



Better Together

mental
health
matters

BARTHOLOMEW CO.
INITIATIVE

Tuesday, April 30

5:30 pm-7:00 pm

The Commons

300 Washington Street

**mental
health
matters**

**BARTHOLOMEW CO.
INITIATIVE**

*Addressing challenges and improving the mental health system
for youth and adults in Bartholomew County*



Agenda

- Overview, Learning & Accomplishments from Year 1
- Commitments to Years 2 & 3
- Health Equity Ambassador Network
- Keynote: Amelia Zachry
 - Change Perception of Mental Health & Offer Hope
- Call to Action



Support

- Centerstone
- Columbus Behavioral Center
- Family Service
- National Alliance on Mental Illness (NAMI)
- Schoellkopf Counseling Center
- Stride
- Turning Point

Who Are "We"?



Vachel Hudson, Kathy Christoff, Cheryl Buffo, Julie Orben, Tina Bedey

Who Are “We”?

Resource Team

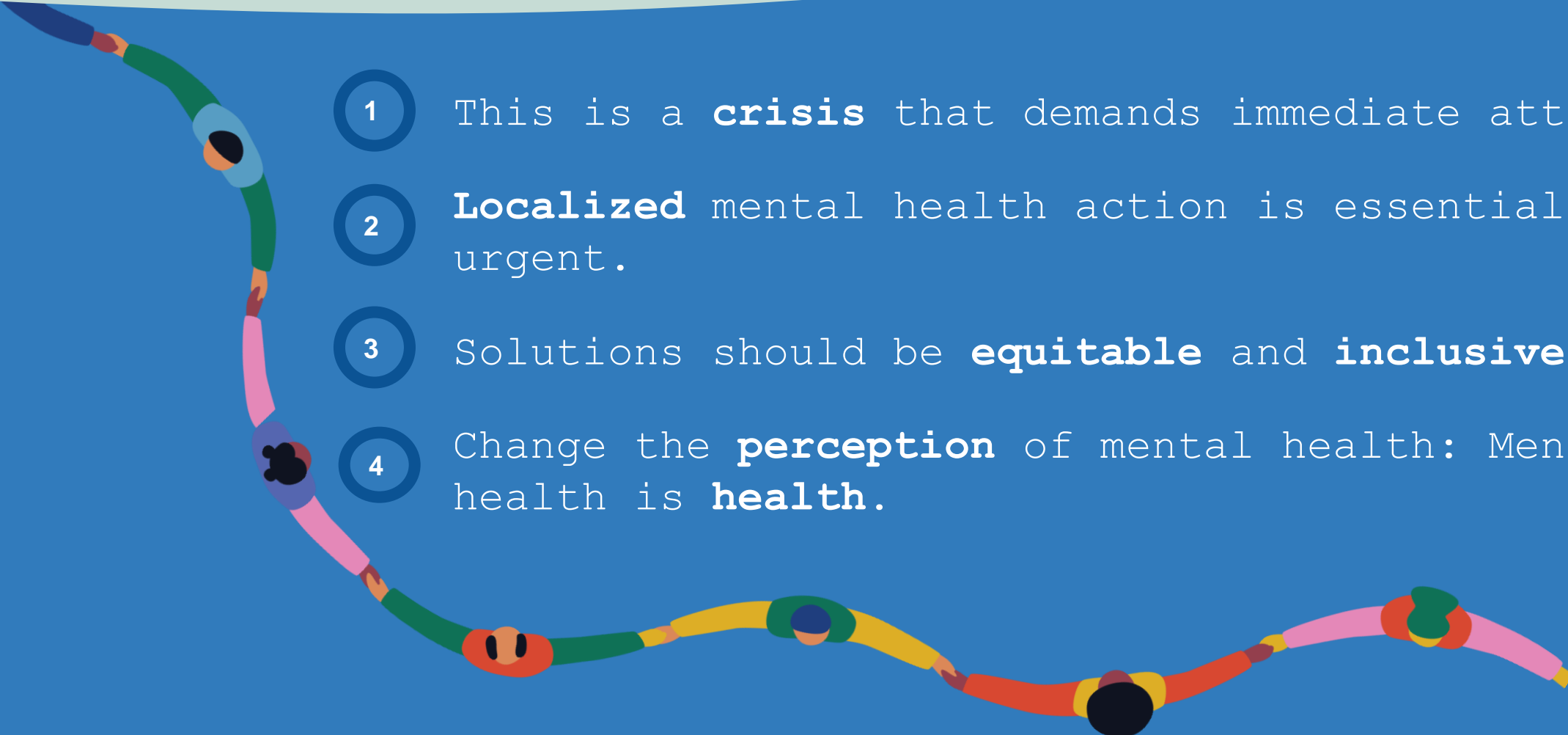
- City of Columbus
- Bartholomew County
- Columbus Regional Health
- Centerstone of Indiana
- Bartholomew Consolidated School Corporation
- United Way Bartholomew County



Guiding Team

- People with Lived Experience
- Racial, Gender and Ethnic Group Advocates
- Employers
- Faith Communities
- Youth Advocates
- Elder Advocates
- Rural Advocates
- Neighborhood Advocates
- Mental Health Support Groups
- **... AND YOU!**

Guiding Principles

- 
- 1 This is a **crisis** that demands immediate attention.
 - 2 **Localized** mental health action is essential and urgent.
 - 3 Solutions should be **equitable** and **inclusive**.
 - 4 Change the **perception** of mental health: Mental health is **health**.

Year One

YEAR 1

YEAR 2

YEAR 3



2023

2024

2025

Understand the
Current State and
Strategize
Potential Solutions

Begin Implementing
Strategies

Continue
Implementing
Strategies and Work
Towards
Sustainability

Community Voices: Surveys and Conversations

mental health matters

mental health matters

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Comparte Tu Voz.

Cambiando el futuro de la salud mental en el condado de Bartholomew comienza contigo. Participa en nuestra encuesta comunitaria y cuéntanos cómo podemos servirte mejor a ti y a tus seres queridos.

Nuestra misión es reconocer los desafíos y mejorar el sistema de salud mental para el bienestar de todos los miembros de nuestra comunidad a través de un esfuerzo colaborativo que involucra a proveedores locales de servicios de salud, sistemas de atención médica, sistemas escolares, sistemas judiciales, gobiernos municipales y del condado, y organizaciones de servicios sociales. Juntos, nuestro objetivo es crear una comunidad más solidaria y resiliente que prioriza la salud mental y el bienestar.

Por favor, toma un momento para completar nuestra encuesta y ayúdanos a comprender mejor las necesidades y preocupaciones de nuestra comunidad con respecto a la salud mental. Su aporte es vital para el éxito de nuestra iniciativa. ¡Gracias!

También puedes completar la encuesta en nuestro sitio web - www.mhmc.org.

- 1 Pensando en tu salud mental, que incluye el estrés, la depresión y los problemas emocionales, ¿dirías en general que tu salud mental es:
 - Excelente
 - Muy buena
 - Buena
 - Regular
 - Mala
- 2 ¿Has sido tú, un ser querido o un miembro cercano de tu familia afectado por desafíos de salud mental?
 - Sí
 - No
- 3 Si hubo un retraso en obtener los servicios de salud mental necesarios, por favor explique por qué:
 - No hay suficientes recursos disponibles
 - Falta de apoyo de los miembros de la familia
 - Falta de apoyo del empleador
 - Falta de seguro
 - Otro _____
- 4 Si buscó ayuda de salud mental en el último año, ¿qué tan fácil fue acceder a los recursos de salud mental?
 - Excelente
 - Muy bueno
 - Bueno

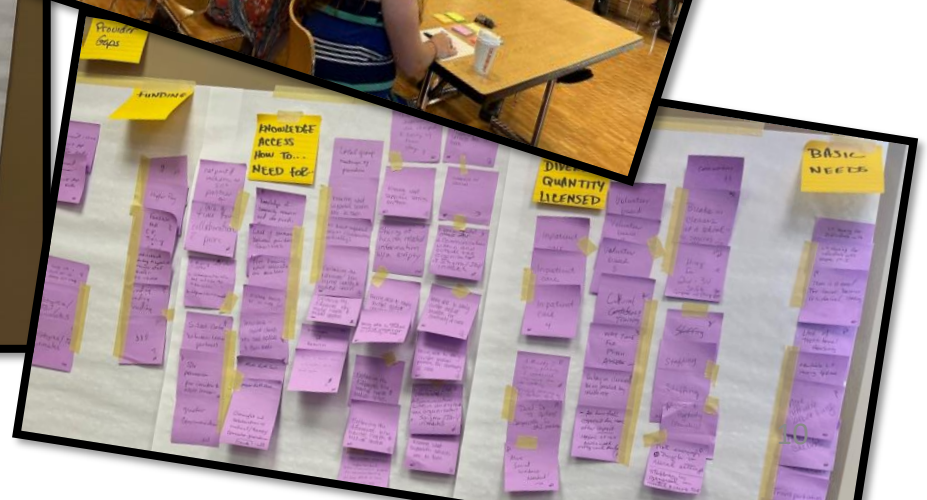
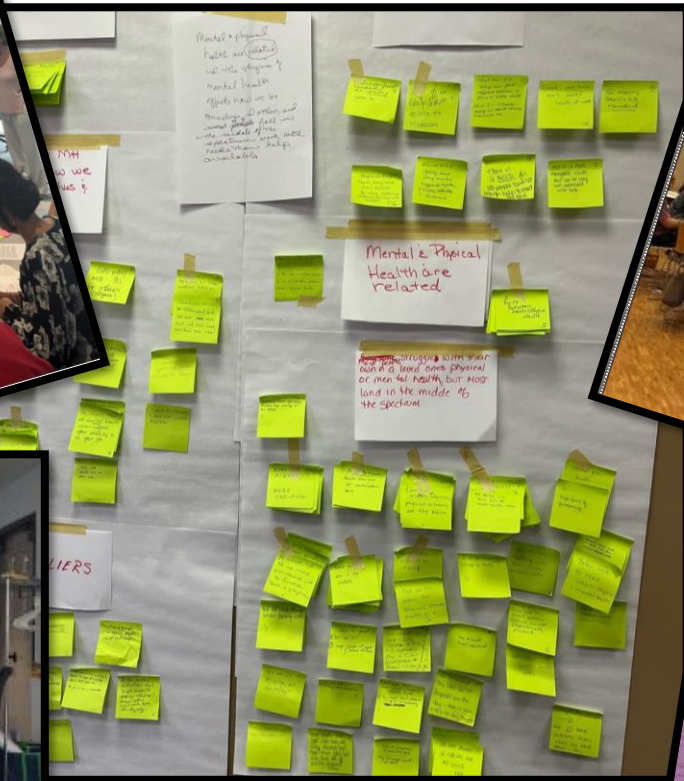


Surveys in English and Spanish

Community Voices: Local Service Provider Workshops



75 representatives from over 40 organizations, 500+ voices



Community Voices: CivicLab Stakeholder Engagement

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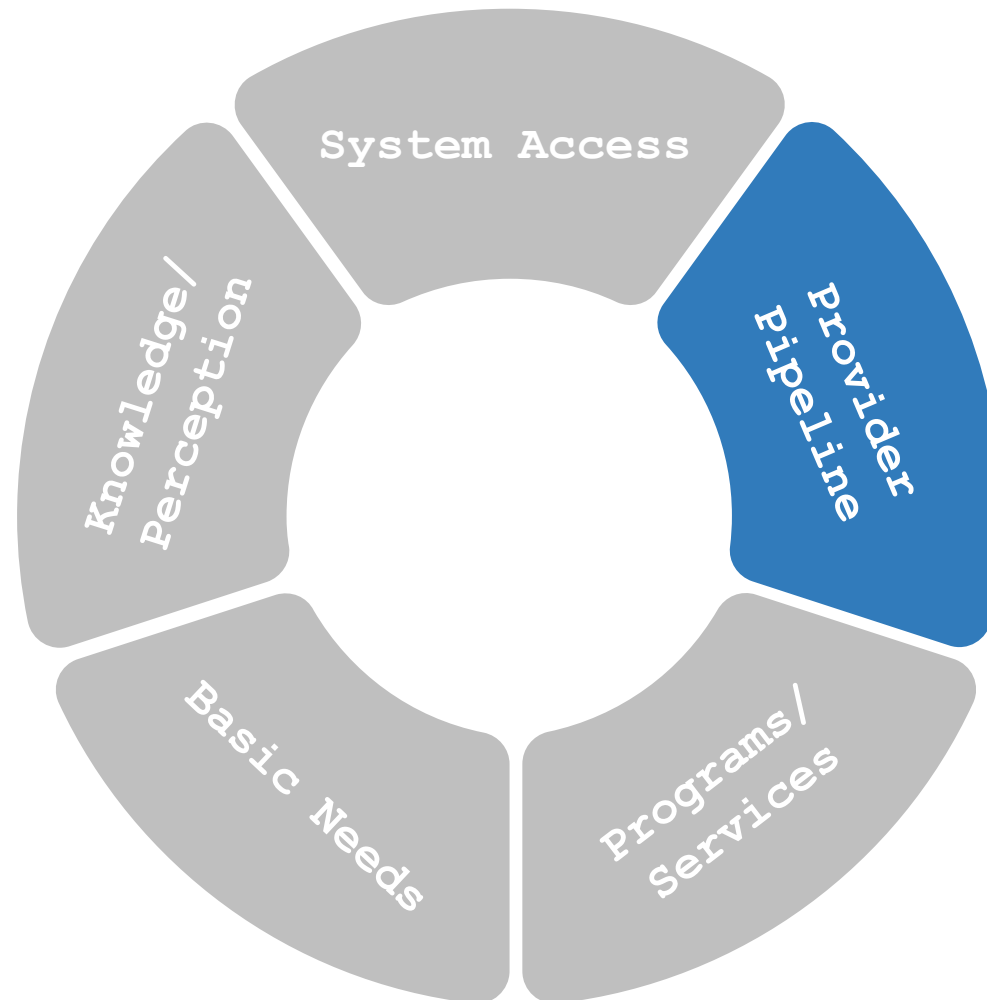
46 stakeholders from 20
organizations, including MH
Ambassadors on each team



Five Elements of Mental Well-being

Five Elements of Mental

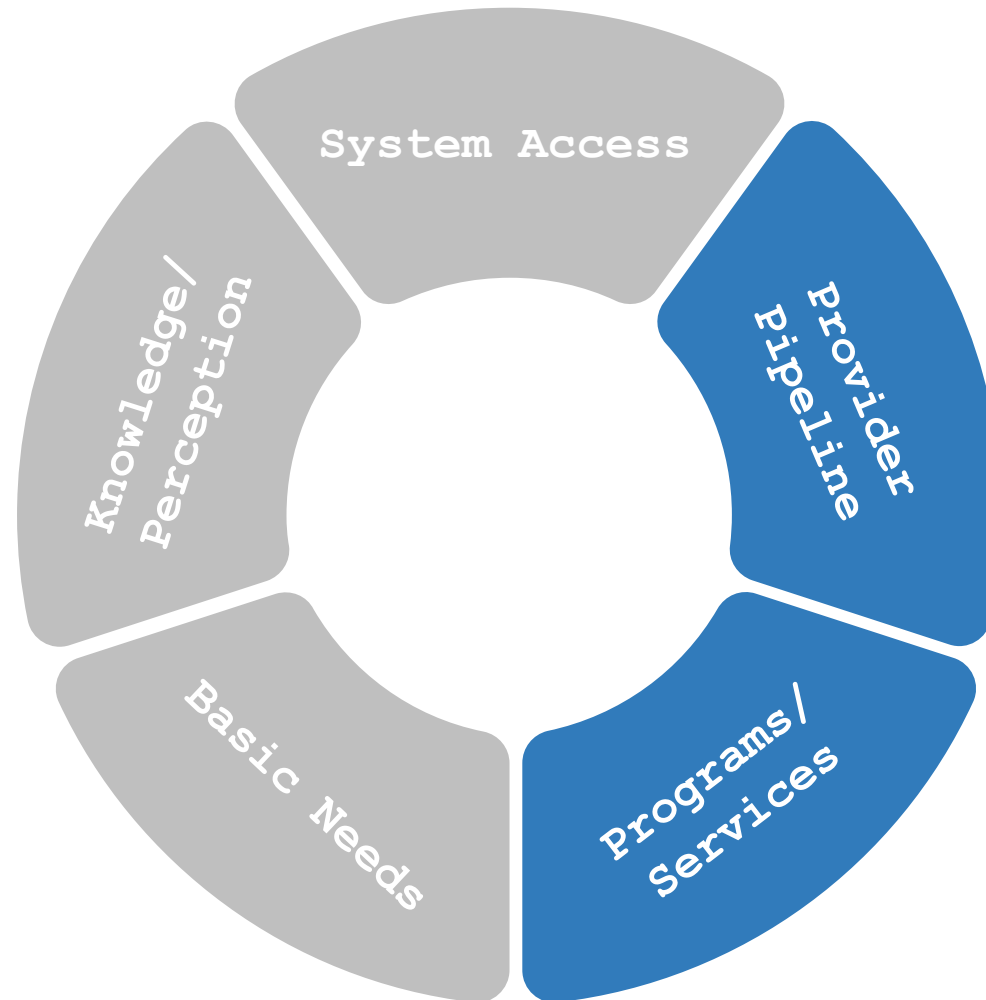
Well-Being: Based on community input, these five elements were identified as the areas of greatest need for improving the mental health system for children and adults in Bartholomew County.



