MENTAL HEALTH AND WELLNESS PROMOTION
Strategies to optimize mental health and promote emotional wellbeing by addressing the determinants of mental health through the creation of environments and relationships that support emotional wellbeing and build individual and community resilience when faced with adverse events.

KEY STRATEGIES
- Strategy 1: Embrace the concept of health in all policies. Develop a policy agenda and plan of action related to public policies that address the determinants of mental health, such as the unequal distribution of opportunity, discrimination or social inclusion.
- Strategy 2: Improve social cohesion or community connectedness, including school connectedness and connection to trusted adults. Connectedness refers to the level at which community members connect and interact with one another and access support formally (e.g. government services, civic engagement) and informally (e.g. community clubs or groups, community kitchens, built environments).
- Strategy 3: Improve organizational or employer practices and policies to support employees and their families.

SUICIDE PREVENTION
Strategies to prevent and reduce the incidence, prevalence, and recurrence of suicidal ideation and behavior through mitigation of risk factors and increasing protective factors.

KEY STRATEGIES
- Strategy 1: Reduce access to lethal means.
- Strategy 2: Increase implementation of research-informed programs that build resilience, problem solving skills and connection in schools, including connection to trusted adults and stigma-reduction.
- Strategy 3: Increase ability in multiple settings to identify and support people at risk for suicide.

CLINICAL AND SUPPORT SERVICES
Strategies to improve access and engagement in services for people with a mental health concern or diagnosis.

KEY STRATEGIES
- Strategy 1: Implement treatment system change with the Zero Suicide Framework.
- Strategy 2: Increase use of programs to prevent re-attempts.
- Strategy 3: Support training sessions for mental health providers on interventions for suicidal clients.
- Strategy 4: Support training for sessions for social services and other professionals on interventions for suicidal clients.
- Strategy 5: Increase quality referrals and sustained engagement in culturally relevant services.

POSTVENTION AND RECOVERY
Strategies to support services for individuals and communities responding to a suicide death or attempt, and/or individuals who have attempted suicide.

KEY STRATEGIES
- Strategy 1: Develop a coordinated response, including the availability of resources and support services, in the aftermath of a suicide death for families and community organizations.
- Strategy 2: Educate and advocate for safe reporting of suicide in the media.
- Strategy 3: Establish and communicate clear policies and procedures across systems (e.g. schools, jails, hospitals, courts) to support individuals returning to school or another community setting after seeking care for suicidal ideation or other mental health concerns.
INDIVIDUAL AND COMMUNITY OUTCOMES

This layer of the framework conveys the overarching outcomes desired for a mentally healthy, suicide free community. Hope, purpose, belonging and meaning, while felt by individuals, contribute to a community sense of these concepts.

Hope - Individuals have hope for their future and those of their families that is grounded in a sense of identity, unique values and having a belief in spirit.

Belonging - Individuals have a sense of belonging and connectedness within their families, and to both community and culture.

Purpose - Individuals have purpose in their daily lives, whether it is through education, employment and caregiving activities, or through cultural ways of being and doing.

Meaning - Individuals have a sense of meaning and an understanding of how their lives and those of their families and communities are part of creating a rich history.

THE NORTH STAR

Social and Institutional Equity - ACHD and partners approach their work in mental health promotion and suicide prevention with an understanding that health disparities are rooted in institutional and social inequities: organizations, social norms, practices and policies that routinely advantage White, heterosexual, cisgender and Christian people. ACHD and partners include in their work approaches that address systemic inequities through interventions at the community and societal levels of the social ecology. They include in their development of strategies a reflection of their identities, power and privilege. They respectfully and meaningfully engage communities to inform strategies for mental health promotion and suicide prevention. They continuously evolve their understanding about social and institutional inequities and the specific roles that discrimination plays as a determinant of poor mental health.

Research Based Approaches - ACHD and partners develop strategies that are informed by current research when there is not an evidence base and utilize evidence-based strategies when they exist. ACHD and partners strive to contribute what is known about mental health promotion and suicide prevention strategies through data collection and evaluation. ACHD and partners look to the research and experts to ensure strategies are culturally relevant.

Community Driven Solutions - ACHD and partners recognize the unique strengths and challenges of the communities served in Adams County. They seek to engage partners at the community level in the development of strategies that maximize the strengths and best meet the unique needs of the community.

Multi-Sector Partnerships - ACHD and partners address mental health promotion and suicide prevention along a continuum from the promotion of mental wellness, to the delivery of treatment supports for mental and substance use disorders, to the promotion of health. They recognize that this requires multi-sector partnership with mutually reinforcing avocacy, accountability and strong communication.

HOW THE WORK IS DONE

Data - Partners recognize a responsibility to collect, analyze, interpret and report data. They use data to identify, monitor and advance partnership goals. They also use data to understand community needs and inform their efforts.

Action plan - Action plans are developed, including decisions about who is going to do what, by when and in what order for the partnership to achieve shared goals. Action plans also include methods for verifying and evaluating the extent of implementation. The design and implementation of the action planning depends on the nature and needs of the partners, but might include:

• The goal(s) that are to be accomplished. • How each goal contributes to the organization’s overall strategic goals. • What specific results (or objectives) must be accomplished that, in total, reach the goal of the organization. • How those results will be achieved. • When the results will be achieved (or timelines for each objective). • Communications plan about the work, opportunity for community involvement and results.

Sustainability - Sustainability is integrated into every strategy, ensuring that if the strategy is identified as effective, it becomes a permanent part of the community. Sustainability is the active process of establishing the initiative— not merely continuing the program, but developing relationships, practices and procedures that are lasting. For each strategy, partners understand the following:

• Nature of the strategy or initiative. • Goals of the initiative. • Accomplishments. • Publicity received. • Initiative structure and governance. • Staffing and resource needs. • Sufficiency of the budget to cover expected costs now and in the future. • Potential obstacles and ideas for how to overcome those obstacles.

Resources - Resources exist for each strategy; these are the community assets and resources leveraged across partners to address cross-sector or system problems. Resources may be time and commitment as well as intellectual (i.e., trainings, expertise) or physical (i.e., money, space, technology). Leaders - Sufficient leadership exists to support, garner and channel resources towards the design, implementation, monitoring, evaluation and sustainability of the initiative.