



## Goals Summary

### Positive Mental Health



This document provides a summary of the goals that were identified related to promoting Positive Mental Health. Below each goal are some of the ideas generated by community members during the Action Team Activity at the MKE Elevate Kick-Off Meeting on February 7, 2017 that informed the selection of the goal.

#### **Goal 1: Increase Access to Mental Health Services**

- Increase access to services to everyone who needs them
- Expand access to opioid treatment programs
- Integrate mental health into primary care
- Mental health services provided in schools; legislative changes allocating more funding
- Equality of services, culturally appropriate, services for non-English speaking families
- More individuals choose mental health as a profession, create workforce pathways
- Effective crisis services
- Rural clinics, clinics on every corner, community paramedic, mobile outreach, home visiting
- Medicaid reimbursement, expanded number of providers accepting Medicaid
- Teleconsultation

#### **Goal 2: Improve Mental Health Perception and Reduce Stigma**

- Understand mental illness is a medical condition
- Trauma informed care; provide training
- Annual mental health check-up (designed to normalize seeking mental health services)
- Early education coping mechanisms
- Healthier coping skills to manage stress and violence
- Teach mindfulness practices in elementary school

#### **Goal 3: Promote a Mental Health Friendly Community**

- Increase in community communication, events for social support
- Reduce number of taverns & liquor stores (not on every corner)
- Create a better social norm around alcohol consumption
- Better law enforcement training
- Positive messaging/marketing
- Access to support groups
- Engage faith-based community
- Engage and gain commitment for involvement from community groups and organizations