



CHANGEMAKER LISTENING SESSION:

Community Based Organizations + Mental Health

Regional Health Council



In the Room Today

All Care Health Center
Amelia Place
Angels Care Home Health
Autism Action Partnership
Behavioral Health Support Foundation
Bellevue Schools
Center for Holistic Development, Inc.
Centro Latino of Iowa
Charles Drew Healthy Start
CHI Health
CHI Health Mercy Council Bluffs
CHI Health Midlands
Child Saving Institute
City of Omaha - Mayor's Office
Coalition Rx
Community Impact
Congresswoman Cindy Axne (IA-03)
Connections Area Agency on Aging
Connections at Project Harmony
Creighton University - HS-MACA

Douglas County Board of Commissioners
Douglas County Health Department
Eastern Nebraska Office on Aging (ENOA)
ENCAP
FAMILY, Inc.
Financial Hope Collaborative
Girls Incorporated Of Omaha
Goodwill
Grief's Journey
Heartland Family Service
Home Instead Senior Care
Intercultural Senior Center
Iowa Legal Aid
Legal Aid of Nebraska
Life Dimensions by Ilona
Lift Up Sarpy County
Live Well Omaha
LiveWise Coalition
MAPA
Methodist Jennie Edmundson Hospital

DMICAH House
Millard Public Schools
Municipal Housing Agency of Council Bluffs
NAMI Iowa
National Alliance on Mental Illness
NE Urban Indian Health Coalition, Inc..
Nebraska Appleseed Center for Law in the Public Interest
Nebraska Children's Home Society
Nebraska Early Childhood Collaborative
Nebraska Dept Of Health and Human Services
Nebraska Legislature
Nebraska Medicine
New Visions
NOVA Treatment Community
Omaha Fire Department
One World Community Health Centers
Open Door Mission
Outlook Nebraska
Pottawattamie County
Pottawattamie County Community Foundation

Pottawattamie County Health Dept.
Project Extra Mile
Project Harmony
Region 6 Behavioral Healthcare
Sarpy County Attorney's Office
Sarpy County Sheriff's Office
Sarpy/Cass Health Dept.
Senator Rick Kolowski
Siena/Francis House
Southwest Iowa MHDS Region
The Kim Foundation
The Salvation Army
The Sherwood Foundation
Three Rivers Public Health Department
TS Prosperity Group
United Way of the Midlands
UNMC COPH
Visiting Nurse Association
WellCare
Women's Fund of Omaha
Youth Emergency Services



Today's Agenda

Welcome and Introductions – Who Are The Key Supporters of This Work?

How We Got Here – Brief History

Big Hairy Goal – Vision

Facilitated Listening Session – What Do We Need to Know?

Reflection – What Else Do You Want to Tell Us?

Closing and Next Steps – Where Do We Go From Here?

HOW DID WE GET HERE?

This work is part of a required, data-driven and evidence based process that occurs every three years with area health departments, health systems and federally qualified health centers - called a Community Health Assessment and Community Health Improvement Plan (CHIP).

In a span of eight months of resident engagement, interviews, surveys and listening sessions with nearly 3,500 individuals, the process revealed that mental health is the issue keeping people up at night.





Mental Health Needs Key Themes

Stigma of mental illness

Perception of being judged or disgraced when experiencing mental health challenges or diagnosis

***Social Isolation/
Disconnectedness***

Feeling alone or feeling that there is a lack of support available

Resources

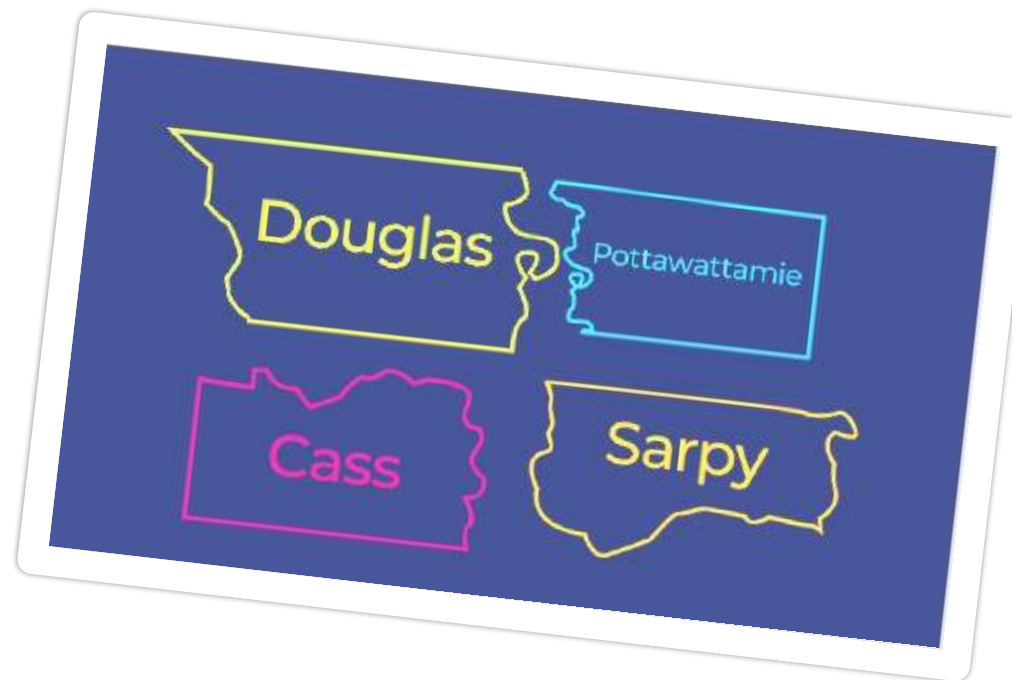
Not knowing where to get help or how to connect to resources