Five Elements of Mental Well-being

Five Elements of Mental

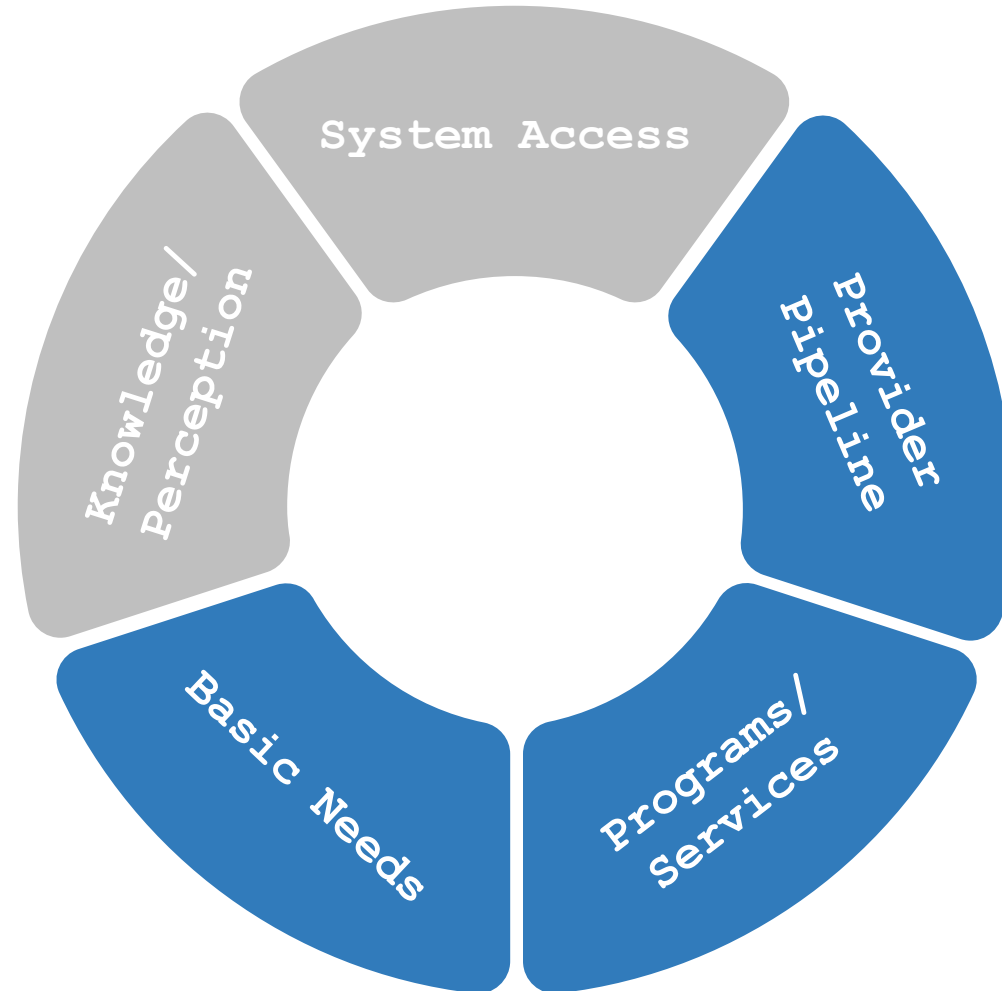
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Five Elements of Mental Well-being

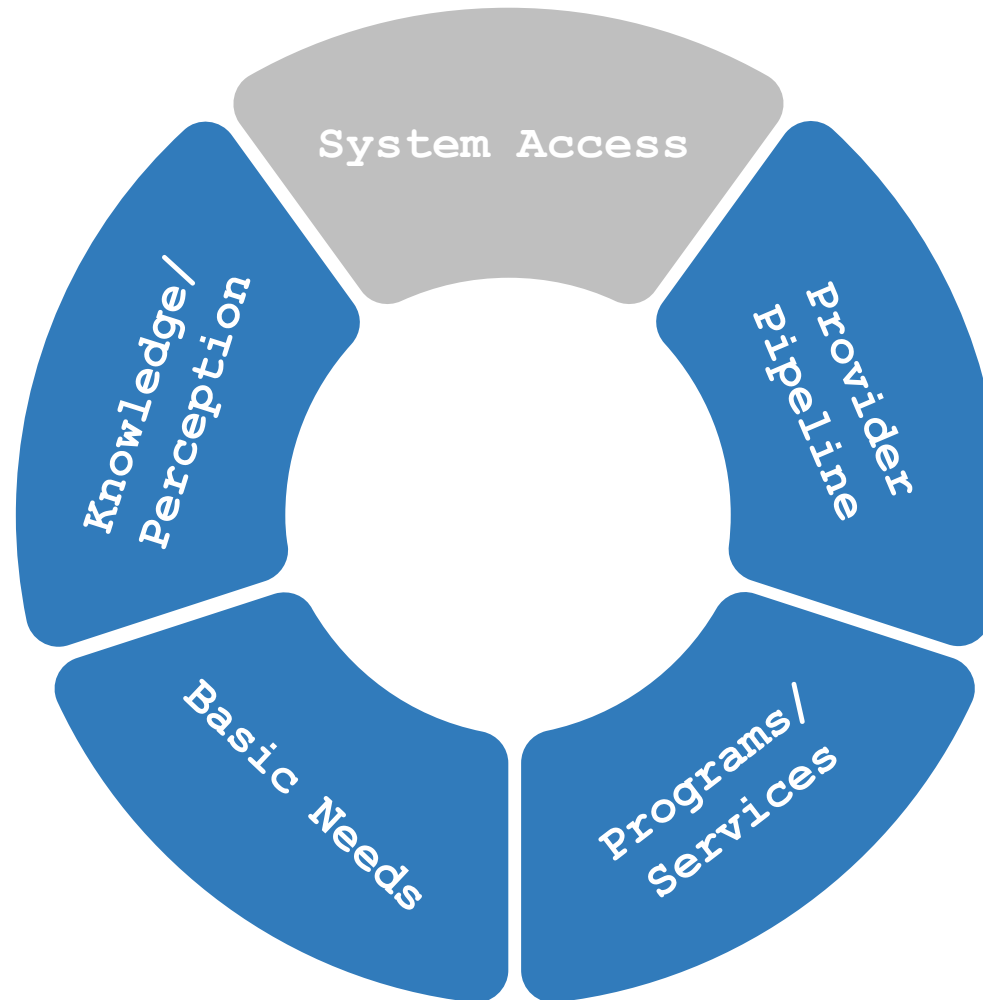
Five Elements of Mental

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Five Elements of Mental Well-being

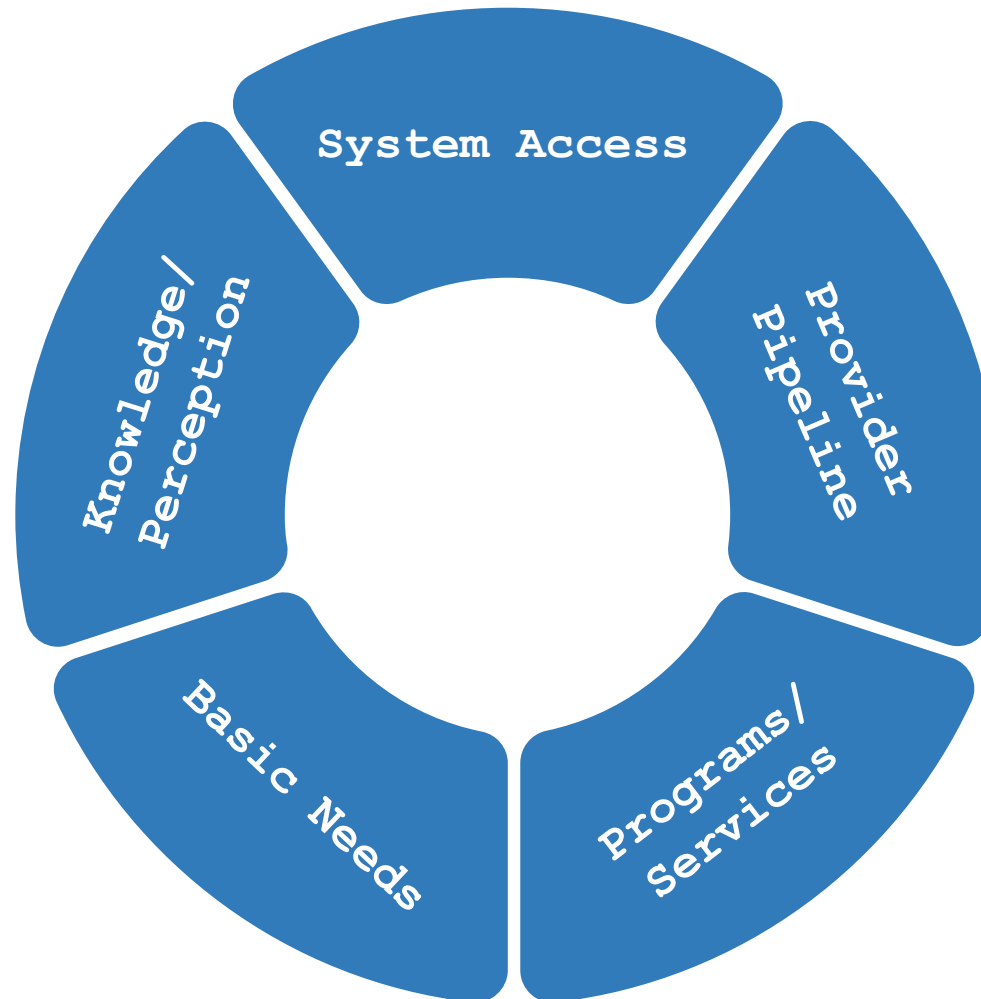
Five Elements of Mental Well-Being: Based on community input, these five elements were identified as the areas of greatest need for improving the mental health system for children and adults in Bartholomew County.



Five Elements of Mental Well-being

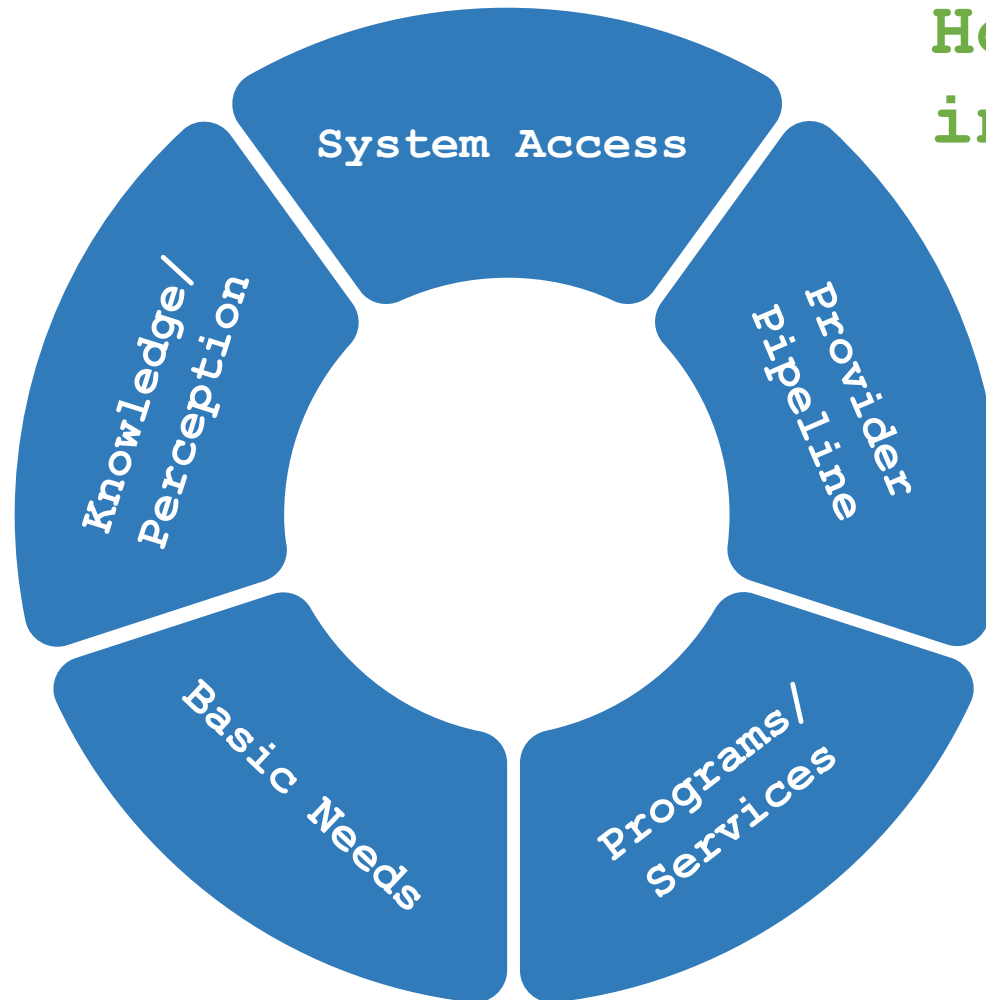
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Based on community input, these five elements were identified as the areas of greatest need for improving the mental health system for children and adults in Bartholomew County.



Five Elements of Mental Well-being

Five Elements of Mental Well-Being: Based on community input, these five elements were identified as the areas of greatest need for improving the mental health system for children and adults in Bartholomew County.



How are we doing in these areas?

Gaps and Barriers

Five Elements of Mental

Well-Being: Based on community input, these five elements were identified as the areas of greatest need for improving the mental health system for children and adults in Bartholomew County.

