

Behavioral Health 360 Digital Mental Health Platform

The National Association of County and City Health Officials (NACCHO) is partnering with CredibleMind, to provide a digital population-based mental health platform. This program is available to NACCHO members. Lincoln County Health Department is a member.

What the Platform Provides

The Behavioral Health 360 platform through CredibleMind applies a public health approach to improve behavioral health in communities by focusing on prevention, early intervention, self-care and connection to local services and resources.

Key Features

- Customizable website (logos, branding, weblink, homepage, local resources/services).
- Real time data insights on what information community members are seeking out on the website and the ability to benchmark against like sized communities.
- Promotional templates that can be customized locally.
- Paid digital ads to help get community members the website.
- Technical assistance for building and maintaining the website.

Benefits for Lincoln County

Lincoln County residents continue to face mental health challenges. We have provider shortages in our area, as well as, long wait times for services. Over the years, Healthy Minds has focused on connecting community members to services, however many individuals don't necessarily need or desire services, but could benefit from behavioral health self-care.

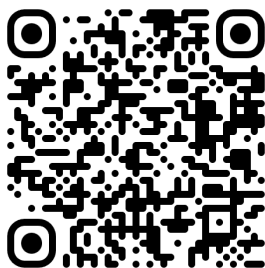
- Connects all community members to self-care and support with goal of early intervention so services aren't needed and can be managed by the individual.
- Utilizes a "no wrong door" approach. If services are needed, local options are provided on the website. This is an opportunity for agencies to promote their services.
- Can serve as a "bridging tool" to provide support when there are delays in services.
- Referral resource for agencies to share best practices and vetted resources with their clients that support care plans and emotional well-being.

Example: Sauk County, WI, <https://saukcounty.crediblemind.com/>

Next Steps

Lincoln County Health Department has grant funding to support this platform, however we need commitment from community partners to promote, utilize and share this website with their clients. This is an investment as the annual cost is approximately \$9,000.

Important Deadline: Contact Kristin Bath (kristin.bath@co.lincoln.wi.us, 715-539-1373) by **March 1, 2024** if your agency will support this initiative and if you would like to be part of a steering committee. We need approval from the Lincoln County Board of Health to proceed.



The Fellowship

A free program for autistic youth and young adults

TOMAHAWK PUBLIC LIBRARY

THURSDAYS | 5:00-6:00PM

The Fellowship is a new Islands of Brilliance program that employs a research-based curriculum designed to empower participants as they gain resiliency and advocacy skills, identity, and positive social connections.



