

Strategies Cheat Sheet

1) Increase awareness of non-professional, peer-driven mental health support resources.

- # resources/services reviewed or contacted [?]
- # of workgroup hours spent assessing current systems (if applicable) ^{1 hr +}
- # of new leverage points identified to improve access/capacity ^{1/2} systems (previously unknown to workgroup)
- # of number of new resources identified and newly added? ¹ (resource guide strategies only)
- #/% of identified leverage points acted upon (may even generate new strategies)]
- #/% number of resources maintained in database (resource guide strategies only)

change wording

2) Normalize the existence of mental health issues with community members in order to facilitate access to (and referral to) mental health services before a condition becomes acute.

- # of leverage points identified
- % of leverage points in target geographies/populations OR % of geography covered by identified leverage points OR % of months in which leverage points are acted upon (e.g., months campaign is active)
- Average % of organizations participating per leverage point (for education campaigns/advocacy opportunities)
- # of actions taken in addressing leverage points
- # of laws/policies/proclamations/environmental changes adopted

3) Train first responders (e.g EMS, Police, etc.) in mental health awareness and surrounding resources.

- # of individuals educated
 - % satisfied with process
 - %/# of professionals who gained knowledge from training*
 - %/# self-reported behavior change
- *measured by pre/post-test on content area, if one is available

4) Explore and monitor the upcoming State fee-for-service changes with mental health and psychiatric services in Sussex County to better understand the challenges in accessing mental health care.

- # of stakeholders engaged ⁴
- # of opportunities for stakeholder engagement
- % of ideas that provide new information (previously unknown to workgroup)
- #/% ideas that generate new strategies OR # of new strategies developed

General Meeting Notes:

What is new since last meeting? Organize in a way that works for you. Write or type below:

① continued to work on stigma campaign and resolution for Freeholders to sign

② discussed using Charge Direction national stigma project.

Note: Performance measures reported at quarterly County meetings. To edit or add a strategy, e-mail data@njhealthmatters.org