Awareness/Education of Resources
Education about Mental Health
Perception/Stigma

Housing
Transportation
Income/Poverty
Childcare
Healthcare/Insurance
Life (access/time)
Lack of documentation (adult)



For People Served

Lack of providers at all levels
Lack of cultural diversity
MH services being provided by non-MH providers

For Providers

Cost of education
Length of time to be paneled
Living wages

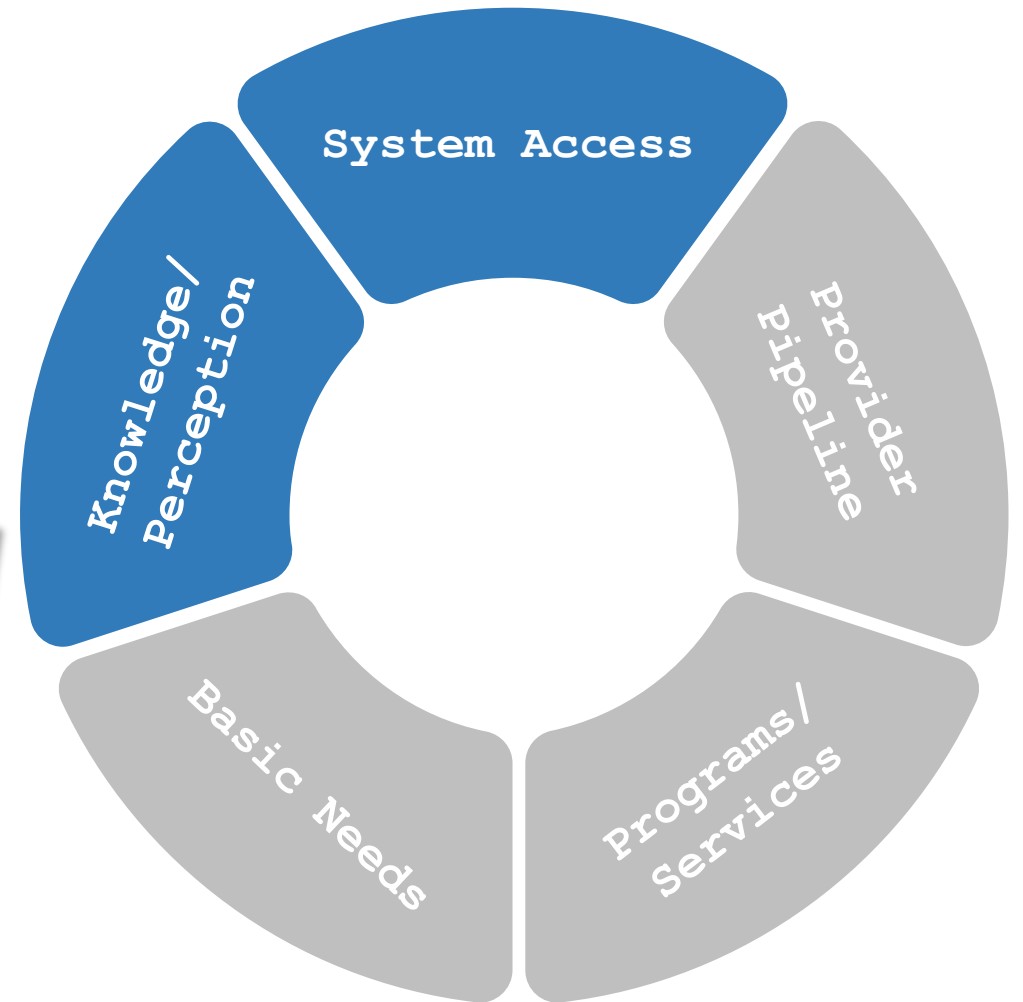
Early Intervention
Intensive/Crisis treatment and wrap-around
Quick access to Psychiatric services
Follow up/outreach after ED or hospital
Specialized treatment
Cultural diversity
Crisis Intervention facilities (child)
Inpatient MH (child)
SUD treatment (child)
Supportive Housing (adult)

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If we could do ONE THING to positively impact the Mental Health System in our community what would it be?

One
Thing

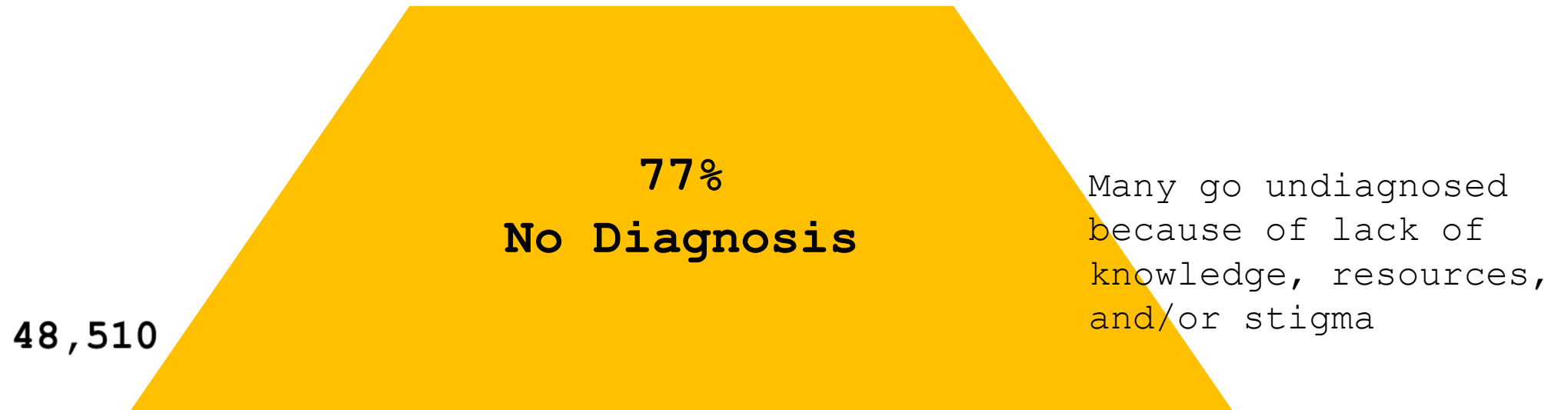


Who Are We Designing For?

63,000 adults in
Bartholomew County

Who Are We Designing For?

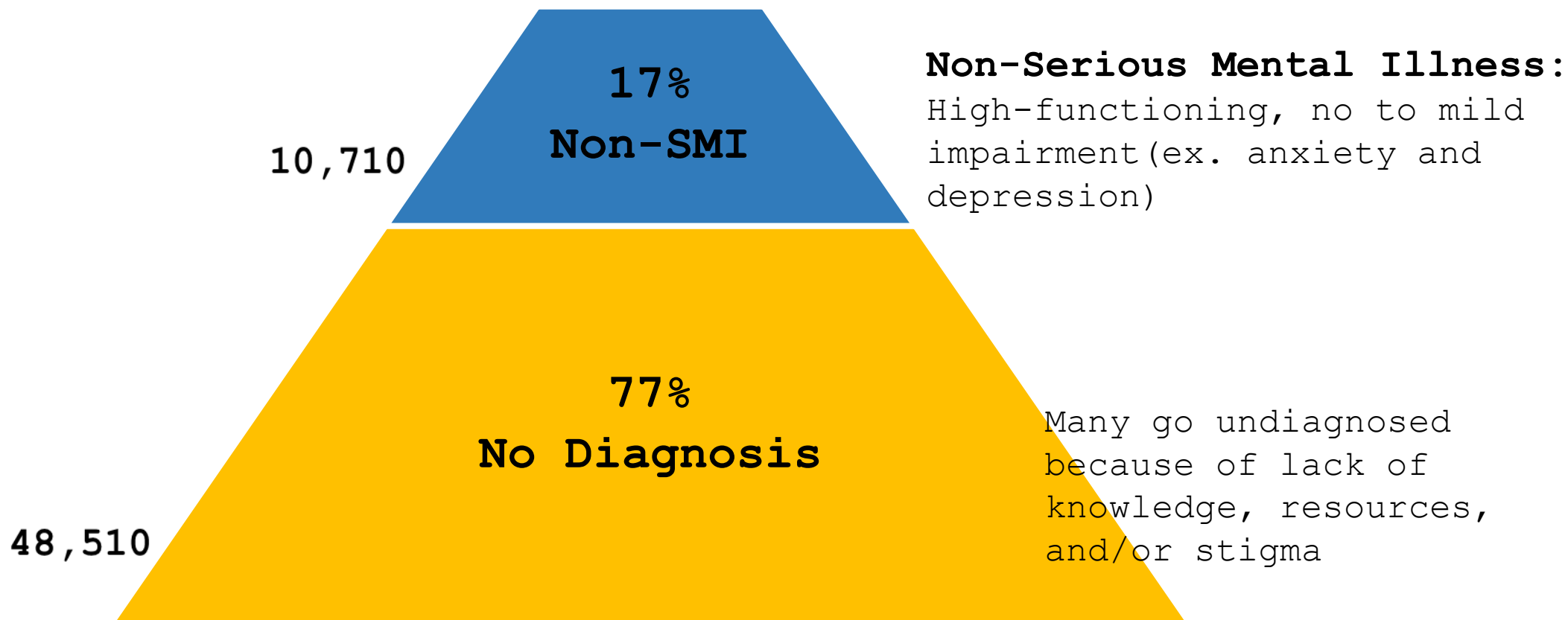
Among 63,000 adults in
Bartholomew County ...



Who Are We Designing For?



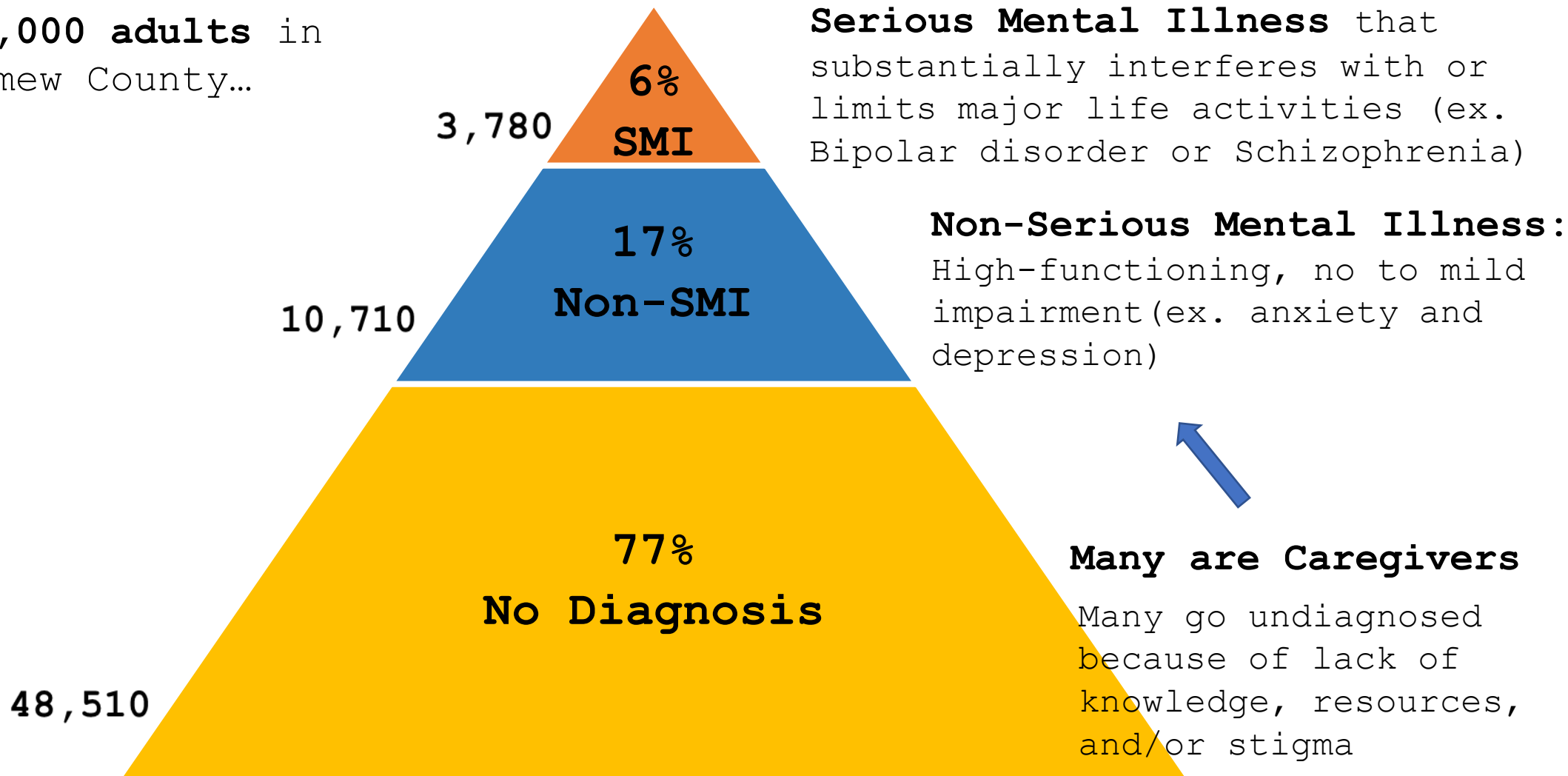
Among 63,000 adults in Bartholomew County...



Who Are We Designing For?



Among 63,000 adults in Bartholomew County...



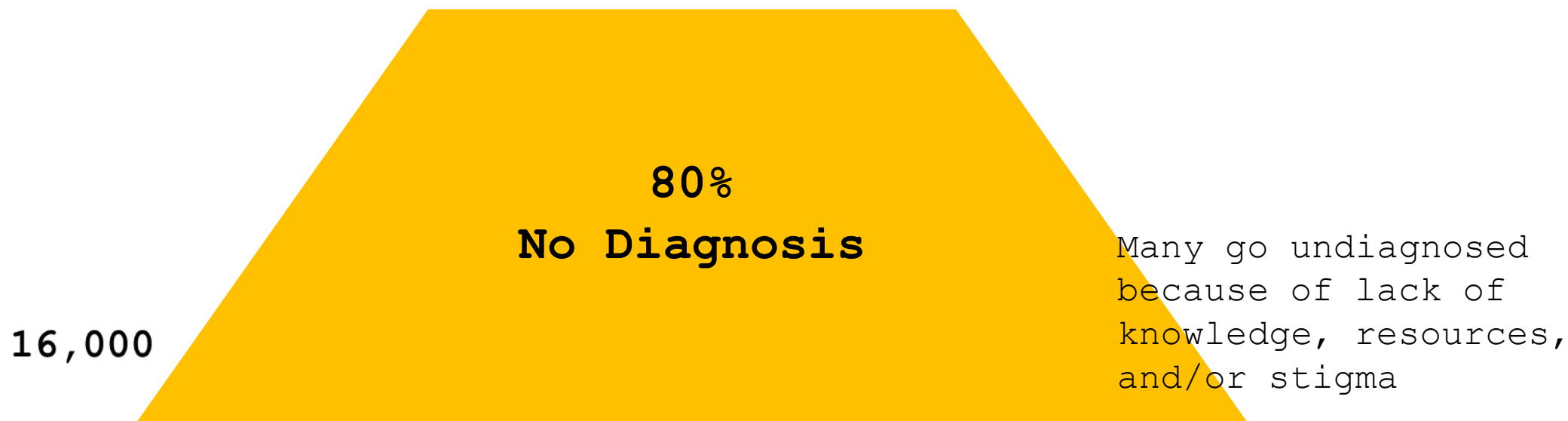
Who Are We Designing For?

20,000 children in
Bartholomew County

Who Are We Designing For?



Among 20,000 children in
Bartholomew County...

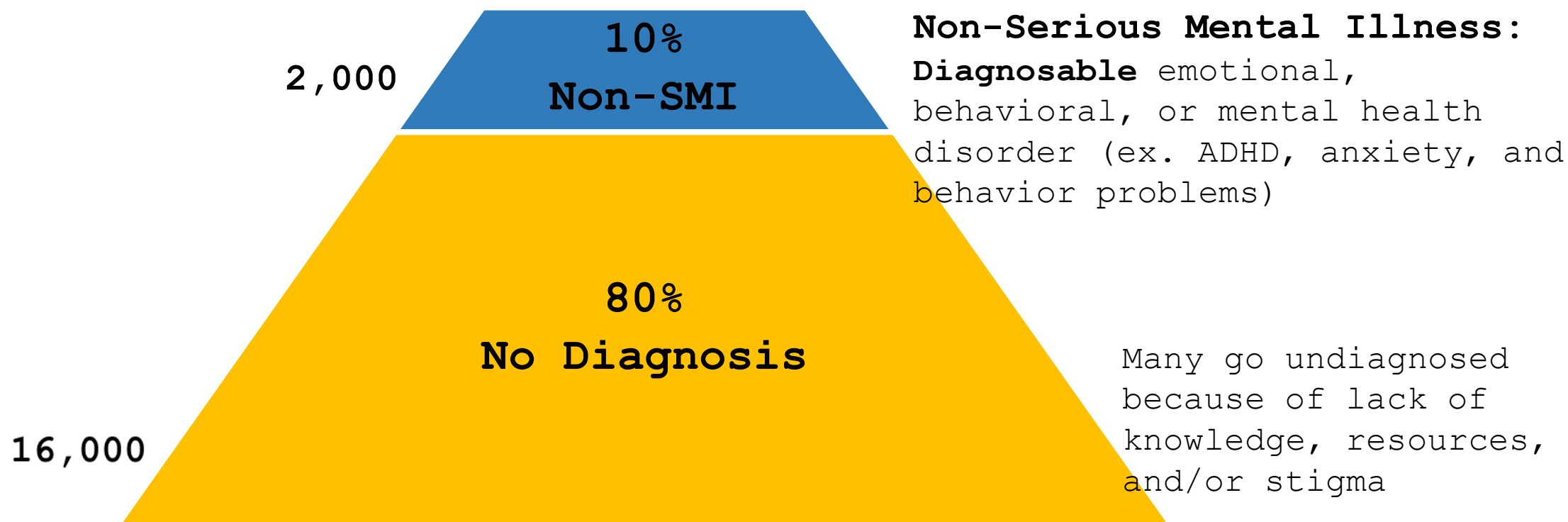


Many go undiagnosed because of lack of knowledge, resources, and/or stigma

Who Are We Designing For?



