



## Health Issue #3: Mental Health and Wellbeing

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#### Goal: (broad statement of outcomes and results)

Sioux County children, adolescents, and adults will experience mental health and wellbeing

#### Objective (SMART) (*specific measurable targets for achievement of the outcomes described in the goal*)

1. Decrease suicide death rate from 4 per 100K to 0.
1. Decrease the percentage of adolescents who seriously thought about killing themselves from 11% to 9% (Iowa Youth Survey)
2. Decrease the percentage of people reporting poor mental health days from 12 to 10%
3. Decrease the provider: population ratio from 890:1 to 700:1

#### Indicators: (measurements that *indicate progress toward objective*)

1. Suicide death rate
2. Percentage of people reporting poor mental health days (County Health Rankings)
3. Percentage of adolescents who have seriously thought about killing oneself in the past 12 months.
4. The provider: population ratio



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### Access to community resources Strategy/Action Steps:

*Strategies must be responsive to the diverse cultural health beliefs and practices, preferred languages, health literacy and other communication and socially determined health needs.*

#### Upstream Approaches

1. Implement trauma-informed practices in schools and early childhood settings
2. Support positive family functioning through education and family support programs

#### Upstream Action Steps

1. Support the work of the Western Iowa ACES Coalition
2. Support participation of providers (as appropriate) in mental health coalition
3. ROSES postpartum depression program implementation

#### Mid Stream Approaches

1. Trauma-informed education (i.e., ACES training) in sectors such as education, early childhood, health care;
2. Address accessibility, availability and acceptability of mental health treatment services

#### Mid Stream Action Steps

1. ACES and/or Lemonade for Life training for healthcare providers
2. ACES and/or other trauma-informed education in education and early childhood sectors
3. Identify and address barriers to access, availability, and acceptability
4. Participate in children's mental health region efforts



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### Down Stream Approaches

1. Promote integrated care models; improve referral systems

### Down Stream Action Steps

1. Develop referral system for schools to refer high risk students
2. Share successful integrated care model design and outcomes
3. Explore potential for psychiatric provider cost-sharing
4. Promote use of information mental health specialist services