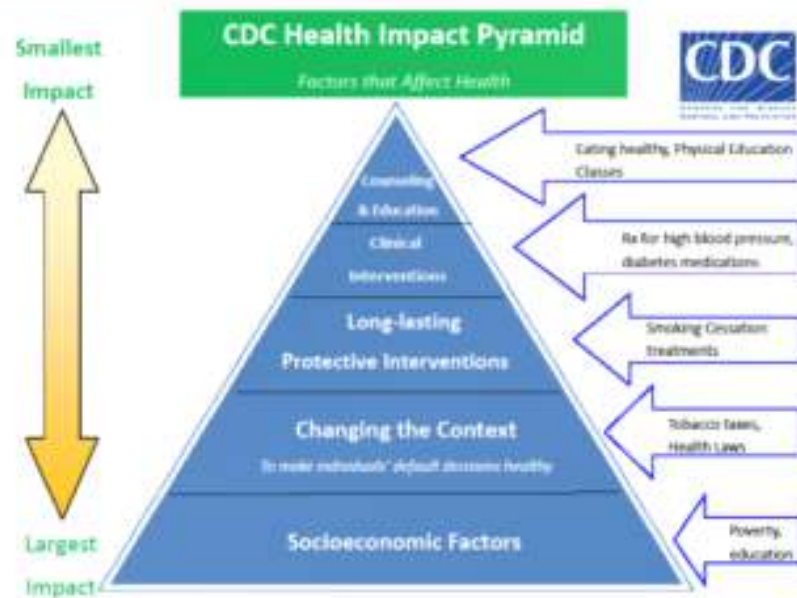
What is a Community Health Improvement Plan?

Coming together: A Regional CHIP

- A **Community Health Improvement Plan** is created every three years by area health departments, health systems and federally qualified health centers
- Past CHIPs have focused on up to 6 priorities and counties have worked separately
- The words: *Community. Health. Improvement. Plan.*
- Now, we are coming together for impact and because we share the same health issues



Health Impact Pyramid



Source: Frieden, T. A Framework for Public Health Action: The Health Impact Pyramid. Am J Public Health. 2010; April; 100(4): 590-595.



Community Health Improvement Plan Priority Area






Big Hairy Goal (What we hope will be different)

Picture a world... where everyone thrives in a state of wellbeing in which every individual realizes his or her potential, can cope with normal life stresses, can work productively and fruitfully, and is able to make a contribution to the community.

World Health Organization

This is mental health.





Facilitated Discussion



Facilitated Discussion

How do the mental health issues of *stigma, social isolation* and *access to resources* show up specifically in the individuals you work with?



Facilitated Discussion

Where are your pain points in trying to work with clients on the issues of *stigma*, *social isolation* and *access to resources*? What barriers are standing in your way to do this work successfully or to help clients be successful?



Facilitated Discussion

How might the county health departments and other partners be able to support the work you are already doing in the areas of mental health *stigma*, *social isolation* and *access to resources*?



Facilitated Discussion

How can we, as direct service providers, see ourselves fitting into this larger community health initiative to improve the mental health of individuals in the four-county area?



Facilitated Discussion

What would radical success look like? How will our community be different as a result of this work?
What will we see, *feel* and *hear*?



Examples of Success

**Example 1: Douglas County CHIP
Complete Streets Policy**

**Example 2: Oklahoma City
Residents Lost 1M Pounds, Grew Jobs at \$50K + level,
Redesigned city streets and parks vibrancy**

Example 3: Oregon Teen Pregnancy Project

Reflection



Next Steps

**CHANGEMAKER
IGNITE
SESSION**

One Shared Priority:
Mental Health

The first Regional Community Health Improvement Plan for Cass, Douglas, Pottawattamie and Sarpy Counties

OCT
19

**Changemaker Ignite Session:
Creating a Regional Health
Improvement Plan**

by Live-Well Omaha [Follow](#)

Free

[↑](#) [♥](#)

[Register](#)

Next Steps



Regional Health Council





***Never doubt that a small group of thoughtful,
committed individuals can change the world;
indeed it is the only thing that ever has.***

~Margaret Mead

Thank you for coming!