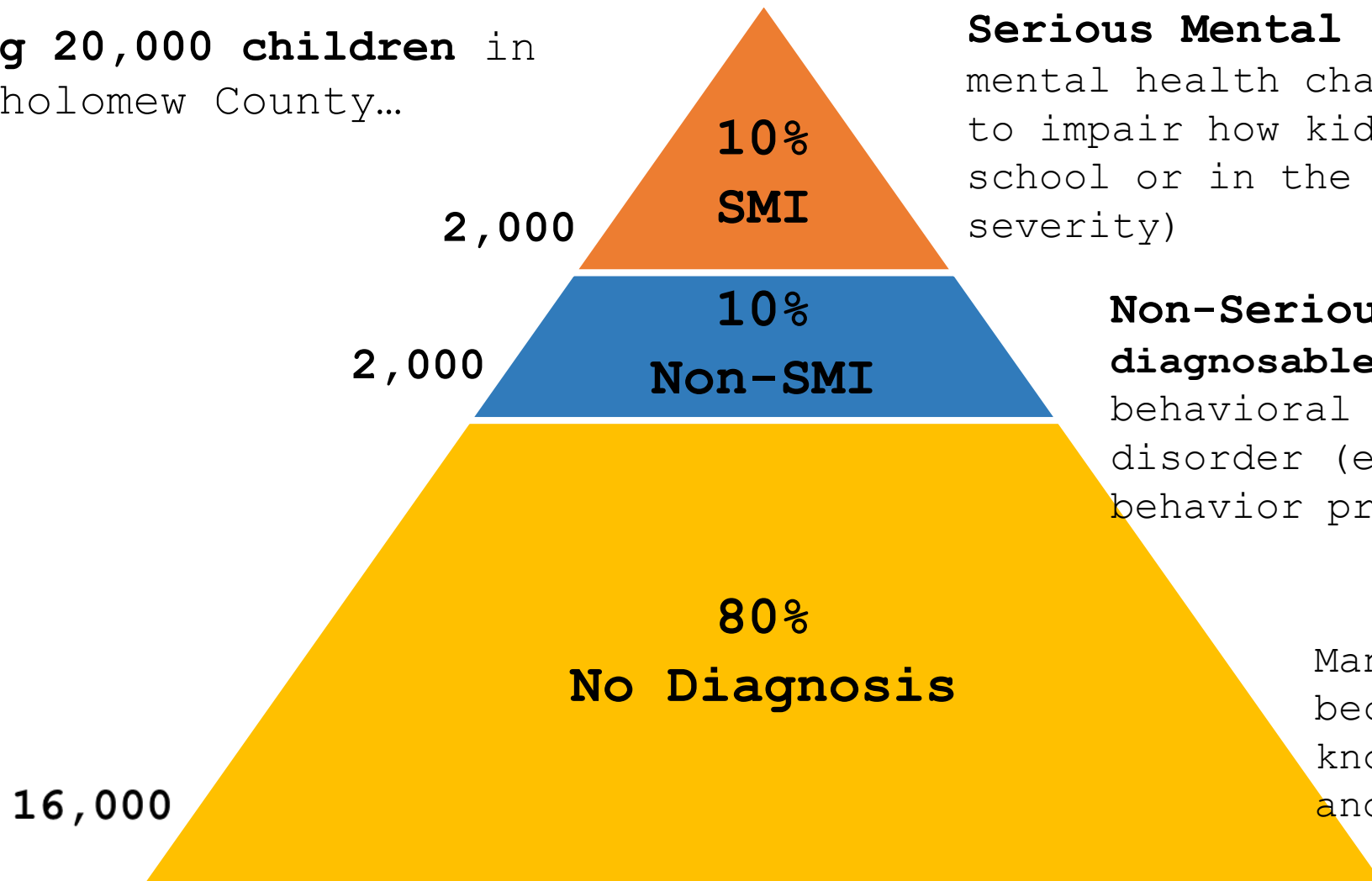
Among 20,000 children in Bartholomew County...



Who Are We Designing For?



Among 20,000 children in Bartholomew County...



Serious Mental Illness

mental health challenge severe enough to impair how kids function at home, school or in the community (increased severity)

Non-Serious Mental Illness:

diagnosable emotional, behavioral or mental health disorder (ex. ADHD, anxiety, and behavior problems)

Many go undiagnosed because of lack of knowledge, resources, and/or stigma

Year Two



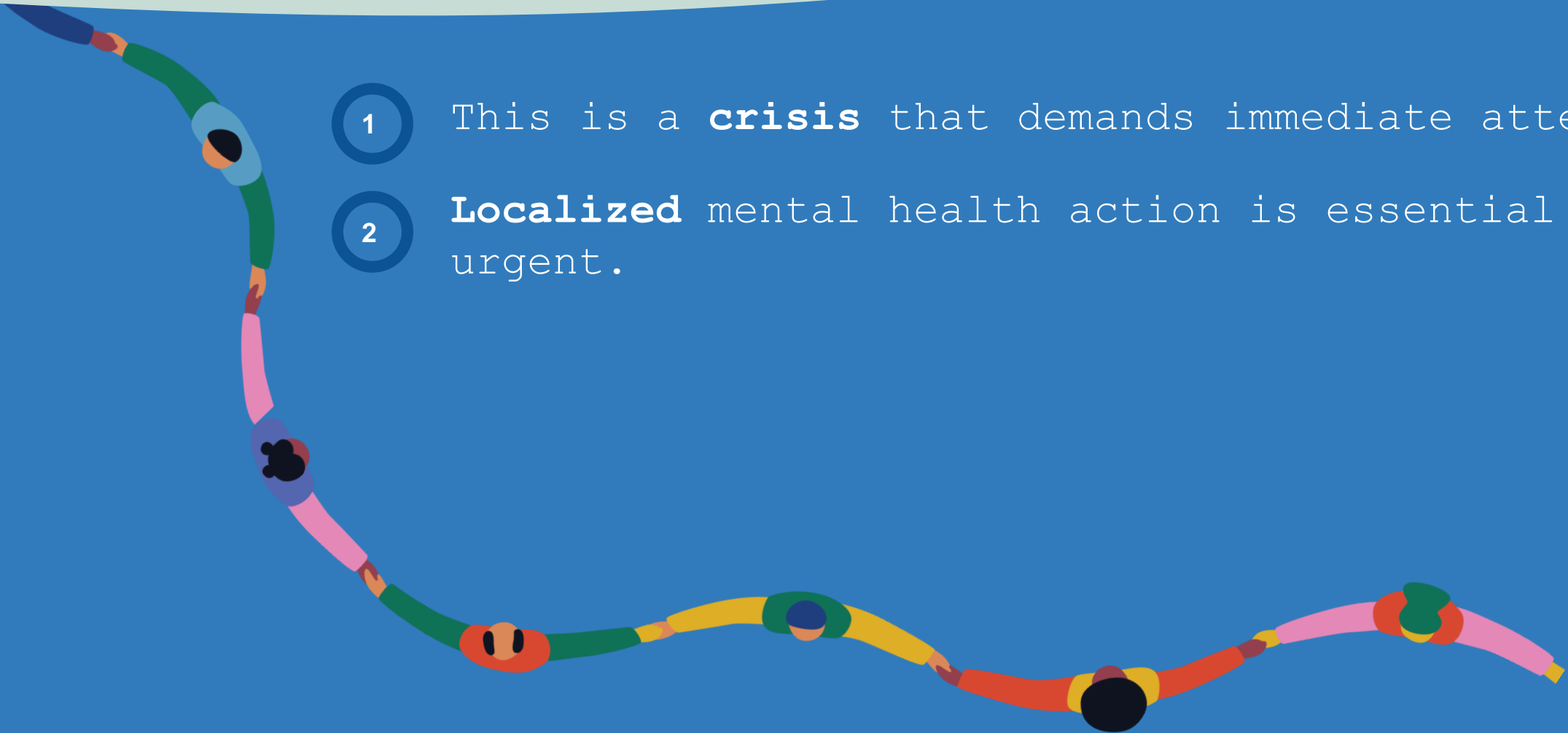
Guiding Principles

1

This is a **crisis** that demands immediate attention.

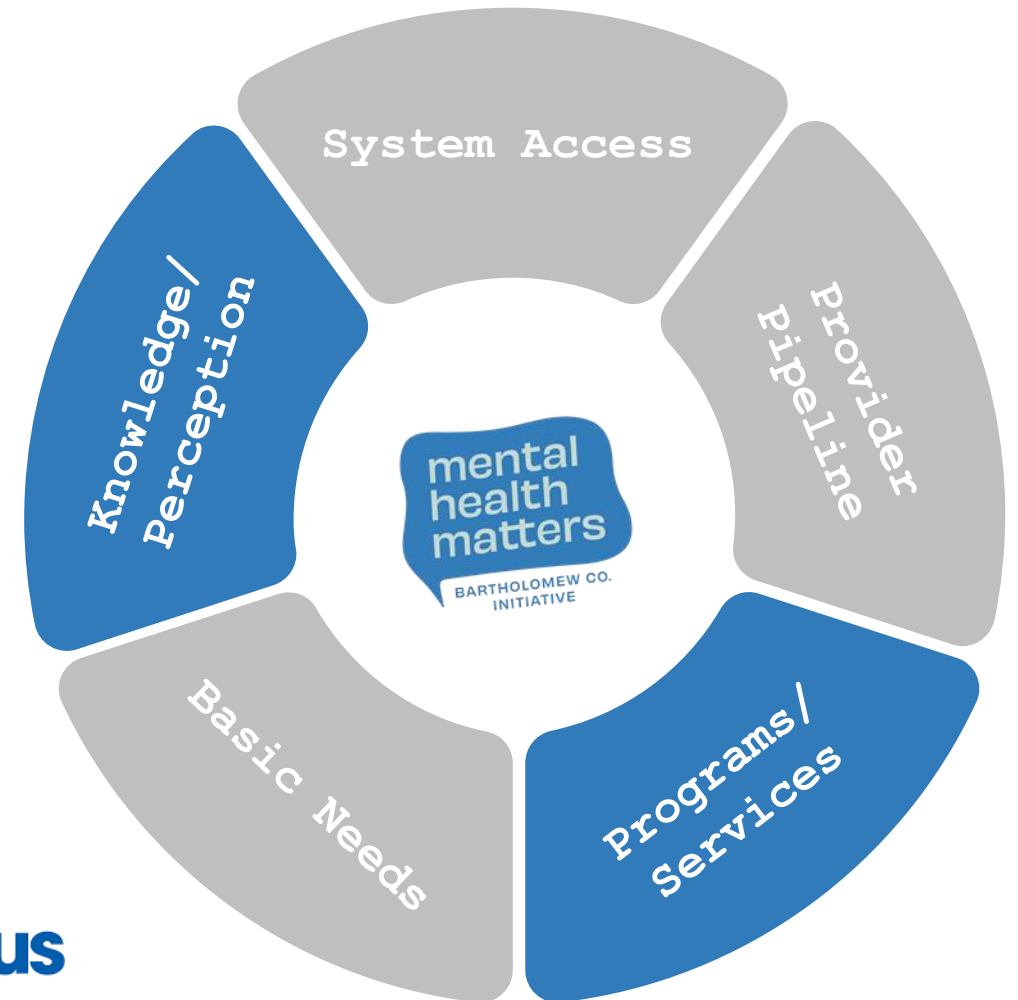
2

Localized mental health action is essential and urgent.



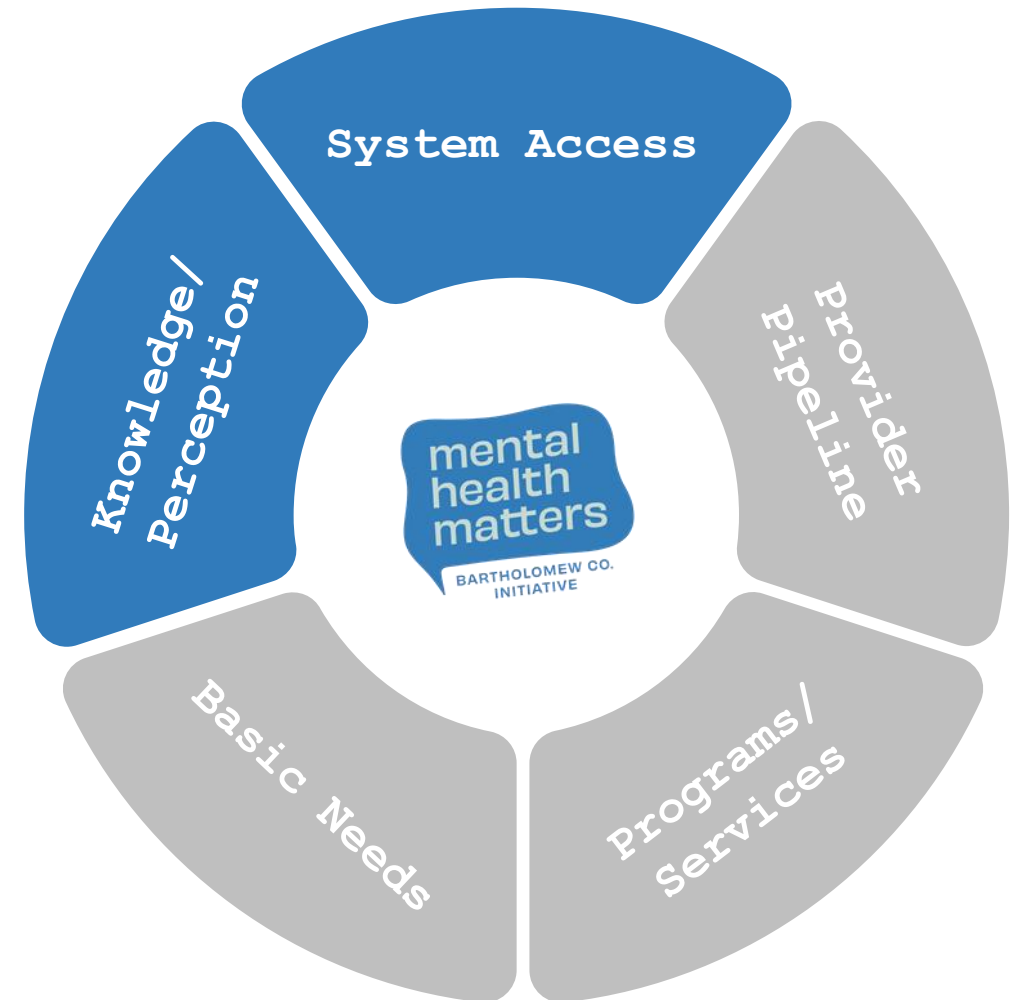
Year 1 Learning & Accomplishments

- City Staff Awareness and Education
- Expanded Police Critical Incident Training
- Public Safety Chaplain Roll Expanded
- City Employee Clinic at Nexus Park
- Engagement with other Mayors and Communities



Year 2-3 Initiatives

- Homeless Initiative:
 - Homeless Response Team
 - “Street Social Worker” Pilot Program
 - Communication with Community
- Investigate and Implement Best Practice from Other Communities:
 - Summit With Other Cities
 - Social Work Embedded/Available to Front Line Departments and Staff (Police, Fire and Code Enforcement)
 - Therapy Dogs for Police and Fire Stations



