



Behavioral Health and Wellness Strategic Plan 2019-2023

Our Vision: Everyone in Grand County has what they need to be mentally well.

Our Long-term Goal: By 2023, Grand County will have opportunities to support behavioral health and wellness learning, engagement, support and care for all ages and residents.

Our key focus areas:

- ⇒ Mental wellness
- ⇒ Access to care
- ⇒ Supportive Services
- ⇒ Systems Change
- ⇒ Health Information and Awareness—incorporated into ALL of the other focus areas

Existing and Ongoing Strategies that may need more support or sustainability as coordinated effort .

<p>Mental Wellness</p>	<p>Goal: To improve understanding of mental wellness in individual, family and community wellness.</p>	<ol style="list-style-type: none"> 1. Mental Health First Aid Classes (Youth and Adult) ongoing. Virtual since COVID—10 YMHA; 3 MHFA 2. Resiliency training for parents and students – Incredible Years (Parents of 2-8 y.o.); Dinosaur School (ages 2-8); 10th Grade Challenge Day ongoing. IY 9-12 y.o. new. 7 Mindsets. EduGuide in HS, Restorative Justice, WG health fair 3. Anxiety/Depression screenings in some Primary Care Settings (only PHQ2 with targeted Px) & BH Navigator yes 4. Resources available to public through www.healthygrandcounty.org yes
<p>Access to Care</p>	<p>Goal: To create and expand high-quality mental health services including prevention, screening, intervention & treatment.</p>	<ol style="list-style-type: none"> 1. Continue Mental Health Navigator Program. Approx. \$140,000/yr —MPH sustaining, with community collaboration 2. Create sustainable transportation system for MH emergencies to in-patient hospitals. Approx\$25k/yr —Funded thru 2021! 3. Continue to Increase local capacity to meet community needs: child therapist certificates; early childhood mental health consultant (GB hiring PT replacement for Kyle and health systems coordinator); maximize tele-mental health; support implementation of tele-mental health in schools. Ongoing.10/20—providers at max; peer bridger; provider support; recruit child play therapists; \$0 co-pay for Peak Health Alliance for MH providers with enhance reimbursement. MSH new provider working on same-day, walk-in access, 3 new telehealth psychiatrists (with youth focus) 4. Maintain existing and create new peer support groups for community members. Virtual support groups—MSH Art Therapy groups for youth 5. Maintain peer support program for First Responders. Ongoing 6. Leverage existing resources, such as scholarships, to support existing community members in obtaining Master’s degree.
<p>Supportive Services</p>	<p>Goal: To support mental wellness for caregivers, individuals & providers.</p>	<ol style="list-style-type: none"> 1. Parenting Support/education: Nurse Family Ptntshp.; Ready for Kindergarten; IY; Resiliency pgm. Positive Youth dpt 2. Maintain Early Childhood Mental Health Task Force to educate stakeholders. ongoing 3. Continue education & support opportunities on social emotional competencies: LSW in EGMS/MPHS; support in WG. yes
<p>Systems Change</p>	<p>Goal: To create policy change that improves access to mental wellness.</p>	<ol style="list-style-type: none"> 1. Continue updating Mental health system Gaps Analysis. 2. Continue updating Mental Health Road Map to ensure no-wrong door approach. 3. Support Integrated care in schools as part of no-wrong door approach—WGSD needs more support.

Short Term Strategies to Prioritize (0 months to 1 year)

Mental Wellness

1. Send people to Train the Trainer Mental Health First Aid. **Three people trained in YMHFA; 2 in TMHFA.**
2. Work with schools to create robust resiliency program for high school students. **See something, Say Something**
3. Implement Anxiety and Depression screenings in social and human service settings. **MHN; MSH conducts these**
4. Improve resources available to public through www.healthygrandcounty.org via App to include Spanish translation
5. Multi-media campaign outlining progress. **Ongoing—Community Leader Group/ GCRHN ; Grand Futures; MSH; DHS**

Access to Care

1. **Increase existing MH providers salary and/or create housing assistance stipend fund. In part.**
2. Expand peer support programs for First Responders & direct client support staff—create coordinated effort. **Ongoing, expanded to health providers**
3. Research and utilize state loan forgiveness programs for MH providers.
4. Multi-media campaign outlining progress. **ongoing**

Supportive Services

1. Support education and support opportunities for social emotional competencies in school-aged. Identify viable program for middle school children. **Focus of support during COVID; 7 Mindsets, Restorative Justice, EduGuide**
2. Research viable safe and sober wellness activities to improve social support. **Youth Action Councils; CTC**

Systems Change

1. Continue HHRC collective impact model to measure progress and impact from this strategic plan.
2. Continue multi-media campaign outlining progress. **ongoing**

Mid-Term Strategies to Prioritize (1 to 2 years)

Mental Wellness

1. Implement Youth Mental Health First Aid. **82 staff in EGSD; 44 from WGSD, 3 more community-wide. WGSD in Fall!**
2. Implement resiliency programs in schools identified during short-term strategies.
3. Research and identify lead organization for CRAFT classes.

Access to Care

1. Require PCPs and Human Service Organizations to take MH First Aid during onboarding. **/ Zero Suicide Initiatives**
2. Research grow-your-own program for high schools and other certification classes. Research scholarship program.
3. Advocate for policy change on reimbursement for emergency MH transportation. Advocate for transitional care from in-Px.

Supportive Services

1. Identify blog/interactive approach curriculum to support parents and community in general.
2. Begin implementation of safe, sober alternative activities.
3. Research one-day parent support education and paid time to attend with businesses. **COVID parent support group**

Systems Change

1. Continue provide input to BH Authority on transitional care from in-patient to community.
2. Continue HHRC collective impact model to measure progress and impact from this strategic plan.
3. Continue multi-media campaign outlining progress.
4. Continue updating MH Road Map. Train providers and partners on updates

Long-Term Strategies to Prioritize (2-4 years)

Mental Wellness

1. Implement other resiliency training solutions for parents, youth and adolescents in elementary and middle schools.
2. Create and ensure sustainability for resiliency programs and all other strategies.
3. Implement Anxiety and Depression screenings in provider settings.
4. Improve resources available to public through www.healthygrandcounty.org via App to include Spanish translation
5. Multi-media campaign outlining progress.

Access to Care

1. Expand MH navigator program to include ombudsman/advocate.
2. Advocate for private insurance reimbursement policy change for emergency mental health transportation.
3. Implement grow-your-own program and scholarship program for MH professionals. - [MSH case manager to begin internship](#)
4. Multi-media campaign outlining progress.

Supportive Services

1. Implement blog/interactive parenting support classes.
2. Implement one-day parent support education session with paid time by employers.
3. Research and implement viable safe and sober wellness activities to improve social support.
4. Research and implement education and social emotional competencies for caretakers and employers.
5. Research and implement respite care program.
6. Research program models like Sk8 Church for safe and sober activities.
7. Multi-media campaign outlining progress

Systems Change

1. Continue HHRC collective impact model to measure progress and impact from this strategic plan.
2. Research physical integrated care school model.
3. Continue multi-media campaign outlining progress.

COVID-19 Related Wins

1. YMHFA transition to virtual—trained 3 groups online.
2. Virtual support groups—parent support groups and general
3. Expanded MH financial support from 3 vouchers (6 sessions) to 6 vouchers (12 sessions)
4. Youth Action Councils supporting safer and sober wellness activities
5. Yard Sign Campaign