

Our Vision: "To Promote a culture of health and wellness for those we serve, our staff, and our communities"

## BEHAVIORAL HEALTH PREVENTION & WELLNESS PROMOTION PLAN

CMHA-CEI's Behavioral Health Prevention and Wellness Promotion Committee (BHWPC) is proud to present the new publication titled "Creating a Culture of Health: Changing the landscape to improve behavioral health and wellness for those we serve, our staff, and our communities".

This multi-year agency plan illustrates the importance of the highly touted and heavily publicized integrated healthcare movement, more specifically the triple aim. The triple aim is a unifying principle across healthcare and drives health systems to strive for the following:

- 1. Improved patient care**  
Including quality and satisfaction
- 2. Improved the health of populations**  
Includes the need to prevent the premature death of persons with serious mental illness/substance use disorders
- 3. Reduced per capita cost of health care**  
Includes reducing the inappropriate use or over-use of a range of health care and human services to address the needs of the DD, SUD, and MI populations
- 4. Improve the worklife** of health care providers, including clinicians and staff. This is the fourth dimension being considered (quadruple aim).

In order for CMHA-CEI to truly achieve the triple or, newly identified, quadruple aim we must work towards "Creating a Culture of Health" for those we serve, our staff, and our communities.

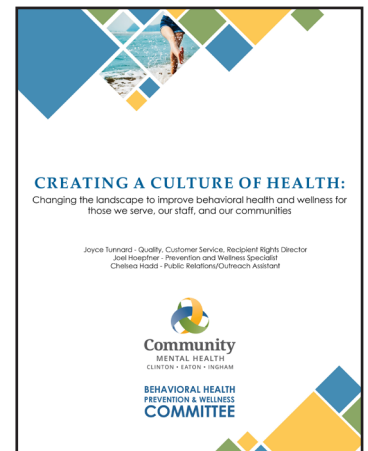
The plan attempts to align two unique frameworks; behavioral health prevention and wellness promotion. **Prevention and wellness** are represented by a broad array of behavioral health services (MI, SUD, DD) and are inclusive of enhanced screening protocols, early intervention and referral, suicide prevention, substance use disorder prevention, trauma informed communities, stigma reduction efforts, community outreach, as well as health and wellness promotion

efforts. All of which improve patient care, the health of populations, reduce costs, and improve the worklife of our staff (Quadruple Aim).

The full-plan discusses our target population, the purpose behind this effort, and the CMHA-CEI BHWPC who were instrumental the plan's development. The identified goal areas of the plan are:

- 1. Create a culture** of health and wellness,
- 2. Expand upon** behavioral health prevention, promotion, public relations, and community outreach opportunities,
- 3. Initiate and promote** early intervention programming,
- 4. Expand the behavioral health education** and training opportunities offered to area professionals,
- 5. Enhance behavioral health system alignment** efforts, access to additional funding streams, and integrated care opportunities, and
- 6. Compile data and prioritize data** indicators and at-risk populations.

A big **thank you** goes out to the BHWPC members as well as to our Board of Directors and Leadership for their feedback/overwhelming support of this plan. We are very excited to begin moving these goals/objectives forward and reporting on our successes.



# Happy New Year!

## HEALTH & WELLNESS NEW YEAR'S TIPS

### *This Year*

- LIVE IN THE MOMENT
- START EACH DAY WITH GRATITUDE
- LAUGH MORE
- CREATE MEANINGFUL CONNECTIONS
- MEDITATE
- FOCUS ON THE POSITIVE
- BELIEVE IT ALL WILL FALL INTO PLACE
- STICK TO YOUR GOALS
- BE GENEROUS
- CHOOSE HAPPY

## TRI-COUNTY LIFESAVERS SUICIDE PREVENTION INITIATIVE



Families Forward, in collaboration with Eaton County RESA, has established the Tri-County LifeSavers, a coalition of schools, agencies, organizations, and individuals working

together to prevent youth suicide.

According to Families Forward Prevention Therapist Jody Nelson, "youth suicide rates have been rising over the past decade, and the LifeSavers will work toward educating the community on three major levels – Prevention, Preparedness, and Response."

**Prevention** - How to recognize the signs and symptoms of youth struggling with mental health and substance use issues,

**Preparedness** - How to intervene and refer individuals and families in need to appropriate services, and

**Response** - How to assist schools and other youth serving organizations in effectively addressing youth suicide prevention and response.

"Youth suicide is absolutely preventable. The help is there, the resources are there, it's just a matter of recognizing the need, and linking those resources with the youth who need them. That's a big part of what the LifeSavers will be doing."

## MENTAL HEALTH FIRST AID TRAINING SCHEDULE



Mental Health First Aid is the initial help given to a person showing symptoms of mental illness or in a mental health crisis.

### ADULT MENTAL HEALTH FIRST AID

January 30, 2018  
May 29, 2018  
September 27, 2018

### YOUTH MENTAL HEALTH FIRST AID

March 29, 2018  
July 26, 2018

### REGISTER:

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