**This is a draft version 1.1 of a Strategic Plan for the Jefferson County Mental Health and Wellness Alliance (JCMHWA). This is for internal use only and not for distribution. It is a work in progress. The final version will be for wide distribution.**

**Name of Group: Jefferson County Mental Health and Wellness Alliance**

**Vision: A mentally resilient and supportive community.**

**Mission: To improve the mental health and well-being of Jefferson County residents by ensuring access to highly effective, community-based education, support and care.**

**Notes:**

* **(# number) signifies the priority that was assigned at the first strategic plan meeting.**
* **Dates will be listed in this manner 2014.12.25:19:45 (year.month.day:hour:minute)**
* **All correspondence on draft versions should be sent to: Ken Daley** **kdaley@miu.edu** **cell:641-209-9893**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Goal / Aim** | **Strategies** | **Who is responsible?** | **Timeline** | **Success Indicators / Measures** |
| **Create Mental Health Goals For Schools** | * Identify existing programs / what are the gaps for schools. Investigate and record existing Mental Health programs with input from school counselors and administrators (#3)
 | JCMHWA Youth / School Committee  | 2022.09.30 | Report completed by 2022.09.30. Report is shared with JCMHWA. Report to list existing programs and a wish list of programs needed and strategies to fill the gaps.  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | * Identify barriers to participating in school / after-school activities. (#2)
 | JCMHWA Youth / School Committee | 2022.09.30 | Report completed by 2022.09.30. Report is shared with JCMHWA. Report to list existing programs and a wish list of programs needed and strategies to fill the gaps. |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Goal / Aim** | **Strategies** | **Who is responsible?** | **Timeline** | **Success Indicators / Measures** |
|  | * Mental Health training for school systems including wellness training. (#2)
 | To be offered by professional providers. (Matt Smith, Terry, U of I and Optimae) | 2022.12.31 | Identify programs to be implemented with timeline for implementation. |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | * Create and implement a school volunteer mentors training program. (#1)
 | JCMHWA Youth / School Committee in consort with Matt Jones, FCSD Middle School Vice-Principle | 2022.12.31 | Written program outlined and on school website, and program started to communicate to community. Identify and prioritize what groups to talk to. |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | * Education on the use of drugs and alcohol (#0)
 | JCMHWA Youth / School Committee (Matt and Terry to oversee) Secondary partners; SEIDA, The Well, Optimae Recovery, ACT |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | * Investigate and implement an anti-bullying program (#0)
 | JCMHWA Youth / School Committee  | 2022.12.31 | Success = unity day on bullying day event 2022.10.19Success = Chamber and Manufacturing Association informed |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | * Program that creates community and shows adults as good role models (#0)
 | JCMHWA Youth / School Committee (lead Mike Carr) Secondary: AmeriCorps & community leaders |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Goal / Aim** | **Strategies** | **Who is responsible?** | **Timeline** | **Success Indicators / Measures** |
|  | * Mental Health support for teachers (#0)
 | FCSD, Maharishi School and school administrators |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | * D.E.I. training for schools

