



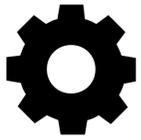
# San Miguel County Behavioral Health Strategic Plan 2016-2019



**VISION:** A community that inspires hope and improves overall well-being.



**MISSION:** Enhance the well-being of our community through education, prevention, advocacy and services that support resilience and recovery.



**STRATEGIES FOR CHANGE:** We create, implement, and manage behavioral health initiatives, utilizing our existing resources and increasing community education and awareness around behavioral health and wellness. We develop county-wide prevention activities, eliminating gaps and assuring a comprehensive approach. We focus on availability and affordability to all community members regardless of socioeconomic status. Aware of our rural setting, we will improve access to training and services by finding new models of care, using grass-roots support, and integrating mental health into non-traditional settings.

## GOAL 1: Create, Implement, and Manage Initiatives of the Strategic Plan

- Create a County Commission for Mental Health and Substance Abuse
- Undertake mapping of existing Mental Health resources
- Create tracking and reporting system
- Undertake a county-wide promotional campaign on Mental Health Strategic Plan activities
- Work collaboratively to leverage and expand funding for Mental Health Strategic Plan Initiatives

## GOAL 2: Increase Community Education and Awareness About Mental Health and Wellness

- Establish National Alliance on Mental Illness (NAMI) Chapter
- Create Multimedia campaign to change norms and reduce stigma
- Provide research-based trainings to educate community members on Mental Health
- Join the "Compassionate Communities" initiatives
- Increase participation in existing programs and expand early childhood programming

## GOAL 3: Develop and Implement Community Prevention Activities Avoiding Duplication and Eliminating Gaps

- Implement a program to reduce people with Mental Health issues in jails
- Increase universal Mental Health and substance abuse screenings in as many sectors as possible
- Ensure curriculum addressing Mental Health and substance abuse is available to all children with confidentiality, as appropriate
- Create inter-generational and cross-cultural learning experience through civic engagement
- "Safe Tourism" campaign addressing substance use, using harm-reduction strategies

## GOAL 4: Improve Access to Training and Services

- Integrate Mental Health into non-traditional settings
- Find models of care that address the Mental Health workforce shortage
- Launch grassroots, peer-support groups
- Ensure Mental Health workforce is trained in trauma-informed care
- Encourage use of Recovery Support Specialists (RSS) in appropriate programs