

# Priority Health Issue 1: Support Mental Wellbeing through Mental Health Care and Social Connection

## Assets / Resources:

Several organizations are currently providing or are interested in expanding mental health supports and social connection in Goodhue County, such as SE MN NAMI, the SE MN Suicide Prevention Coalition, the Minneapolis VA, Winona Health, Fernbrook Family Center, Hiawatha Valley Mental Health Center, Mayo Clinic Health System, Crisis Response and the Southeast Regional Crisis Center (SERCC), SEMCIL, Goodhue County Health and Human Services, Live Well Goodhue County, United Way of Goodhue, Wabasha & Pierce Counties, Workforce Development Inc., and Goodhue County Child and Family Collaborative. Many of these organization are looking at both evidence-based and innovative ways of increasing access to training, education, therapy, group supports, and making systems-level changes to improve the community's mental health. Businesses are a resource to provide education and ensure workers are aware of community services and supports. In 2022, the Goodhue County Board of Commissioners allocated funds from the American Rescue Plan Act (ARPA) to support mental health projects and programs of the Mental and Chemical Health Coalition of Goodhue County.

## Challenges / Barriers:

Challenges and barriers include stigma and public perception, lack of mental health education and awareness of signs of mental illness, lack of awareness of existing resources available, complicated eligibility, insurance, and intake process, and workforce recruitment barriers (such as low insurance reimbursements, low wages, credentialing challenges, competing with Twin Cities and Rochester, and no local 4-year college).

## Collaborative Partnerships:

The Mental and Chemical Health Coalition of Goodhue County formed in 2018 to improve mental health and reduce duplication. It is convened by the Community Health Assessment Committee, Goodhue County Child and Family Collaborative, Live Well Goodhue County, Mayo Clinic Health System, Fernbrook Family Center, Hiawatha Valley Mental Health Center, C.A.R.E. Clinic, and University of Minnesota Extension. This coalition, in collaboration with other groups, such as Winona Health, the SE MN Suicide Prevention Coalition and the Goodhue Community Health Awareness Coalition, will be essential in moving the strategies laid out in this plan forward.

The Honoring Dakota Project is a collaborative project that includes partners from Prairie Island Indian Community, City of Red Wing, Goodhue County Health and Human Services, Goodhue County Child & Family Collaborative, Red Wing Arts, and Thrive Unltd. This project is addressing social connection through a process of community conversations and events that provides education, builds relationships, and creates a space for healing.

**Result: All community members have access to mental health supports and know how to use them**

**Indicator(s):**

- Percentage of people who delayed mental health care in the past year
- Average number of mentally unhealthy days
- Suicide (number and rate)

Strategies	Timeframe	Strategy lead	Performance measures ( <i>how much, how well, is anyone better off?</i> )
Suicide Prevention Training/Community Education Programs	2023-2025	Mental and Chemical Health Coalition	<i># participants</i> <i>#/% trainings that incorporate SERCC and Mobile Crisis</i> <i>% participants who use training to connect people to mental health care</i>
Peer-led Groups	2023-2025	Mental and Chemical Health Coalition	<i># new groups created</i> <i>% new groups sustained</i> <i>Average mentally healthy days for group participants</i>
Employee Friendly Workplace Certification Program	2023-2025	Live Well Goodhue County; Workforce Development Inc.	<i>#/% employers completing certification</i> <i>Average mentally healthy days for employees</i> <i>% employees who delay mental health care</i>

**Result: All community members feel connected and valued by others**

**Indicator(s):**

- **Percent of Goodhue County students who feel that adults in their community care about them**
- **Goodhue County Adults 25+ who always have the social and emotional support they need**

<b>Strategies</b>	<b>Timeframe</b>	<b>Strategy lead</b>	<b>Performance measures (<i>how much, how well, is anyone better off?</i>)</b>
Support and expand the Honoring Dakota Project	2023-2025	Honoring Dakota Project Team	<i># of people who attend events \$ of funds secured</i>
Educate the community about Positive Childhood Experiences	2023-2025	Goodhue County Child & Family Collaborative	<i># of people trained % of people trained who report an increase in knowledge</i>