



## Mental Health and Substance Abuse Action Plan

**Goal 1: Increase preventative education and outreach that increases knowledge strengthens families, builds life skills (coping, decision making, problem solving, conflict resolution, etc.) and increases resiliency.**

Objective	Responsible	Target	Status	2018	2019
<b>By December 31, 2023, the Coalition will publish 2 Lincoln County Youth Health Profiles that include Social Norms Survey and Youth Risk Behavior Survey Data from Merrill and Tomahawk School Districts</b>	LCHD, Lincoln County UW Extension, Merrill Area Public Schools, and Tomahawk School District	2		<ul style="list-style-type: none"> <li><b>Youth Health Profiles</b> 224 distributed</li> <li><b>YRBS &amp; SN Presentations</b> (83 participants)</li> <li><b>Tomahawk Social Norms Survey Administered</b> (2/14/18)</li> </ul>	<ul style="list-style-type: none"> <li><b>YRBS Administered</b> (TMS &amp; THS 2/13 &amp; 2/14 &amp; PRMS &amp; MHS 3/11/19)</li> </ul>
<b>By December 31, 2023, the Coalition will implement 1 public awareness campaign annually in Lincoln County.</b>	LCHD, Lincoln County UW Extension, Merrill Area Public Schools, Tomahawk School District, Ascension Good Samaritan Hospital, Ascension Sacred Heart Hospital and interested coalition members.	1 annually (6 total)		<b>6 Campaigns</b> <ul style="list-style-type: none"> <li><b>Dose of Reality Campaign</b> (newspaper ads Jan – March)</li> <li><b>Social Norms Campaign</b> (posters, billboards, school trivia, etc. – Jan- Dec)</li> <li><b>Gun Lock Safety Campaign</b> (gun locks w/ education – March – April)</li> <li><b>Parents Who Host Campaign</b> (May – June)</li> <li><b>Suicide Prevention Month Positive Rocks Initiative</b> (rocks w/positive messages placed on local trails/32 rocks &amp; evaluations returned – Sept)</li> <li><b>Hopeline</b> (billboard – Sept – Dec)</li> </ul>	<b>4 Campaigns</b> <ul style="list-style-type: none"> <li><b>Hopeline Billboard</b> (billboard Dec – May)</li> <li><b>Social Norms Campaign</b> (posters, billboards, school trivia, etc. – Jan- present)</li> <li><b>Dose of Reality Campaign</b> (billboard, Facebook ads, materials distribution, press release, etc. – Apr)</li> <li><b>kNOwMeth Campaign</b> (digital ads – Apr)</li> </ul>



<p><b>By December 31, 2023, the Coalition will implement 2 community events in Lincoln County</b></p>	<p>LCHD, Lincoln County UW Extension, Ascension Good Samaritan Hospital, Ascension Sacred Heart Hospital, Northwoods Veterans Auxiliary, TB Scoot Free Library, Tomahawk Public Library and interested coalition members.</p>	<p>2</p>	<p><b>9 Events</b></p> <ul style="list-style-type: none"> <li>• <b>Community Poverty Simulation</b> 2/26/18, 35 participants</li> <li>• <b>Taking Care of You Programs</b> (3/5/18 - 3/26/18 - 13 participants); (4/2/18-5/7/18, 17 participants); (10/1/18 - 10/2/18 - 72 Pine Crest employees) &amp; (11/15/18 - 7 participants)</li> <li>• <b>Straight Forward Screening</b> 4/12/18 - 35 participants,</li> <li>• <b>Lincoln County Safety Day Camp “Minds Up”</b> 8/7/18 - 83 youth</li> <li>• <b>Mock Teen Bedroom Display</b> 9/22/18 - 26 participants</li> <li>• <b>Let’s Talk about Pain Meds</b> 10/16/18 - 2 participants</li> </ul>	<p><b>4 Events</b></p> <ul style="list-style-type: none"> <li>• <b>Mock Teen Bedroom Display</b> (3/5/19)</li> <li>• <b>Not in this Neighborhood &amp; Mock Teen Bedroom Display</b> (4/3/19)</li> <li>• <b>Taking Care of You Program</b> (4/6/19 &amp; 4/13/19); abbreviated (4/11/19)</li> </ul>
<p><b>By December 31, 2023, the Coalition will implement 4 community trainings annually in Lincoln County</b></p>	<p>LCHD, Lincoln County UW-Extension, Ascension Good Samaritan Hospital, Ascension Sacred Heart Hospital, Coalition Members with Training Certifications,</p>	<p>4 annually (24 total)</p>	<p><b>8 Trainings</b></p> <ul style="list-style-type: none"> <li>• <b>Adult Mental Health First Aid Training</b> 1/2/18 - 31 participants</li> <li>• <b>Drug Impairment Trainings for Edu. Professionals (DiTep)</b> (2/28/18 - 3/1/18 – approx. 50 participants); (10/18/18 - 10/19/18 - 19 participants)</li> <li>• <b>Naloxone Training</b> 3/21/18 -51 participants</li> <li>• <b>Youth Mental Health First Aid</b> (5/16/18 - 5/17/18 - 8 participants,); (11/27/18 - 11/28/18 - 14 participants)</li> </ul>	<p><b>3 Trainings</b></p> <ul style="list-style-type: none"> <li>• <b>Youth Mental Health First Aid</b> (2/23/18) &amp; (2/26/18 &amp; 2/28/19)</li> <li>• <b>Let’s Talk About Pain Meds &amp; Naloxone Training</b> (3/7/19)</li> </ul>



