|  |  |
| --- | --- |
| **Goal** | **Sioux County children, adolescents, and adults will experience improved mental health and wellbeing** |
|  |
| **Objective** | **Implement trauma-informed practices, with 100% of CHP direct service staff receiving trauma-informed training/education by January 2024** |
| **Strategies:** | CHP direct service staff will receive trauma-informed training and implement trauma-informed practices |
|  | Encourage schools and early childhood providers to implement trauma-informed practices |
|  |
| **Objective** | **Reinforce positive family functioning by attaining re-accreditation of Healthy Families of America home visitation program by December 2025**  |
| **Strategies:** | Provide long term and accelerated home visitation and family support through nationally accredited Healthy Families of America (HFA) program |
|  | HFA staff will maintain infant mental health endorsement and ongoing continuing education |
|  | Screen all post-partum moms in the HFA program for depression |
|  | Provide short term parenting support through Steps to Success program to families who do not qualify for HFA long term or accelerated programs |
|  | Implement and promote Escuelita Familiar (Family Literacy) classes and Summer Boost sessions to support non-English-speaking parents’ involvement in their child’s education |
|  |  | All CHP direct service staff will receive ongoing training in cultural diversity, health equity, and social determinants of health |
|  |
| **Objective** | **Promote education on high-risk behaviors and positive coping mechanisms as a way to improve mental health by providing a minimum of 15 presentations to youth/adolescents per fiscal year** |
| **Strategies:** | CHP’s Health Educator and bilingual Community Health Worker will provide education to students, teachers, and community on the relationship between high-risk behaviors and mental health |
|  | CHP’s bilingual Community Health Worker will collaborate with Sioux County schools to provide workshops to EL Newcomer students to assist in their transition to a new culture as a means to promote completing a high school diploma |
|  | Develop a system to monitor 4-year Cohort Graduation rate as a measure of progress of Newcomer’s program |
|  |
| **Objective** | **Facilitate multidisciplinary community coalitions focused on mental health and wellbeing that meet at least quarterly through FY25** |
| **Strategies:** | Facilitate four Joint Provider meetings per year |
|  | Facilitate five Healthy Sioux County Coalition meetings per year* Coalition members will help to plan, promote, and participate in Chalk the Walk for Mental Health Awareness in May
* Facilitate conversations between schools and Sioux County resource providers around youth mental health needs & gaps; initiate plans to address gaps and support schools
 |
|  | Increase the number of faith-based community members (pastors, youth group leaders) who participate in either of the county coalitions |
|  | Increase the number of healthcare systems who participate in either of the county coalitions |
|  |
| **Objective** | **Reduce stigma of and normalize treatment of mental health by releasing at least 12 coordinated messages on mental health education and resources on various media platforms by 2026** |
| **Strategies:** | Work with community partners to promote 988 Suicide & Crisis Line via social media and PSAs |
|  | Work with Sioux County Schools and other community partners to support mental health in youth |
|  | Work with community partners to create strategies to address mental health in the farming community |
|  | Maintain up-to-date information on mental health providers and resources on CHP’s Community Resources page |
|  |