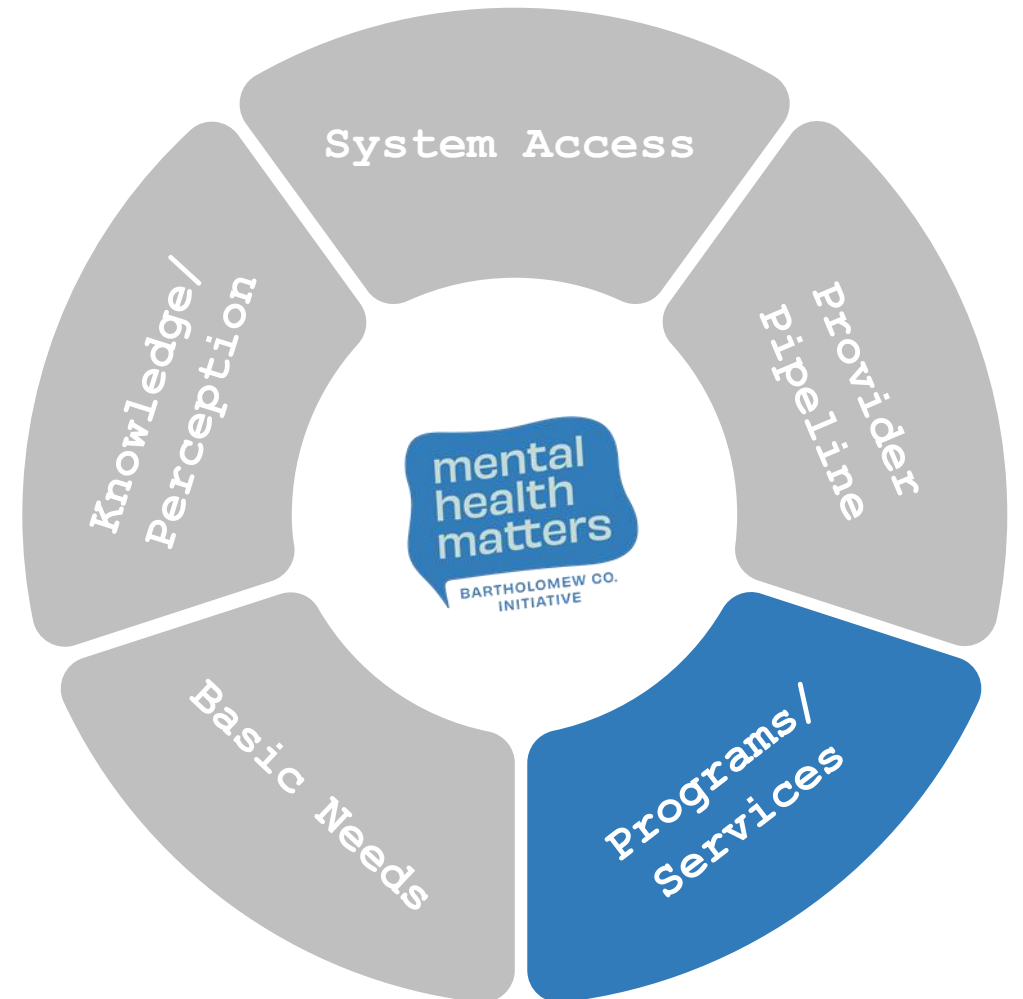
Year 1 Learning & Accomplishments

Bartholomew Co. Court Services

- Mental Health Treatment Court
- Statutory changes to involuntary commitments

BC Sheriff's Department

- Crisis Intervention Training for first responders
- Mental Health support for deputies, staff, and inmates



Year 2-3 Initiatives

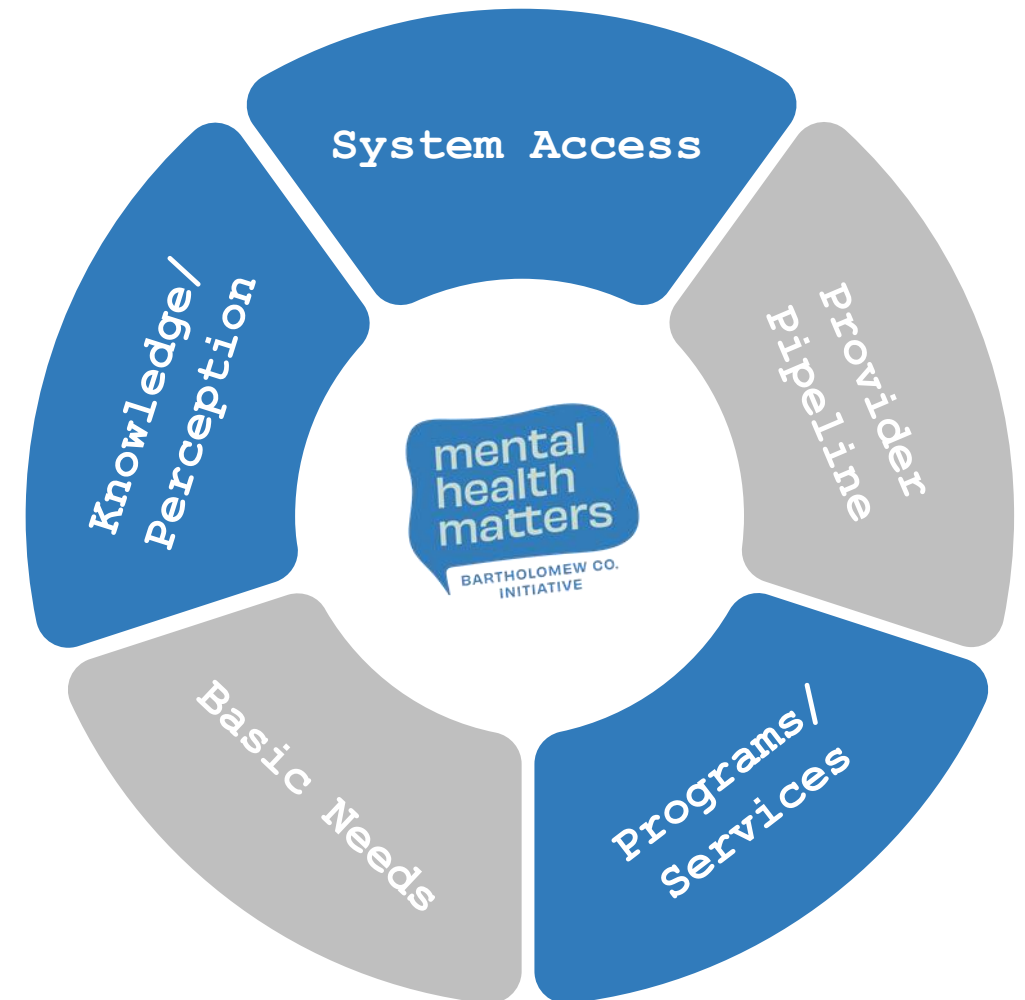


Bartholomew Co. Court Services

- Assisted Outpatient Treatment Court

BC Sheriff's Department

- Tablets for deputies responding to mental health emergencies to offer immediate access to mental health services
- Mental health blocks in jail with mental health service provider
- CredibleMind mental health resources



Year 1 Accomplishments

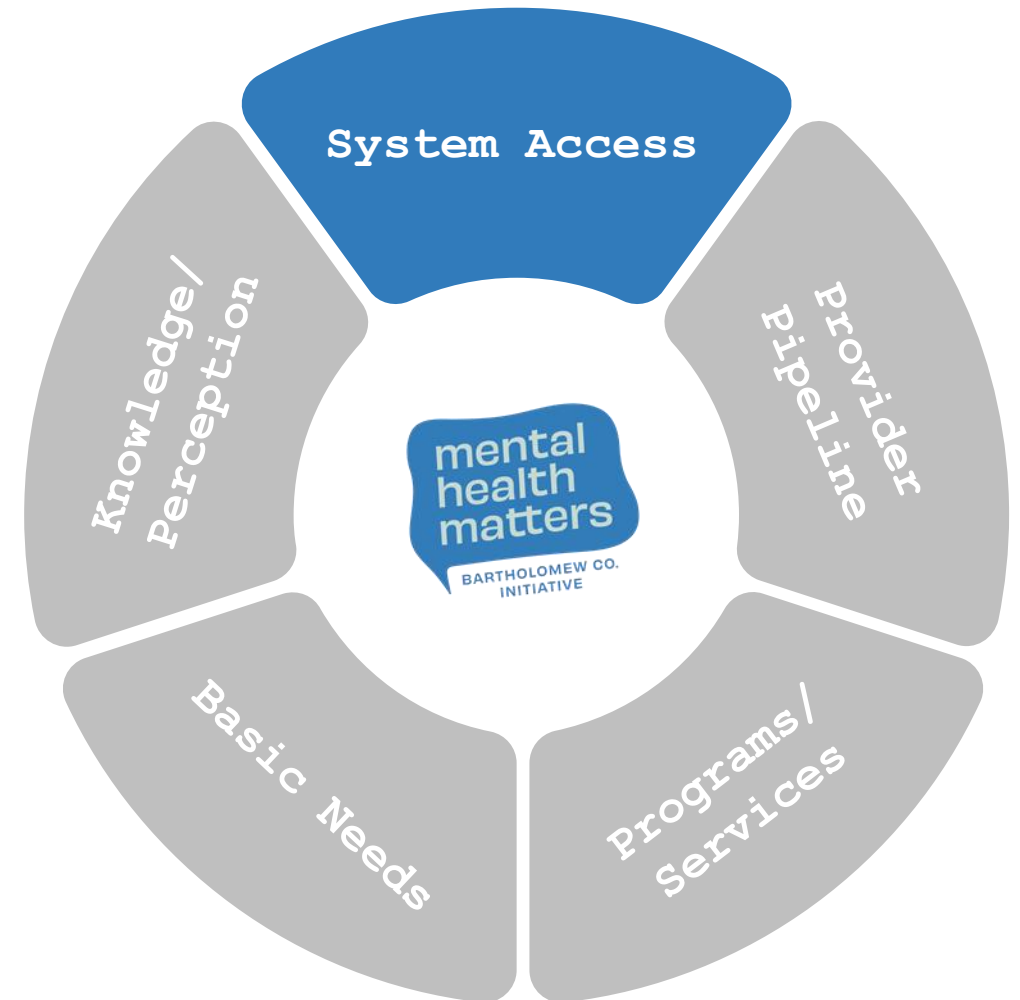
- Stride Crisis Diversion Center
- Mobile Crisis, Rapid Response Therapy, and Critical Incident Debriefing Teams
- Mental Health Treatment Court Support Services
- Staff working in all BCSC schools



Year 2-3 Initiatives

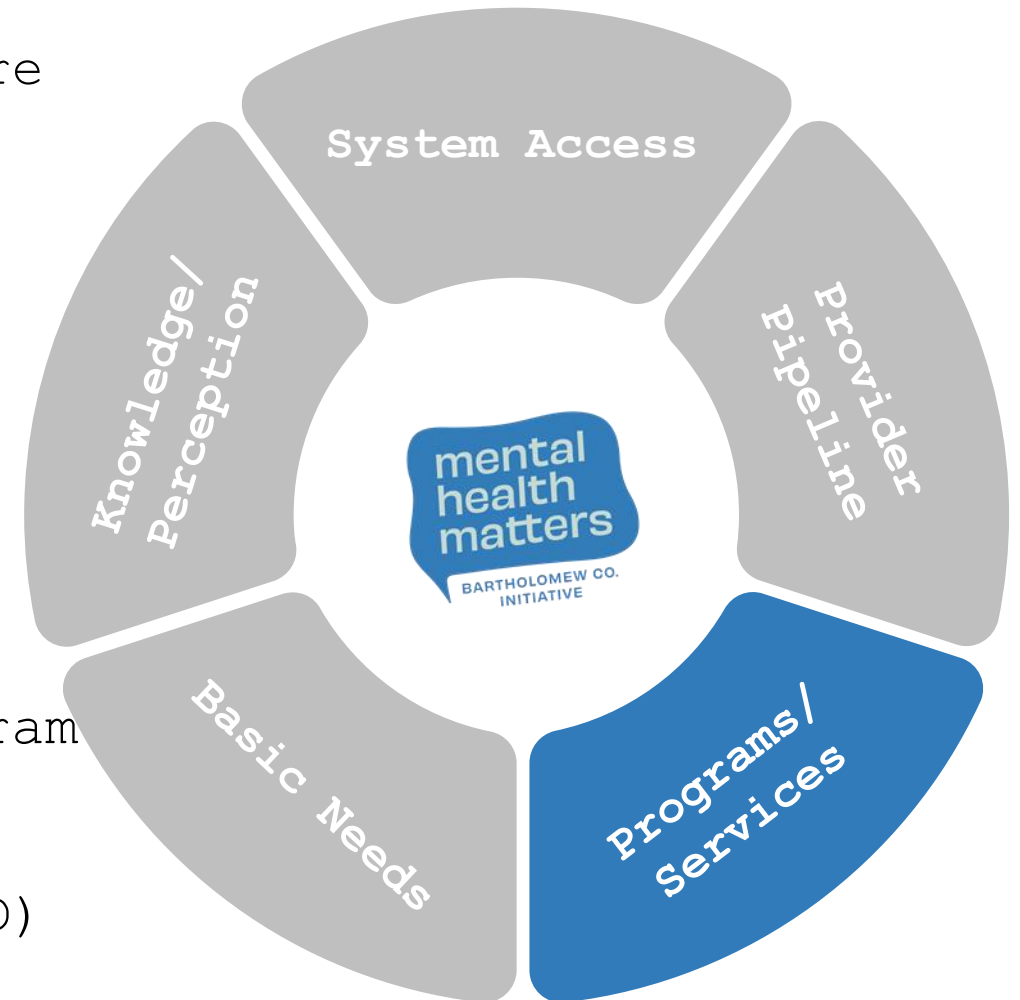
Certified Community Behavioral Health Center (CCBHC) System Transformation

- Expanded access to care
- New specialized services – i.e. Veterans services
- Outcome metrics
- New partnerships



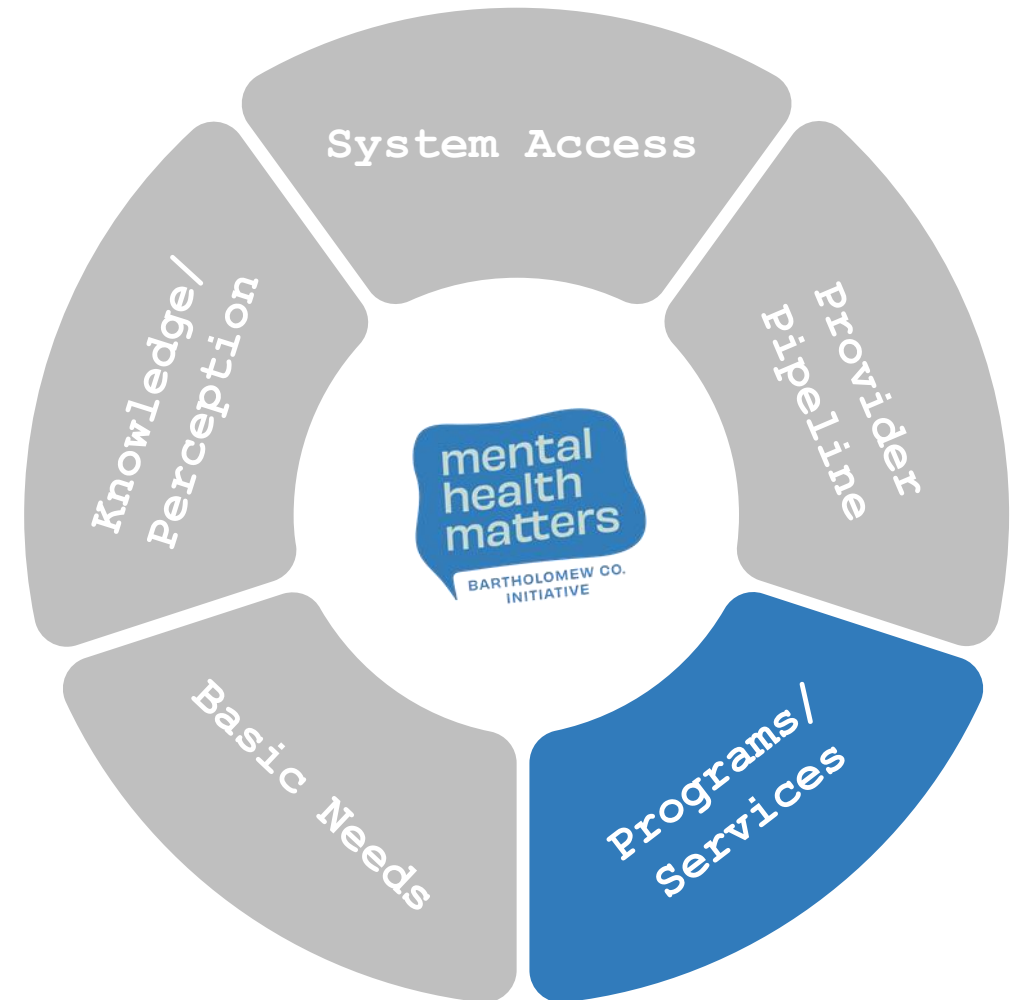
Year 2-3 Initiatives

- Whole Health Initiative
 - Expanded Child and Adult Psychiatric Care
 - Expanded Primary Care
 - CBT for pain management and insomnia
 - Pharmacy
- Expand community-based child and family services
 - Family Preservation
 - Parent Child Interaction Therapy
 - Adolescent and Family Substance Program
- Supported Housing
 - Opening more recovery housing (MH/SUD)
 - Collaborative development of housing opportunities