				<ul style="list-style-type: none"> <li>• <b>Mental Health Provider Meeting</b> 6/18/18 - 15 professionals</li> <li>• <b>Let's Talk About Pain Meds &amp; Naloxone Training</b> 12/17/18 - 14 participants,</li> </ul>	
<p><b>By December 31, 2023, the Coalition will provide Merrill and Tomahawk School Districts with 2 evidence based strategies to promote mental health and prevent substance abuse among youth</b></p>	<p>LCHD, Lincoln County UW-Extension, HAVEN, Merrill Area Public Schools, Tomahawk School District, Ascension Good Samaritan Hospital, Ascension Sacred Heart Hospital, and interested coalition members</p>	2		<ul style="list-style-type: none"> <li>• <b>Discussion with MAPS and TSD about offering Youth QPR in schools.</b> Reference Jackson County Mode. Goal to provide QPR in school classrooms; taught by educators and peers.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>2 MAPS Staff trained in QPR Facilitator Training</b> in Rhinelander (3/15/19)</li> </ul>
<b>Goal 2: Increase outreach and programming for those identified as high risk in the community.</b>					
Objective	Responsible	Target	Status	2018	2019
<p><b>By December 31, 2023, the Coalition will implement 2 family-based education opportunities to identified families at higher risk in the community</b></p>	<p>Lincoln County UW Extension, Merrill Area Public School, Tomahawk School District, Kinship of Tomahawk, Big Brothers and Big Sisters and interested coalition members</p>	2		<ul style="list-style-type: none"> <li>• Contacted state to express interest in Mindfulness Enhanced Strengthening Families Facilitator Training in 2019</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Formed Drug Endangered Children (DEC) Committee</b> approved at Social Services Committee Meeting (2/20/19), first DEC Committee meeting held on 3/27/19</li> <li>• <b>Planning Committee established to organize Trauma Informed Care County- wide Strategic Planning Session</b></li> </ul>



<p><b>By December 31, 2019, the Coalition will develop a substance abuse and mental health resource guide and distribute throughout Lincoln County.</b></p>	<p>LCHD, Lincoln County-UW-Extension, Ascension Good Samaritan Hospital, Ascension Sacred Heart Hospital, and interested coalition members</p>	<p>1</p>	<p style="background-color: yellow;"></p>	<ul style="list-style-type: none"> <li>• <b>Awarded DHS Opioid Grant to fund local resource guide.</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Resource Guide Data Collection in progress.</b> Survey sent to agencies to collect data for guide in Feb.</li> </ul>
<p><b>By December 31, 2023, there will be a 10% increase in number of inquiries to 211 from Lincoln County residents</b></p>	<p>Merrill Area United Way, Lincoln County Interagency Members and interested coalition members</p>	<p>10% increase</p>	<p style="background-color: red;"></p>	<ul style="list-style-type: none"> <li>• No progress</li> </ul>	<ul style="list-style-type: none"> <li>• No progress</li> </ul>
<p><b>Other Related Efforts</b></p>			<p style="background-color: green;"></p>	<ul style="list-style-type: none"> <li>• <b>231 prescription lock boxes and bags; 101 deactivation units distributed</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>201 prescription lock boxes &amp; 200 deactivation units distributed</b></li> <li>• <b>Permanent Drug Drop Box at Tomahawk Pharmacy</b></li> </ul>
<p><b>Goal 3: Become a community that supports recovery</b></p>					
<p><b>Objective</b></p>	<p><b>Responsible</b></p>	<p><b>Target</b></p>	<p><b>Status</b></p>	<p><b>2018</b></p>	<p><b>2019</b></p>
<p><b>By December 31, 2023, Lincoln County will have 10 individuals trained and active as recovery coaches</b></p>	<p>LCHD, Lincoln County Department of Social Services, HAVEN, North Central Health Care, Ascension Good Samaritan Hospital, Ascension Sacred Heart Hospital and interested coalition members</p>	<p>10</p>	<p style="background-color: yellow;"></p>	<ul style="list-style-type: none"> <li>• <b>4 HAVEN Recovery Coaches</b></li> <li>• <b>Awarded DHS Opioid Grant (funding to develop local recovery coach model and to fund training)</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Contracted with HAVEN to develop Recovery Coach Model for Lincoln County (Opioid Grant)</b></li> <li>• <b>NCHC is developing a tri-county recovery coach program.</b> HAVEN is attending monthly planning meetings.</li> </ul>



