE Report, YRBS, County Health Ranking & Roadmap, SHOW, BRFSS.

Action/activities	Start date	Progress	Date completed	Notes	Potential Partners	Indicators	Results	Evidence
Objective 1: By 2023, implement at least two stigma reduction efforts such as "Say it Out Loud" for teens, "Make it Ok" for adults, or Mental Health First Aid.								
a. Work collaboratively with LIFT LIFE, mental health action team, and Ascension Medical Group to complete an environmental scan and pursue different strategies to implement in Portage County.	Apr-19	Not met			HPPC, AMG, Mental Health Awareness & Suicide Prevention Coalition, Mental Health Action Team.	Meetings held with community partners.		Scientifically supported.
b. Identify at least two policy, system, and environmental change approaches to pursue and work to secure funding.	Apr-19	Not met			HPPC, AMG, Mental Health Awareness & Suicide Prevention Coalition, Mental Health Action Team.	The # of programs identified		Scientifically supported.
c. Integrate awareness of the new interventions into the existing organizational infrastructure.	Apr-19	Not met			HPPC, AMG, Mental Health Awareness & Suicide Prevention Coalition, Mental Health Action Team.	The # of programs HPPC has supported.		Scientifically supported.
Objective 2: By 2023, support the adoption of a trauma-informed care model to implement in hospital systems and schools in Portage County.								
a. Work collaboratively with LIFT LIFE, mental health action team, Ascension Medical Group, and school administrators to assess strategies of implementing trauma-informed care.	Apr-19	Not met			HPPC, LIFT LIFE, Mental Health Action Team, AMG, school administrators, Mental Health Awareness & Suicide Prevention Coalition.	Meetings held with community partners.		Scientifically supported.
b. Support implementation efforts as needed in health care systems and schools.	Apr-19	Not met			HPPC, LIFT LIFE, Mental Health Action Team, AMG, school administrators, Mental Health Awareness & Suicide Prevention Coalition.	Adoption of a trauma-informed care model in Portage County.		Scientifically supported.

Acronym Key:

AMG=Ascension Medical Group

HPPC=Healthy People Portage County

LIFT LIFE= Local Interventions for Transformation Local Indicators for Excellence

NAMI=National Alliance on Mental Illness

PCHHS-DPH=Portage County Health & Human Services-Division of Public Health