ISLANDS
of Brilliance

WWW.ISLANDSOFBILLIANCE.ORG/THE-FELLOWSHIP

Lincoln County Community Health Improvement Plan (CHIP) 2018-2023



Healthy Minds Work Plan 2024

Yellow = strategies prioritized by coalition on 10/6/23 for 2024

Goal 1: Lincoln County residents will have increased knowledge and access to behavioral health resources that support mental health and emotional well-being.				
Objective 1.1: By December 31, 2024, Healthy Minds for Lincoln County will implement one strategy annually to increase access to local resources by eliminating barriers and supporting effective navigation				
Strategy 1.1.1 Identify, maintain and expand mental health and emotional well-being resources.				
Activities	Progress Updates	Target Audience	Resources/ Assets	Lead Partner(s)
Maintain and promote local resources directories and guides (<i>Find Help, 211, mental health and substance use guide, grief support guide, 988 magnets, NAMI Mental Health Resource Flyer, etc</i>)	(-) Continue to distribution local guides and resources (-) Updating Grief Support Guide (will print once finalized) (-) NAMI Mental Health Resource Flyer (assure local resources current before printing)	Community Members	Aspirus Health funding, LCHD grant funding, Find Help, 211	LCHD, Aspirus Health, NAMI Northwoods, MAPS
Develop resource(s) targeted to youth (<i>work with MHS RYV Club to develop crisis posters for schools</i>)	(-)	School aged youth	MHS RYV Club, Aspirus Health funding	MAPS, NAMI Northwoods, LCHD
Explore Behavioral Health 360 CredibleMind and it's applicaiton in Lincoln County (<i>Digital mental health platform focused on early intervention, self care, screenings and connection to local resources</i>)	(-) Demo held on 1/4/24 (Bath, Rumsey & Miller attended) (-) Contact Bath by March 1, 2024 if your agency will actively support implementation of Credible Mind	Community Members	Health Department grant funding	Need to establish a steering committee (LCHD, Social Services, MAPS, Centre for Well-Being, etc)
Strategy 1.1.2 Enhance local referral systems by identifying community information hubs and promoting resources widely and through various methods. (HE)				
Activities	Progress Updates	Target Audience	Resources/ Assets	Lead Partner(s)
Convene a workgroup to discuss community information hubs (<i>Identify hubs, assure resources are available, assure staff are knowledgeable of resources and promote widely</i>)	(-)	Community Members	Public Libraries, Menard Center, Schools (already serving as hubs), online resource hubs exist	LCHD, Aspirus Health, Social Services, Centre for Well-Being, Public Libraries, MAPS, etc.
Objective 1.2: By December 31, 2024, Healthy Minds for Lincoln County will implement 2 strategies annually that build robust, collaborative networks that include diverse partners and community members aimed at increasing awareness, resources and support.				
Strategy 1.2.1 Increase knowledge and awareness of providers and stakeholders' roles and responsibilities within the behavioral health system.				
Activities	Progress Updates	Target Audience	Resources/ Assets	Lead Partner(s)
Hold partner networking meetings (<i>Healthy Minds meetings</i>)	(-) Agency Round Robin added as a standing agenda item, starting 1/19/24	Healthy Minds Partners	Quarterly meetings	LCHD
Host mental health forum (<i>healthcare, behavioral health, commuity partners and public</i>)	(-) Discussed 1/19/24. Will revisit in April at quarterly meeting. Explore Crisis Intervention Partner Training	Providers, Organizations, Community	Aspirus Health funding	Need a planning team (LCHD, Social Services, MAPS, NCHC, etc)
Promote WI Child Psychiatry Consultation Program (CPCP) to local healthcare providers (<i>mailing, lunch n' learns</i>)	(-) Hangiandreou, MD, through CPCP, is promoting the program by providing educational lectures to providers and trainees across WI re child mental health. Provide direct consultation and help providers locate resources to help support child mental health (ex. counselors).	Healthcare providers	Hangiandreou, MD (member of Health Minds, part of the WI CPCP Team)	LCHD
Strategy 1.2.3 Promote and support community prevention partners, local advocacy groups and youth mentor programs. (HE)				
Activities	Progress Updates	Target Audience	Resources/ Assets	Lead Partner(s)
Promote and/or participate in NAMI, MHS RYV Club and youth mentor program events	(-) Promote Raise Your Voice - Rise Up Event 1/24/24 Promote NAMI WI Annual Conference 4/26/24 & 4/27/24	School aged youth and youth serving organizations	MHS RYV Club, NAMI Northwoods, Aspirus Health	NAMI Northwoods, Aspirus Health
Strategy 1.2.4 Maintain and recruit leaders, partners and community members to the Healthy Minds for Lincoln County coalition through various methods. (HE)				
Activities	Progress Updates	Target Audience	Resources/ Assets	Lead Partner(s)
Assess membership status, areas of interest and capacity to support coalition activities (<i>Survey</i>)	(-) Survey sent out with 1/19/24 meeting minutes	New and existing Healthy Minds partners	Google Forms	LCHD
Set up coalition display at events	(-)	Community Members		