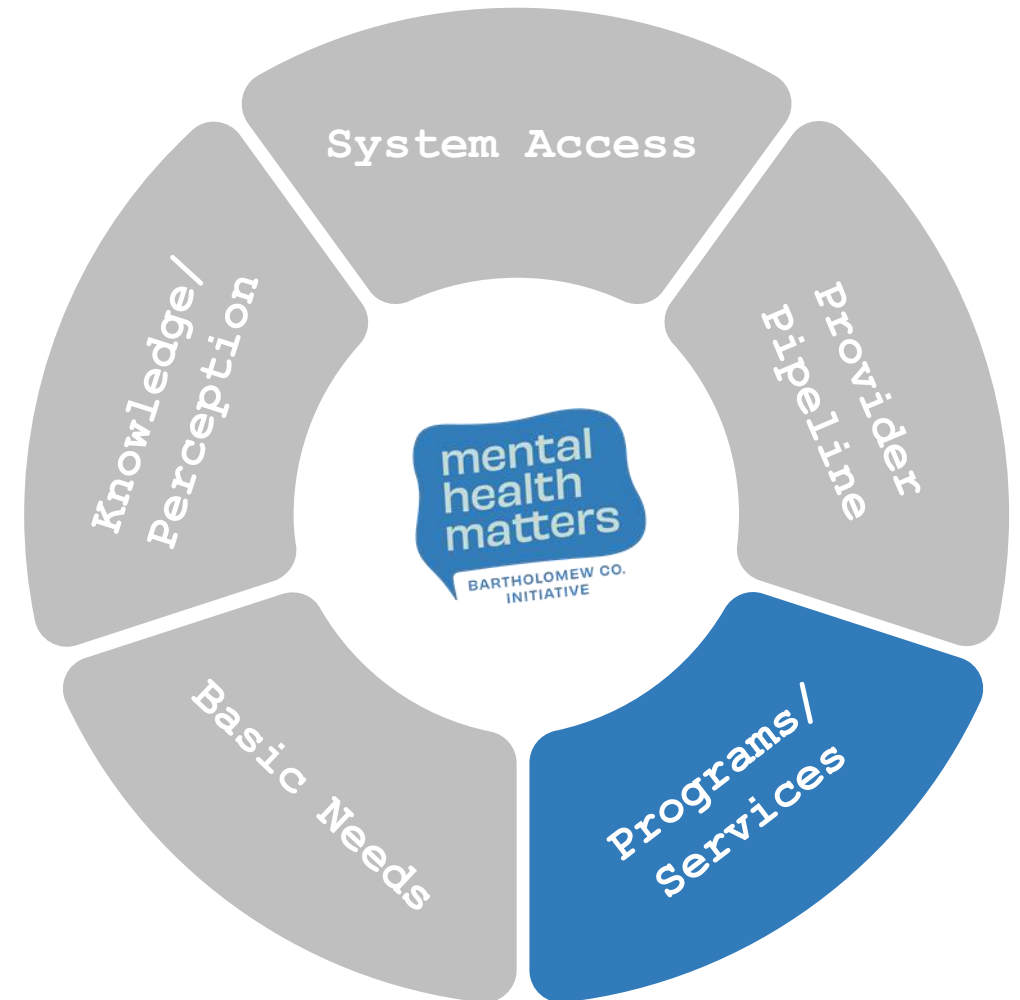
Year 1 Learning

- Assessed the Columbus Regional Health system gaps, barriers & opportunities
- Identified four opportunities:
 1. Enhanced access to therapy for CRH primary care patients.
 2. De-escalation facilities for youth and their families presenting in crisis in the emergency department.
 3. Enhanced mental health resources for CRH front-line, clinical providers.
 4. Enhanced facility for CRH inpatient adult crisis unit patients.



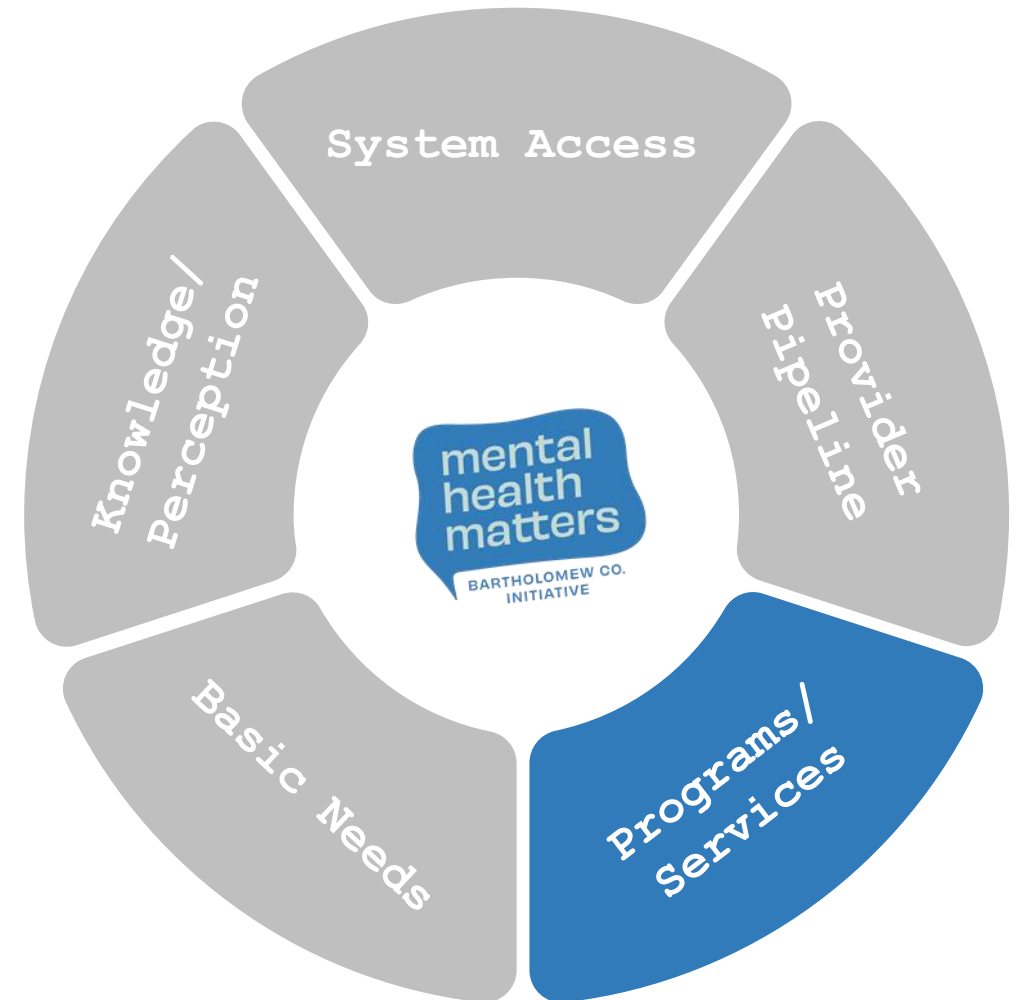
Year 1 Accomplishments

- Columbus Regional Health & Columbus Regional Health Foundation dedicated **\$1.2 million to fund the 3-year Mental Health Matters** team and work plan.
- **Added 2 MH nurse practitioners** for a total of 4.
- **CRH Inpatient Adult Crisis Unit**, in spite of challenging physical facilities, achieved the nation's top score in patient and family satisfaction, performing in the **100% percentile** category.
 - Most hospitals in Indiana no longer have inpatient crisis units because they are very difficult to sustain financially. **CRH remains committed to this critical service.**



For patients with Serious Mental Illness:

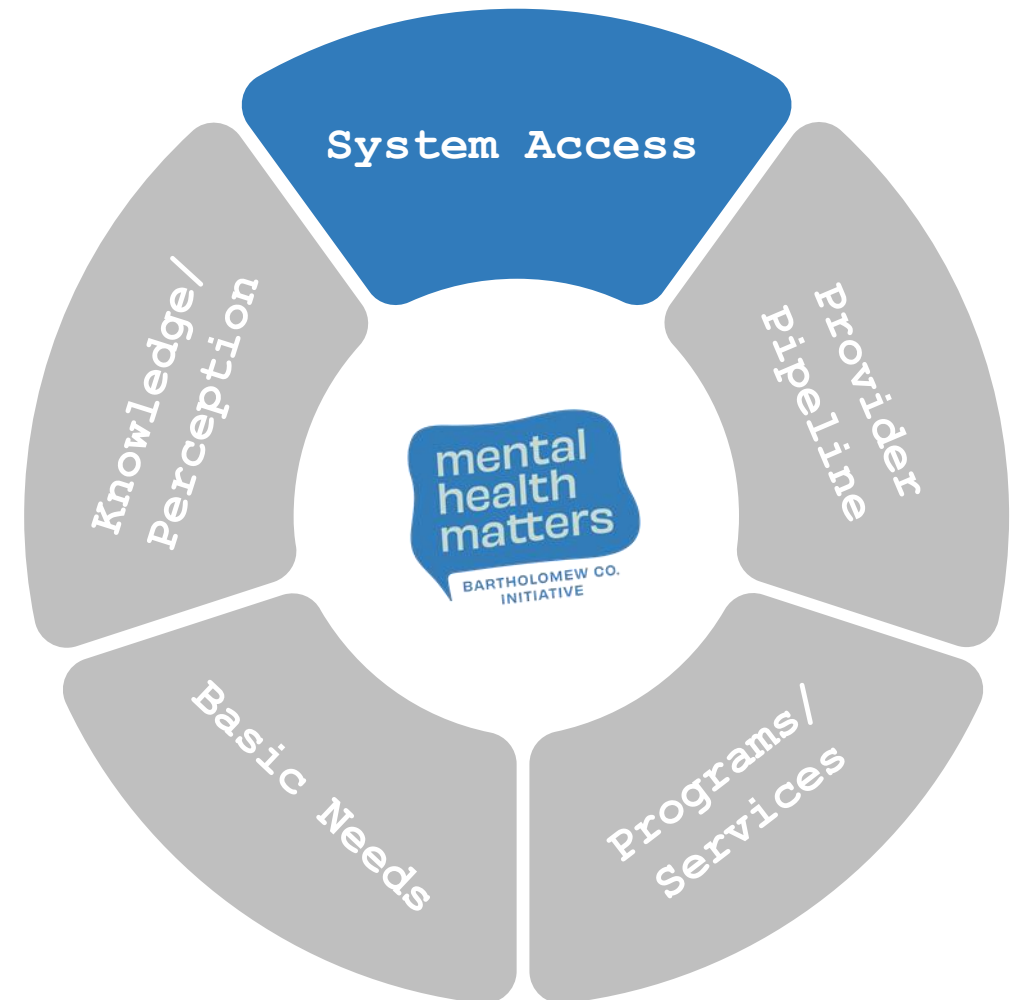
- CRH ER /Centerstone Stride Center
- CRH Inpatient Unit/County Mental Health Treatment Court collaboration



Year 2-3 Initiatives

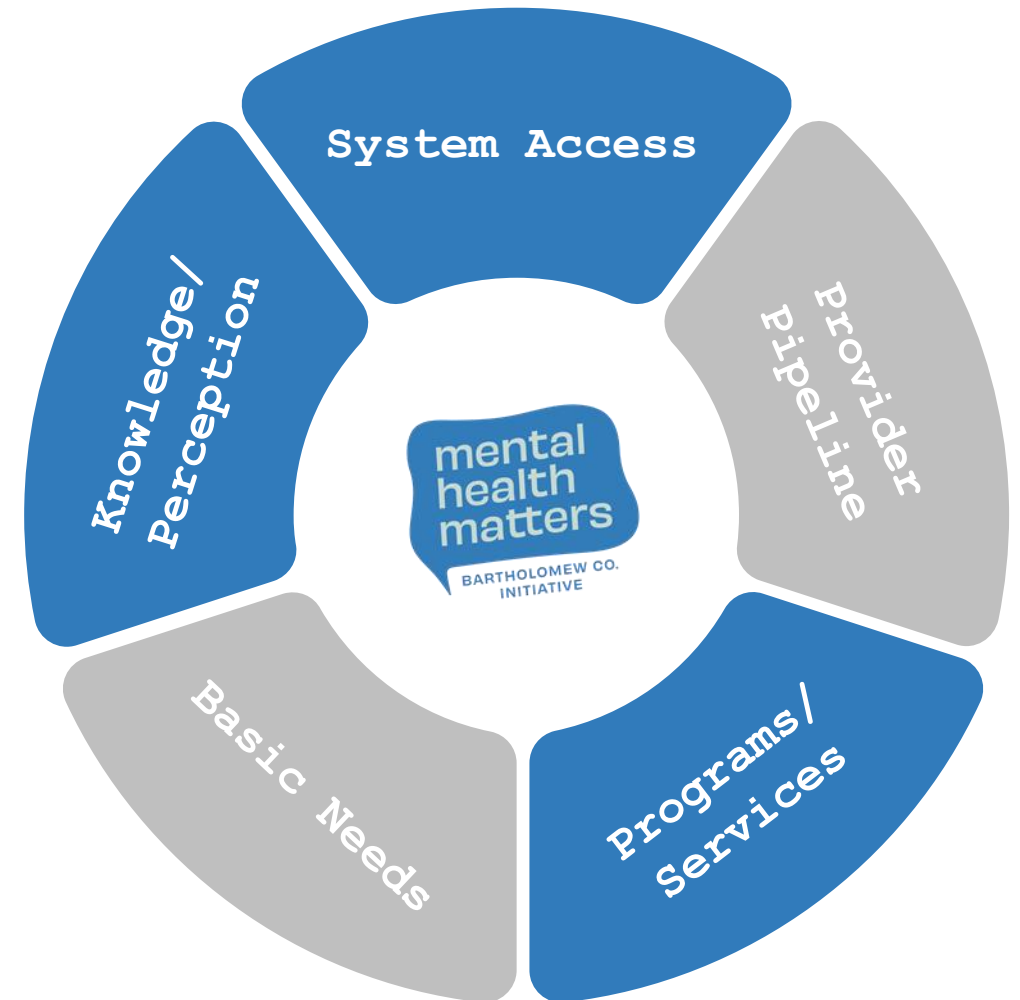
Deeper assessments **and decisions** on implementing identified opportunities:

1. Enhanced access to therapy for CRH primary care patients.
2. De-escalation facilities for youth and their families presenting in crisis in the emergency department.
3. Enhanced facility for CRH inpatient adult crisis unit patients.
4. **And, of course, continued commitment to funding the Mental Health Matters team!**



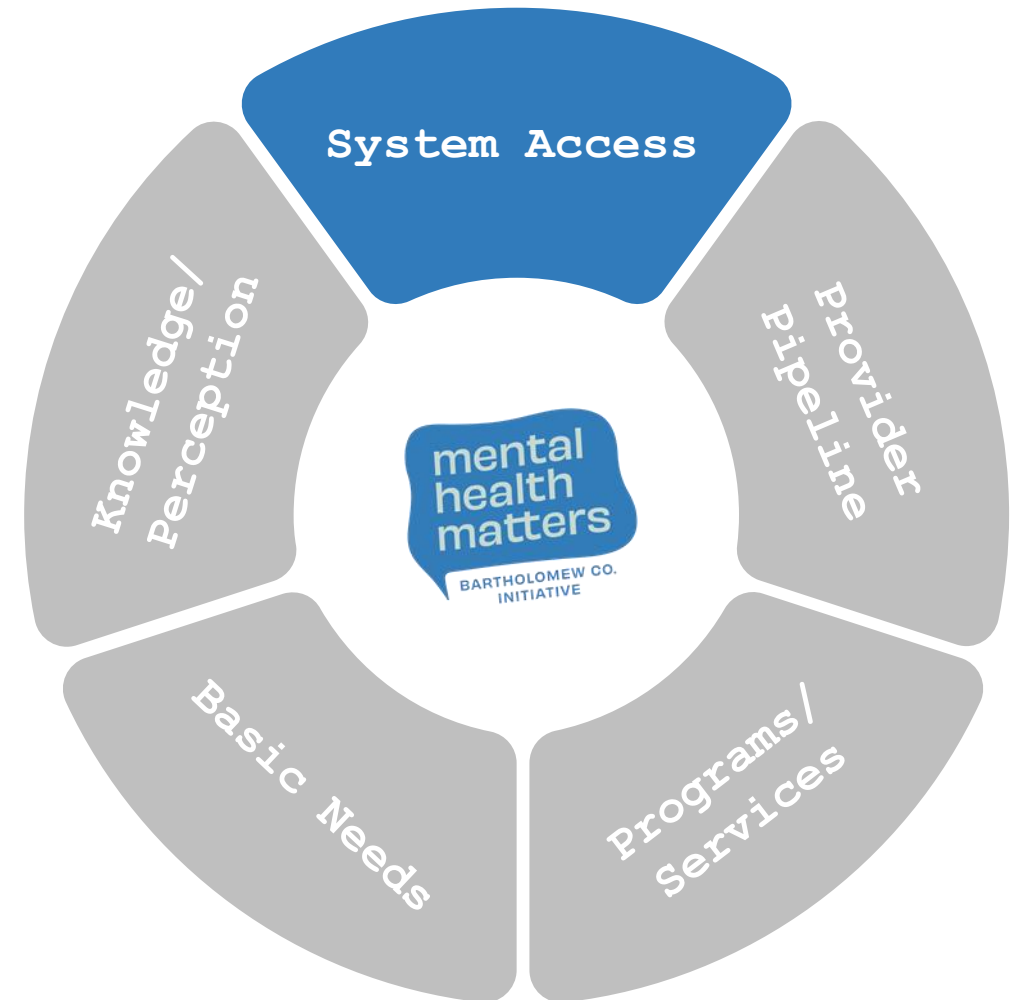
Year 1 Learning

- Continued data gathering has validated our concerns about the mental health of adults and youth in our community.
- It has given us specific information about demographics that hopefully allows us to meet their needs.
- We learned how important it is to take the time to identify feelings and determine ways to regulate and manage those feelings.



