

# Mental Health and Wellness Action Team

## Charter Statement

S A I N T P A U L – R A M S E Y C O U N T Y P U B L I C H E A L T H

## Community Health Improvement Plan

Saint Paul - Ramsey County Public Health (SPRCPH) formed an authentic community engaged Mental Health and Wellness Action Team in July 2016 that informs the work of our department in responding to the integrated health care needs of Saint Paul - Ramsey County residents and greater communities. *Ramsey County Mental Health and Wellness Action Team (MHWAT)* is one of 5 SPRCPH Community Health Improvement Goals.

## Group Charter and Composition

The Community Health Improvement Plan (CHIP) is designed to be implemented by community members and agencies throughout Ramsey County. Action teams are the primary vehicle to bring individuals and groups together to achieve the goals identified in the Plan. Action Team members are asked to sign a commitment card to join this group. Ramsey County Mental Health and Wellness Action Team meets once a month (2 hours).

## Role/Responsibilities Action Team Member

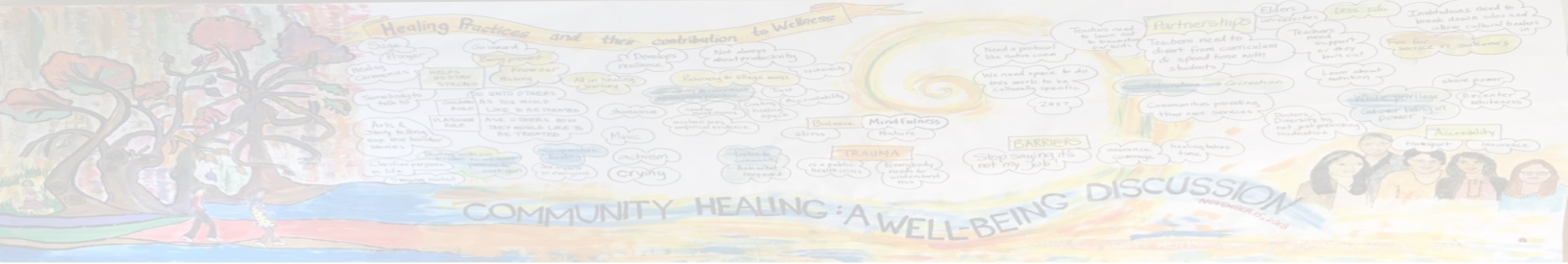
- Identify additional community initiatives or individuals working towards the same goals/objectives/strategies and create connections
- Participate in strategy refinement and work plan development
- Implement activities in work plan
- Identify current data sources or develop new data collection methods to measure progress towards meeting goals/objectives/strategies
- Assist in development of annual progress report
- Host a meeting at your location when possible

## Goal

The Mental Health and Wellness Action Team (MHWAT) is to improve mental and behavioral health and prevent mental disorders by ensuring access to appropriate services for all people in Ramsey County.

In 2014, three areas of focus were identified by the Community Health Improvement Plan Committee: **To improve Mental Health and Wellbeing in Ramsey County. Included are 24-hour Resources, School Linked Mental Health, and Stigma.**

In Summer 2017, the following three focus areas: **Increase Collaboration and Linkages among existing organizations, Strengthen Relationships between Safety and Mental Health to Reduce Stigma, Increase Wellness Opportunities.**



## Community Engagement and Objectives

- Increase the adolescent mental well-being components of POSITIVE IDENTITY for Ramsey County Adolescents by 2.5% by 2020.
- Reduce stigma associated with mental illness by increasing the amount of health promotion efforts in Ramsey County by 10% in 2023.
- Decrease the percentage of Ramsey County 9<sup>th</sup> grade Hispanic and Latinx students reporting suicidal ideation from 26% to 24 % by December 31, 2023.

## Selected Strategies

**Support Wellness Resources:** Transform current Ramsey County Mental Health webpage to Mental Health and Well-being Resources page.

**Healing-Centered Engagement:** Organize convenings of community members, cultural healers, mental health providers, and institutional partners to develop relationships, increase connectedness, and expand the continuum of healing centered engagement and mental well-being.

**Adolescent Mental Well-being:** Embed free and accessible, culturally relevant self-care options for students, families, and staff to selected group of schools in Ramsey County.

**Health Promotion Efforts:** Provide Community Conversation on Cultural Healing Event and 4 Mental Health First Aid Trainings in Ramsey County.

**Latinx/Hispanic Students:** Develop Emotional Well-being Survey to collect from community as part of Hispanic Latinx Coalition and host 4 World Cafes with youth and parents. Provide support groups for youth and parents.

## Action Team Members

Co-Chairs: Dr. Tolulope Ola and Awana Moye

American Indian Family Center, A Ray Resource Opioid Coalition, Balance Natural Health Center, C.L.U.E.S., East Side Mental Health and Well-being Collaborative, HealthPartners, Hmong American Partnership, Open Cities Health Center, Minnesota Department of Health, National Alliance on Mental Illness, Progressive Individual Resources, Restoration for All, Inc. Ramsey County Adult Services, Ramsey County Children's Mental Health Collaborative, SEWA- AIFW, St. Mary's Health Clinics, St. Paul Public Schools, Suburban Ramsey Family Collaborative and UMN Extension.



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