<p><b>By December 31, 2023, the Coalition will pursue expansion of additional substance abuse and mental health support groups for individuals and their family members in Lincoln County</b></p>	<p>North Central Health Care, Lincoln County Department of Social Services, Ascension Good Samaritan Hospital, Ascension Sacred Heart Hospital and interested coalition members</p>	<p>-</p>		<ul style="list-style-type: none"> <li>• <b>Current: NAMI Family Support Group, Ascension Depression and Grief Support Groups</b></li> <li>• <b>Contact made with Narcotics Anonymous Group</b> about starting local group (no progress made)</li> </ul>	<ul style="list-style-type: none"> <li>• Call with Kenosha County Survivors of Suicide Support Group Facilitator 3/28/19</li> </ul>
<p><b>By December 31, 2023, the Coalition will meet with elected officials (county board, city council, schoolboards) and legislators annually to discuss and advocate for policy change</b></p>	<p>LCHD and Lincoln County UW Extension</p>	<p>1 annual meeting (6 total)</p>		<ul style="list-style-type: none"> <li>• Representative Felzkowski invited to Mental Health Provider Meeting 6/18/18 (no show)</li> </ul>	<ul style="list-style-type: none"> <li>• No updates</li> </ul>
<p><b>Other Related Efforts</b></p>				<ul style="list-style-type: none"> <li>• No updates</li> </ul>	<ul style="list-style-type: none"> <li>• Provided (5) Mental Health Books to T.B. Scott Free Library &amp; Tomahawk Public Library (<i>books target adults</i>)</li> </ul>
<p><b>Goal 4: Merge the Lincoln County Mental Health Coalition and the Lincoln County Drug Free Coalition</b></p>					
<p><b>Objective</b></p>	<p><b>Responsible</b></p>	<p><b>Target</b></p>	<p><b>Status</b></p>	<p><b>2018</b></p>	<p><b>2019</b></p>
<p><b>By July 31, 2018, the Coalition will begin meeting quarterly</b></p>	<p>LCHD and Lincoln County—UW Extension</p>	<p>4 meetings 24 total</p>		<ul style="list-style-type: none"> <li>• <b>2 Meetings</b> 7/12/18, 10/16/18</li> </ul>	<ul style="list-style-type: none"> <li>• <b>1 Meeting</b> 1/15/19</li> </ul>



<b>By December 31, 2018, the Coalition will have a name, mission statement, and organizational structure</b>	LCHD, Lincoln County UW Extension, Kinship of Tomahawk, Ascension Good Samaritan Hospital, Ascension Sacred Heart Hospital and interested coalition members	-		<ul style="list-style-type: none"><li>• <b>Healthy Minds Name, Tagline, Mission finalized (7/12/18)</b></li><li>• Met to discuss coalition bylaws (11/9/18)</li></ul>	<ul style="list-style-type: none"><li>• No Updates</li></ul>
<b>By December 31, 2020, the Coalition will establish a marketing and branding presence in Lincoln County</b>	LCHD, Lincoln County - UW Extension, Ascension Good Samaritan Hospital, Ascension Sacred Heart Hospital, Law Enforcement, HAVEN, Local Marketing Professional and interested coalition members	-		<ul style="list-style-type: none"><li>• Logo discussion at LWL Partnership Meeting on 11/2/18</li></ul>	<ul style="list-style-type: none"><li>• <b>Logo finalized</b></li><li>• <b>Coalition vinyl sign ordered</b></li></ul>