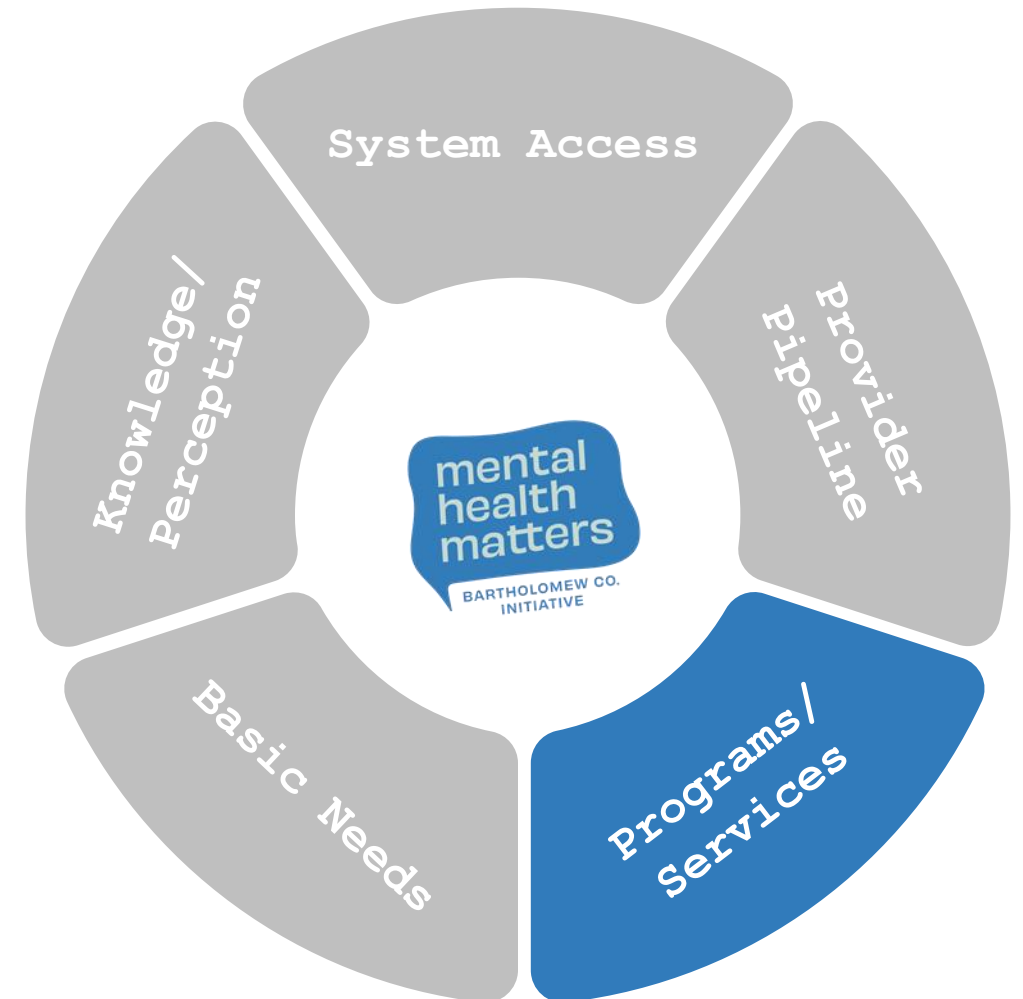
Year 1 Better Together Highlights

- Strengthened partnerships with our community mental health providers for student access.



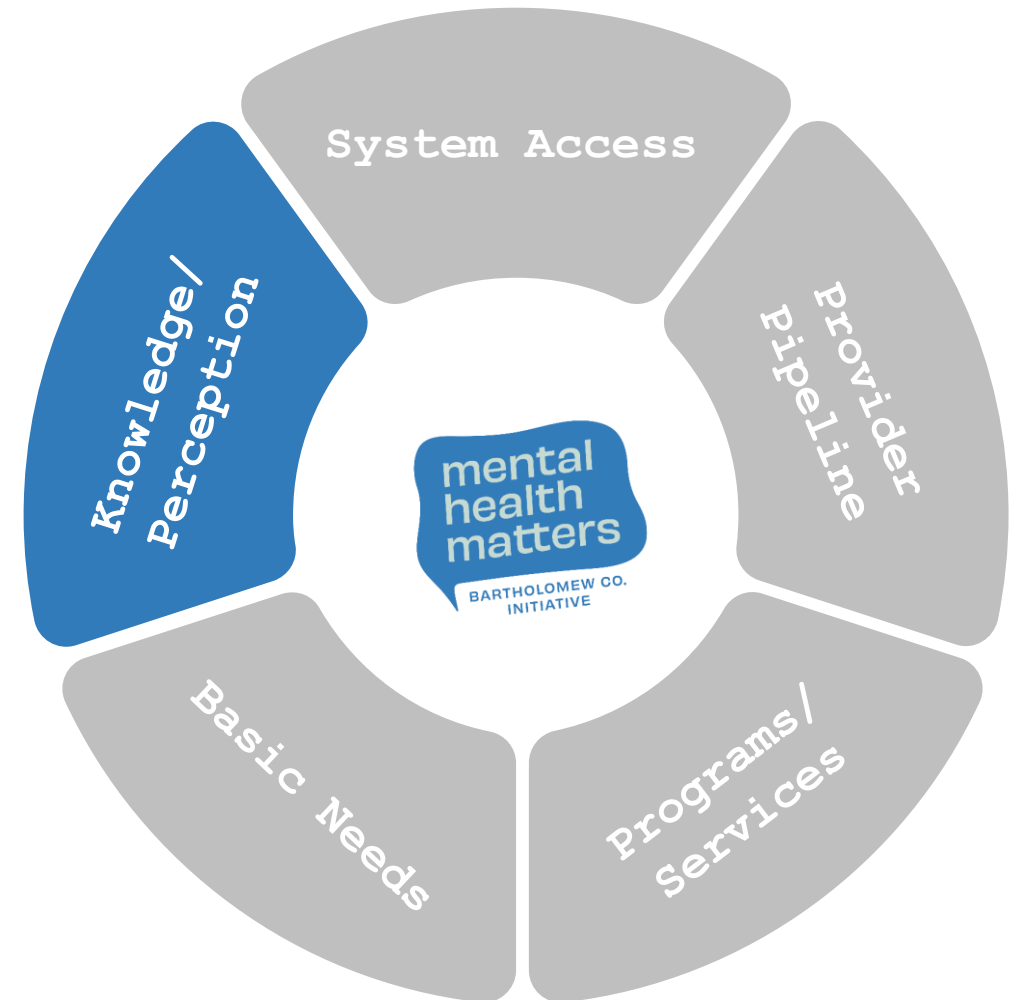
Year 1 Accomplishments

- Implemented a High School Cohort Model at Columbus East and Columbus North
- Hired Student Wellness Specialists at the elementary school level



Year 1 Accomplishments

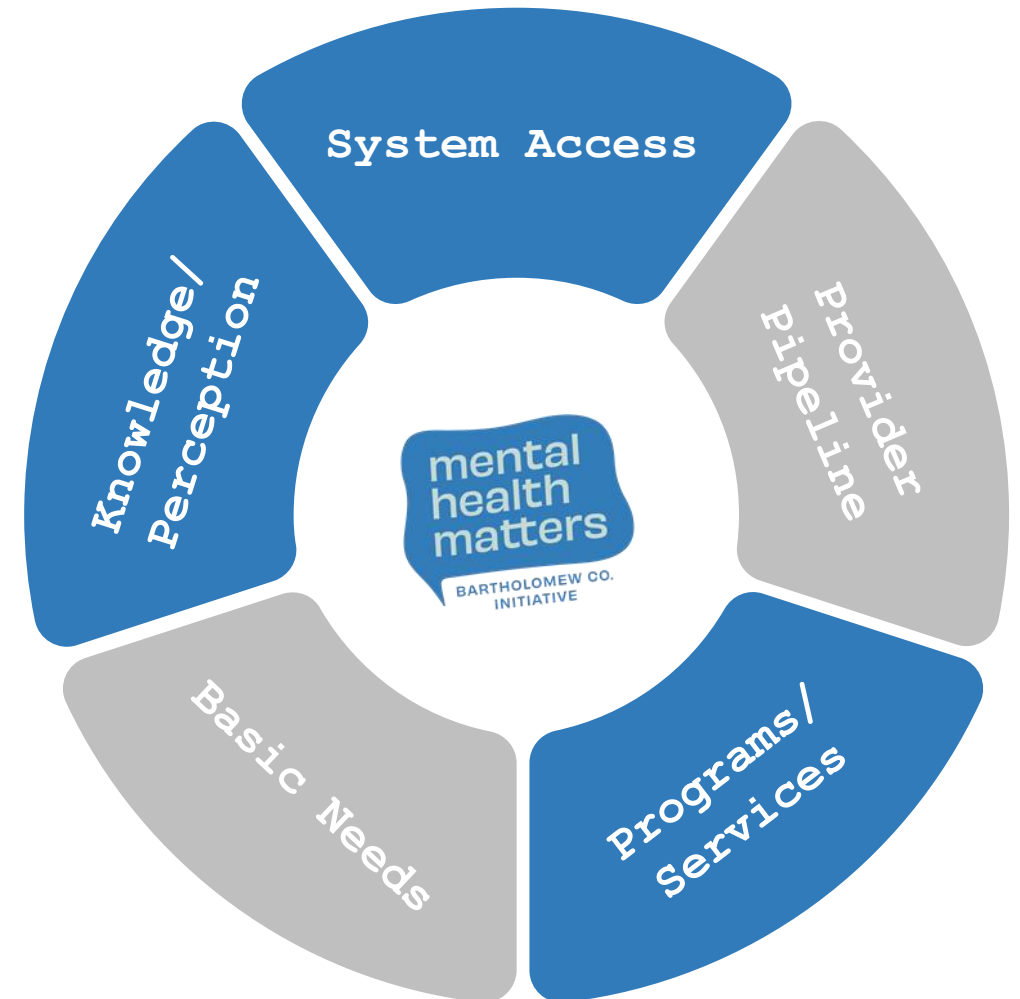
- Invested in common language with staff around Dr. Bracket's book about emotional intelligence, Permission to Feel



Year 2-3 Initiatives

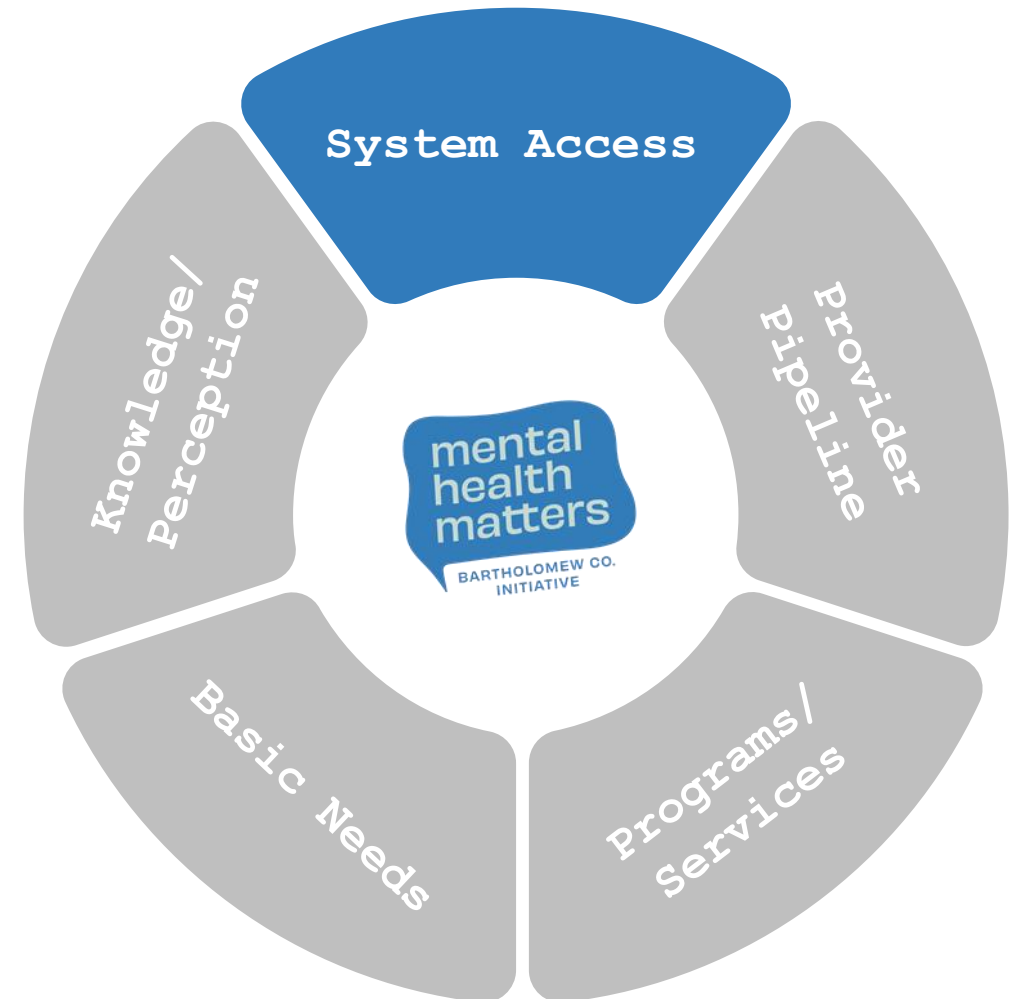
BCSC Challenge Question:

How do we build access, while removing barriers, to best meet the mental health and behavioral needs of our students and adults?