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Promote coalition via media and other outreach	(-)	Community Members		
Goal 2: Lincoln County residents will have strong support systems that provide connection and emotional support.				
Objective 2.1: By December 31, 2024, Healthy Minds for Lincoln County will implement four strategies annually that promote, educate and support mental health and emotional well-being through community engagement and open conversations.				
Strategy 2.1.1 Implement community campaigns and programs to increase awareness and knowledge of mental health and emotional well-being.				
Activities	Progress Updates	Target Audience	Resources/ Assets	Lead Partner(s)
Implement awareness campaigns (988, Mental Health Awareness Month, Suicide Prevention Month)	(-) Veterans Crisis Line Campaign, met with Veterans Services 12/13/23, Campaign approved by BOH 1/11/24 (-) 988 billboards and paid ads, approved by BOH 1/11/24	Veterans and their family and friends, community members	LCHD grant funding, 988/Veterans Crisis Line	LCHD, Veterans Services
Implement gun lock distribution campaign (focus suicide prevention and child safety)	(-) Outreach plan developed, obtained materials, need to reach out to agencies (firearm retailers, sports clubs and youth serving organizations, expand as needed), approved by BOH 1/11/24	Firearms owners, families with children	LCHD grant funding, 988/Veterans Crisis Line	LCHD
Provide evidence based behavioral health programs (Mental Health First Aid, QPR, etc)	(-) Bath to meet with trainer on 1/16/24. Training can be provided at no cos through Rural Opioid Grant through UW-Extension.	Adults, youth, organizations	Aspirus Health funding, local trainer	LCHD, UW-Extension, Public Libraries
Distribute calm strips with education to organizations serving school aged students (sensory and mindfulness activities)	(-) Outreach plan developed, approved by BOH 1/11/24	School aged youth	LCHD grant funding	LCHD
Offer programs for older adults (Alzheimers, dementia, caregiver support, etc)	(-) Dementia Informed Super Heroes (DISH) Support Group, Alzheimer's & Dementia Caregiver Support Group, Topic Tuesday Classes- Dementia Basics, Brain Health Basics, and Powerful Tools for Caregivers for Lincoln County.	Older adults and caregivers	ADRC-CW	ADRC-CW
Strategy 2.1.2 Continue to explore and integrate evidence based behavioral health programming and training that targets school age youth. (HE)				
Activities	Progress Updates	Target Audience	Resources/ Assets	Lead Partner(s)
Support schools in development of student mental health committess/ peer support groups	(-) Support MMHMA, MHS RYV Club and 7 Mindsets Curriculum (-) Meetings with TSD on starting RYV Club	Students and families	Aspirus Health funding	MAPS, TSD, Aspirus Health
Support continuation of school/youth based programs year round (MHS Free Talks, Aggression Replacement Training -ART)	(-) Request funding to offer Free Talks in summer (MHS students struggling with AODA issues) (-) Request funding to offer ART in the summer (middle school students with behavior and conduct issues) (-) Two Social Services staff trained in ART. Free training to be held in 2/2024. NCHC staff being trained in ART. (-) Social Services social worker partnering with Sheriff Deputy to develop an AODA curriculum for schools. (-) NCHC working with school truancy program to get kids connected.	Middle and high school students	Trained facilitators (MAPS, Social Services, LPC), Aspirus Health funding	MAPS, Social Services, North Central Health Care
Provide Teen Mental Health First Aid to high school students	(-) Being offered at MHS in sophomore health class	High school students	Trained staff	MAPS
Provide Learning to Breathe Mindfulness Program to Lincoln County students	(-) Request funding to offer train the trainer course	Middle and high school students	Aspirus Health funding, LCHD grant funding	Social Services, MAPS, TSD
Strategy 2.1.3 Support and expand peer support groups and community informed programs that promote family engagement and social connectedness. (HE)				
Activities	Progress Updates	Target Audience	Resources/ Assets	Lead Partner(s)
Support library programming	(-) Request funding to support summer family activity packs (-) T.B. Scott Library partnering with the ADRC-CW to hold brain basics sessions. Working with adult daycare facilities to provide services and offer adult story time. (-) Tomahawk Public Library offering "The Fellowship" Program for children and young adults on the autism spectrum, starting February 8. Weekly on Thursdays from 5-6 pm.	Lincoln County youth and families	T.B. Scott Free Library, Tomahawk Public Library, Aspirus Health funding	T.B. Scott Free Library, Tomahawk Public Library, LCHD

(HE) = Strategy address health equity

Record of Changes

Date	Update Made
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Lincoln County Community Health Improvement Plan (CHIP) 2018-2023

1/11/24	2024 work plan includes strategies that were prioritized at coalition meeting on 10/6/23 as well as projects are being discussed by partners.
1/19/24	Updated activities and progress in green. Feedback provided through quarterly survey and coalition agency round robin.