COMMUNITY HEALTH IMPROVEMENT PLAN & PROCESS 2017-2021

MENTAL HEALTH ACTION TEAM

Overarching Goal
The Waukesha County Suicide Prevention Initiative is dedicated to reducing the number of deaths by suicide in Waukesha County by scaling up evidence-based mental health practices in prevention, stigma reduction, and access to treatment.

Outcome 1: Increase hope & knowledge of recovery
- Parent/Peer mentor to assist with system navigation for school-based families in crisis partnering with county school districts.
- Sharing best practices in system navigation across other school systems.
- Partnering with local school districts and NAMI Waukesha.
- Measured by increased number of families engaging with parent peer mentors and ability to access on-going support and services to stabilize crisis.

Outcome 2: Increased efficacy- comfortable accessing help for themselves or others
- Provide education opportunities for the community partnering with Suicide Awareness & Prevent Task Force.
- Measured by increased knowledge of available resources in Waukesha County and increased knowledge regarding suicide warning signs.

Outcome 3: Strengthen access and delivery of suicide care
- Provide education for medical and mental health professionals: Zero Suicide partnering with NAMI, DHS, Elmbrook School District and Prevent Suicide Wisconsin.
- Measured by number of staff trained in Columbia Suicide Severity Rating Scale.

4,043
High School students were presented NAMI Ending the Silence during the 2018/2019 school year throughout Waukesha County.

1,510
Waukesha County residents were certified in Question, Persuade, Refer (QPR) as Suicide Prevention Gatekeepers.
PROGRESS UPDATES

Officially launched the Waukesha County Suicide Prevention Initiative (WCSPI)
- Holding quarterly meetings to advance objectives
- Providing leadership for partnering agencies
- Created a WCSPI listserv to keep stakeholders informed

Prevention - Implemented a parent peer mentor project with Arrowhead, Elmbrook & Oconomowoc School Districts
- Parent peer mentor worked with 54 families throughout the 2018-2019 school year providing them with emotional support and assisting with navigation of services.

Stigma Reduction - Educational opportunities for the community
- Held a full day conference in 2019 with national keynote speaker, Ross Szabo, for over 150 people, including many teenagers and young adults, in attendance.
- Held a Train the Trainer event in 2019 for 20 individuals to increase the number of certified QPR instructors in Waukesha County.
- Hosted a full day professional development conference during 2019 for 100 for clinicians and professionals in the mental health field with a focus on working with individuals at risk of suicide.
- Funding secured to provide three, 40 hour Crisis Training events for law enforcement. Funding will support the training through 2021.
- Funding secured to provide a two day crisis conference during 2020.
- Funding secured to provide a one day health and wellness oriented workshop for women and girls with an emphasis on mental wellness and suicide prevention.

Access to Treatment - Strengthening access and delivery of suicide care
- Zero Suicide team trained in June of 2018.
- Zero Suicide initiative rolled out to the community in Fall of 2018.
- Workforce survey completed.
- Training curriculum has been selected for HHS clinical staff with roll out in early 2020.

GET INVOLVED!
- Email info@namiwaukesha.org and ask to be added to the WCSPI listserv
- Contact Mary Madden, WCSPI Tri-Chair, to get involved
  - Mary@namiwaukesha.org
  - (262) 409-2741