 (#0) | FCSD, Maharishi School and school administrators with possible assistance from City of Fairfield D.E.I. and Optimae |  |  |
| Completed |  |  |  |  |
| **Create Mental Health Goals For Educating the Jefferson County Community** | * Identify mental health programs that exist in Jefferson County and identify any gaps. (#3)
 | JCMHWA Community mental health and wellness committee with input from Tracy Liptak and Julie Ostby | 2022.09.30 | Report completed by 2022.09.30. Report is shared with JCMHWA. Report to list existing programs and a wish list of programs needed and strategies to fill the gaps. |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | * Create an education program for parents on how to crack / review cell phone and / or how to implement blocking software. (#3)
 | Need to identify someone with expertise in this area. Connie Boyer to check with Tim Knoll and tech guy at JCHC |  | Conduct a training session for parent and the general public. |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | * Wellness training with a focus on support for Jefferson County training. Conduct community lectures. (#2)
 | Let’s Go Jeff CoKen Daley is contact 641-209-9893 | 2023.05.31 | Schedule of lectures developed and implemented.  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | * Mental health training for county organizations, business and citizens (#2)
 | Need to create a sub-committee for education of adults. Sandy Stever, Optimae Recovery Center and NAMI |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | * Teaching parenting skills for mental health (#1)
 | Need to create a sub-committee for education of adults. NAMI, Sandy Sever Roberta Sloat (Parents As Teachers) |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | * Develop and implement an education program on the responsible use of alcohol and drugs. (#0)
 | Alcohol Consumption Task Force. Ken Daley to liaison with (ACT) | 2023.03.31 | Program developed and implemented in the county. |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | * Foster a more open discussion about mental health and the stigma that surrounds mental health. (#0)
 | Need to create a sub-committee for education of adults. (Contact, The Well, Optimae, Sandy Stever for input) |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | * A series of public lectures on mental health topic such as suicide, bullying, depression and addiction.
 | Need to create a sub-committee for education of adults. (Terry, Ken, The Well NAMI and mental health professionals |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | * Through lectures, social media and print share stories of healing and adjustment. (#0)
 | Need to create a sub-committee for education of adults.  |  | One indicator of success (NAMI series of lectures at The Well) 2022.09.29 – 2022.11.17  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | * Tom Morgan to offer professional cultural consultation services.
 | Connie to reach out to Tom | 2022.10.15 | Tom to offer an analysis of the current situation, host or moderate a community forum, and offer recommendations for moving forward. |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | * D.E.I. training for city employees, organizations, service clubs and public. (#0)
 | City of Fairfield D.E.I. and Tom Morgan  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Public Relations: Developing community awareness of mental health and wellness resources, programs and services** | * Make mental health resources widely known and constantly available in the community. (#4)
 | JCMHWA: PR Group (Marg, Julie Ostby, Matt, Melanie, and Sandy Stever), SEIL, JCHC, Optimae, FCSD, MIU | 2022.12.15 | Resource booklet is available in both print and electronic form. |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | * Central place to report concerns on individuals and groups. (#3)
 | SEIL, JCHC, Optimae, FCSD, MIU |  | Creation of a Flow Chart |
|  | * Develop a Flow Chart of how a crisis intervention in Jefferson County should take place. (#0)
 | JCMHWA in coordination with SEIL, JCHC, Optimae (Tracy Liptak), Sandy Stever, FCSD, MIU, City Police, Jefferson County Sheriff Office, JC Public Health | 2022.09.01 | Chart is developed and available online as well as printed and distributed to key organizations. |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | * Designate implement and promote a crisis hotline (988) and implement. (#0)
 | SEIL, Optimae, JCMHWA: PR Group |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | * Form a cadre of “Table Sitters” available for public events (Art Walk, concerts, sports events, County Fair. (#0)
 | JCMHWA: PR Group, NONIE and ISU Extension (and community groups and individuals | 2022.08.01 | Contact list of “Table Sitters” is compiled. |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | * Communicate Schools mental health programs to community at large. (#0)
 | Dr. Knoll and PR Group |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | * Let’s Go Jeff Co website information why people may need mental health help and how to access professional and peer-level resources for emotional support. (#0)
 | JCMHWA: PR Group and Ken Daley 641-209-9893 | 2022.09.15 Finish formatting and fact checking | Published information appears on website:http://www.letsgojeffco.com |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Create activities to enhance mental health and wellness.** | Identify people and organizations that are identifying gaps in mental health services and work to address the gaps and what are barriers. (#3) | Tracy Liptak, Sandy Stever, Police Chief, Fairfield and Jefferson County Sherriff  |  | Create a list of people and organizations that ID gaps and how they are addressing them. |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Identify or designate a mental health crisis response team (#0) | Optimae |  | Educate the community on availability of mental health crisis response team  |
|  | * Create or identify peer to peer support groups, including crisis support groups (#0)
 | Volunteer Center to contact Optimae, Sandy Stever, Julie Ostby and The Well  |  | List created of peer to peer groups that includes meeting times, location, contacts |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | * Formalize relationships with other community groups such as ACT, MHA, LetsGoJeffCo, MIU (#0)
 | Connie Boyer and JCMHA: PR Group | 2022.120.01 | List of groups created with meeting times and locations. |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | * Identify, create (as needed), support teen centered programs (#0)
 | School and youth groupsJCMHWA will create central resource, Anna Stanton, The Well. | 2022.10.01 | List of programs with contact information createdFormalized that we use Anna Stanton as our outreach to teen centered programs |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Provide adequate funding of JCMHWA**  | * Identify and apply for grants and other financial resources to fund the activities and goals of the JCMHWA (#0)
 | Central committee of JCMHWA, Volunteer Center to research grant possibilities | 2022.11.31 | Create a master list of possible funding sources |