

Mental Health and Wellness Action Team

December 2018

S A I N T P A U L – R A M S E Y C O U N T Y P U B L I C H E A L T H

Community Health Improvement Plan

Saint Paul - Ramsey County Public Health (SPRCPH) formed an authentic community engaged Mental Health and Wellness Action Team in July 2016 that informs the work of our department in responding to the integrated health care needs of Saint Paul - Ramsey County residents and greater communities. *Ramsey County Mental Health and Wellness Action Team (MHWAT)* is one of 5 SPRCPH Community Health Improvement Goals.

Group Charter and Composition

The Community Health Improvement Plan (CHIP) is designed to be implemented by community members and agencies throughout Ramsey County. Action teams are the primary vehicle to bring individuals and groups together to achieve the goals identified in the Plan. Action Team members are asked to sign a commitment card to join this group.

Role/Responsibilities Action Team Member

- Identify additional community initiatives or individuals working towards the same goals/objectives/strategies and create connections
- Participate in strategy refinement and work plan development
- Implement activities in work plan
- Identify current data sources or develop new data collection methods to measure progress towards meeting goals/objectives/strategies
- Assist in development of annual progress report
- Host a meeting at your location when possible

Meeting Frequency and Structure

Ramsey County Mental Health and Wellness Action Team meets once a month (2 hours).

Compensation

Participation in the Ramsey County Mental Health Action Team is voluntary, with no financial compensation. However, light snacks may be provided.

Background

In 2014, The Ramsey County Community Health Improvement Plan (CHIP) was created by community members who met and went through a dynamic group process to answer two key questions:

- *What can we do collectively to foster conditions in which people can be healthy?*
- *How can we collectively achieve measurable improvement and confront health inequities?*

Over 80 residents and community leaders from private, public and nonprofit sectors shared their expertise and resources during these meetings. Five action teams have formed from this process and the resulting plans can be found at:

https://www.ramseycounty.us/sites/default/files/Departments/Public%20Health/CHIP_report_rev_june2016.pdf

Three areas of focus were identified by the Community Health Improvement Plan Committee to improve Mental Health and Wellbeing in Ramsey County. Included are 24-hour Resources, School Linked Mental Health, and Stigma.

Mental Health • Prevention • Wellness Resources • Stigma • Safety

Data tell us that adults with serious mental illnesses are dying, on the average, approximately 25 years earlier than the public – mostly from various common medical conditions that are inherently preventable or treatable, including co-occurring mental health/substance use disorders. Data suggests that individuals typically wait approximately 10 years before seeking mental health treatment for symptoms. Research informs us that there is a correlation between health and wealth. Likewise, there is a significant correlation between adverse childhood experiences and the presence of chronic health conditions of a population throughout the lifespan. Mental health stigma delay diagnosis, treatment and prevention options which impacts one's overall wellness.

Community Engagement and Objectives

In Summer 2017, over 17 community organizations and government agencies participated in a series of community engagement meetings to help define the following three focus areas: Increase Collaboration and Linkages among existing organizations, Strengthen Relationships between Safety and Mental Health to Reduce Stigma, Increase Wellness Opportunities. The Action Team has furthered its planning to include the following objectives.

- Increase the adolescent mental well-being components of POSITIVE IDENTITY for Ramsey County Adolescents by 2.5% by 2020.
- Increase the amount of health promotion efforts associated with mental illness stigma in Ramsey County.
- Decrease the percentage of Ramsey County 9th grade Hispanic and Latinx students reporting suicidal ideation from 26% to 24 % by December 31, 2023.

Selected Strategies

Transform current Ramsey County Mental Health webpage to Mental Health and Well-being Resources page.

Organize convening of cultural healers, mental health providers, and institutional partners to develop relationships and expand the continuum of healing centered engagement and mental well-being.

Adolescent Mental Well-being: Embed free and accessible, culturally relevant self-care options for students, families, and staff to selected group of schools in Ramsey County.

Health Promotion Efforts: Offer Mental Health First Aid trainings for community members and service professionals at least 4 times each year.

Latinx/Hispanic Students: Develop Emotional Well-being Survey to collect from community as part of Hispanic Latinx Coalition and host 4 World Cafes with youth and parents.

Action Team Members

Chair: Eugene Nichols

African American Leadership Forum, Casa de Esperanza, C.L.U.E.S., East Side Mental Health and Stress Resiliency Partnership, HealthPartners, ISIAH, Independent School District 622, Minnesota Department of Health, Ramsey County Adult Services, Ramsey County Children's Mental Health Collaborative, St. Mary's Health Clinics, St. Paul Public Schools, Suburban Ramsey Family Collaborative, West Side Community Health



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