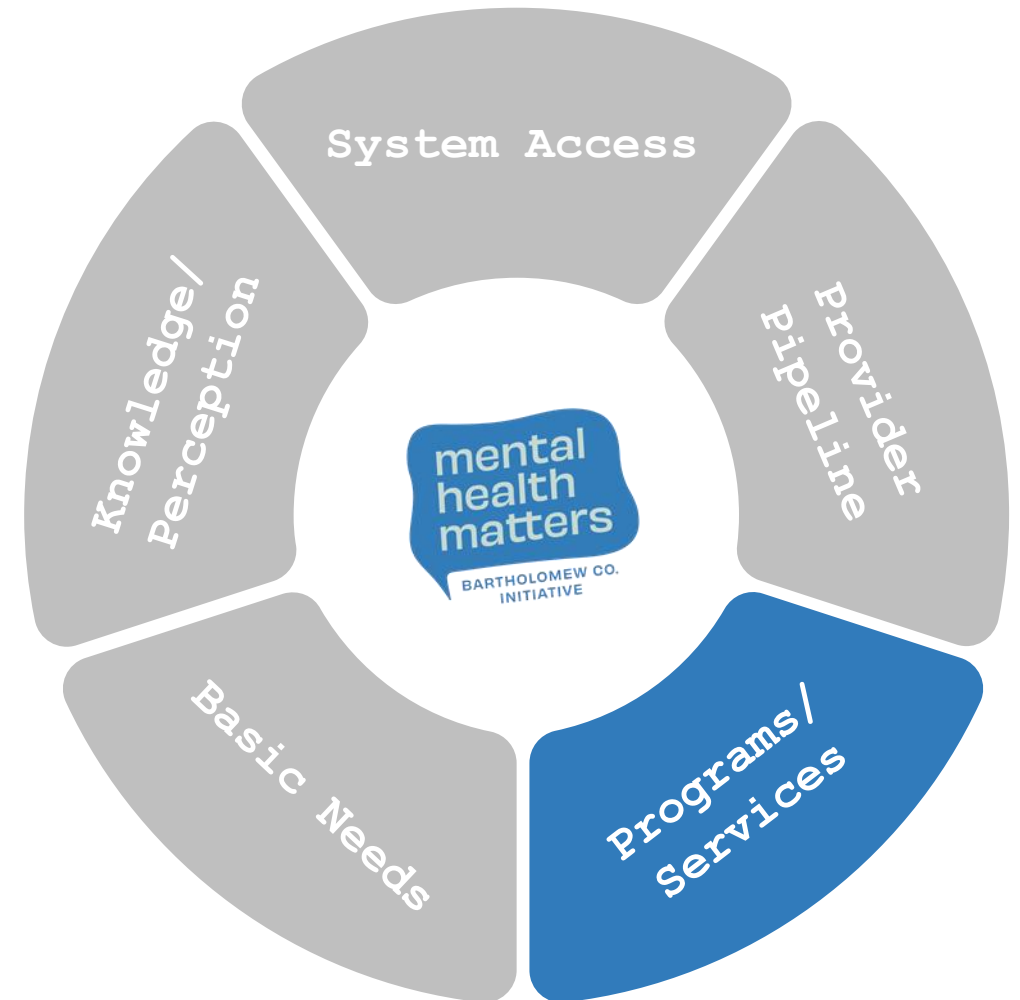
Year 2-3 Initiatives

- Expand access of mental health services within our schools



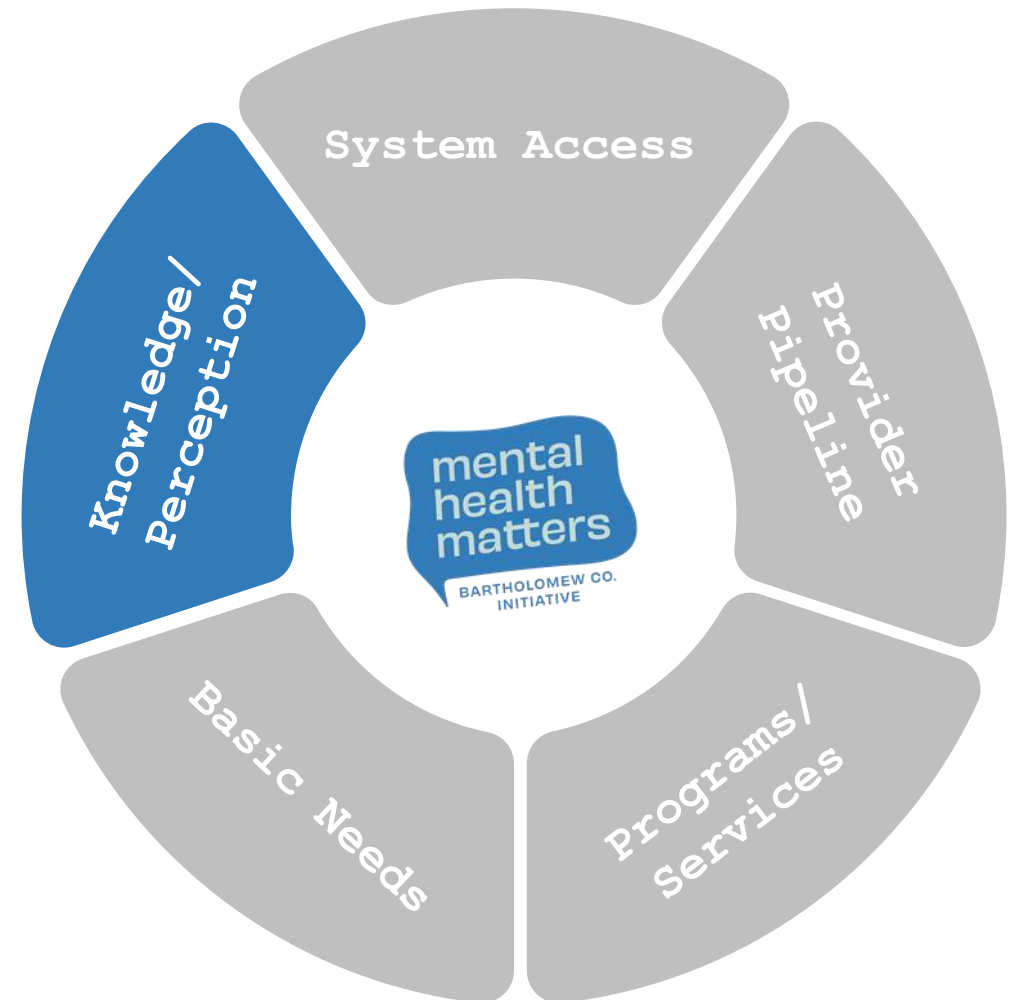
Year 2-3 Initiatives

- Partner with CYD - Operation Parent
- Continue to partner with Search Institute
 - CADRE (7th & 8th Grade)
 - Resilience Through Strengths (4th-12th grade)
- Hire Family Engagement Coordinator
- Implement Health Sciences Pathways
- Partner with the Cook Center
 - Parentguidance.org



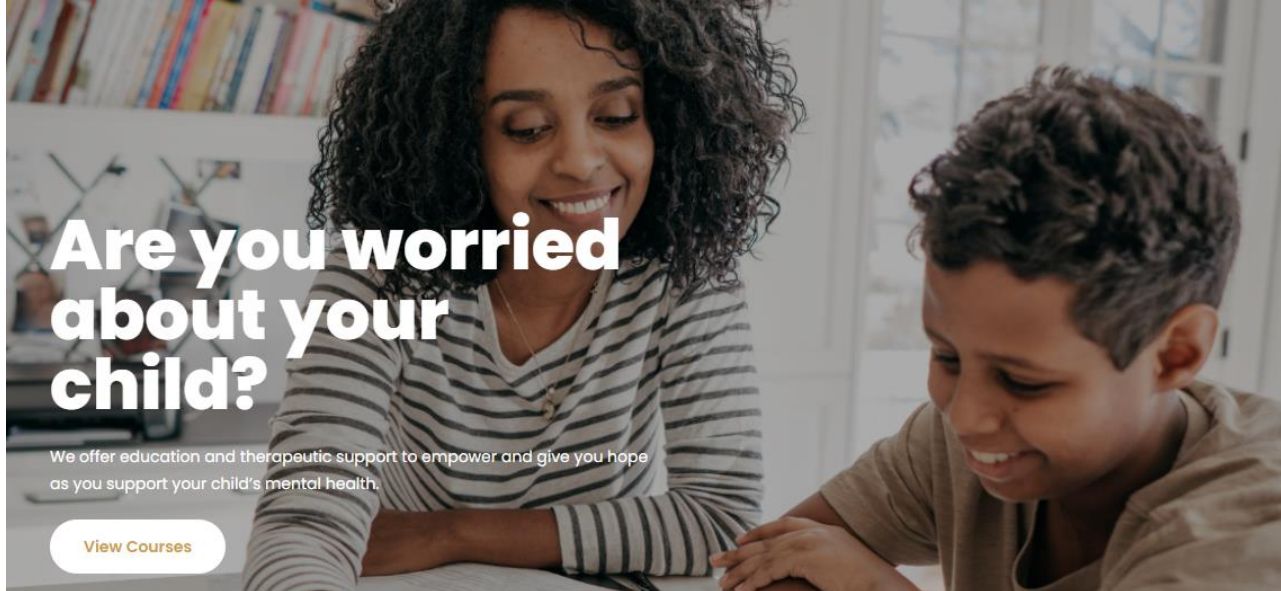
Year 2-3 Initiatives

- BCSC Wellness Council/BCSC Health Trust - Continue investment in BCSC Workforce Wellness



Call To Action

Visit [Parentguidance.org](https://parentguidance.org)



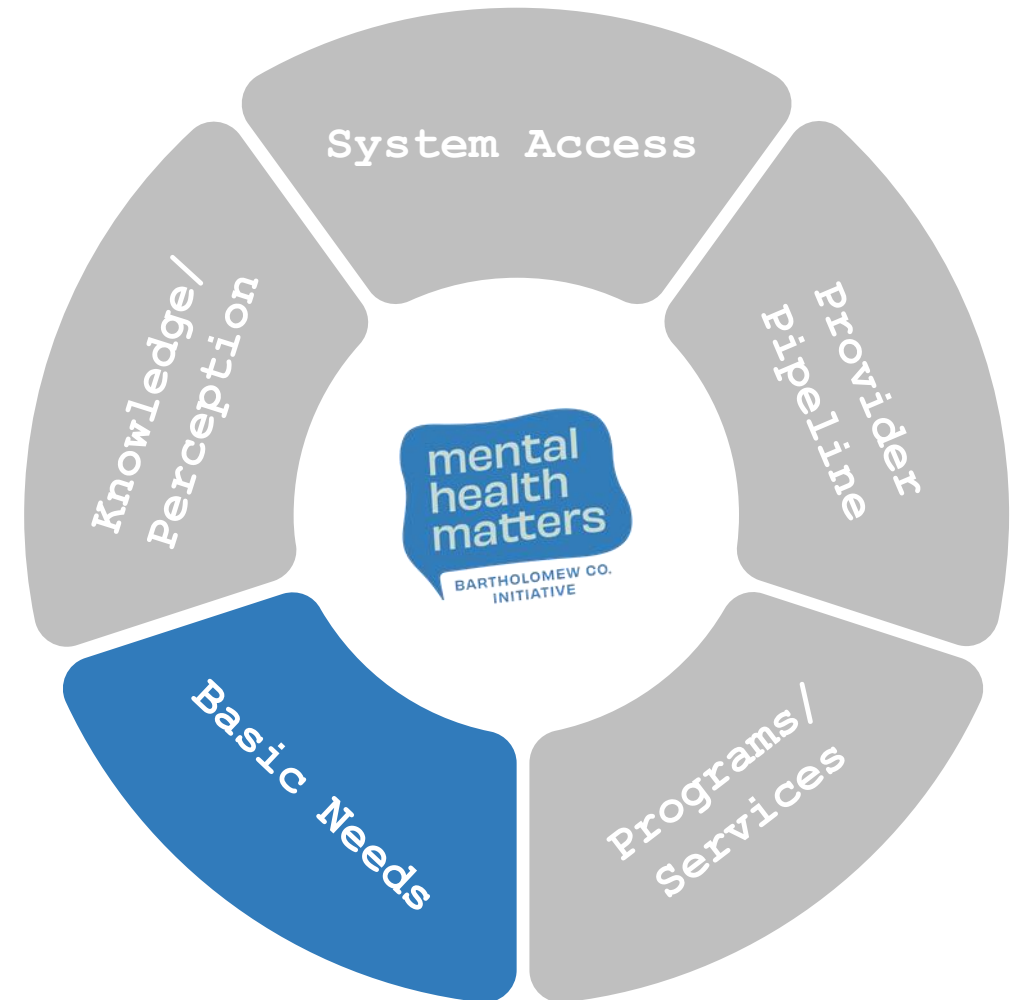
**Are you worried
about your
child?**

We offer education and therapeutic support to empower and give you hope as you support your child's mental health.

[View Courses](#)

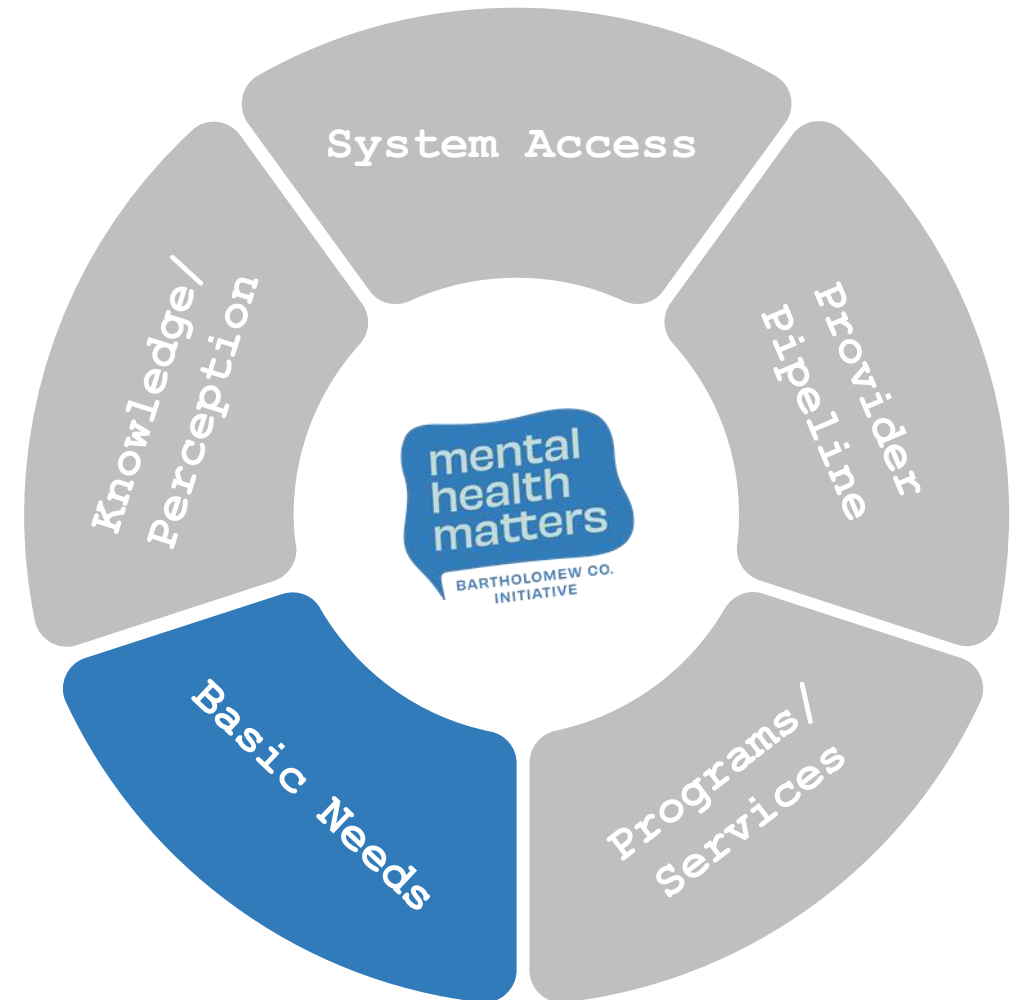
Year 1 Learning & Accomplishments

- Deeper understanding of why collaboration among community partners is so important when supporting Mental Health
- Capacity Building Initiative with Heritage Fund to support agencies so they may better serve families in the community in all areas
- Significant progress connecting and providing Basic Needs Support in the International Community



Year 2-3 Initiatives

- **United We Help**
- Continue to grow holistic support for families through the **1,000 in 2,000 days Initiative**
- **Homelessness Initiative**
- Continued understanding of the changing needs of families in Bartholomew County and respond accordingly



Community Response Initiatives

Community response has been overwhelming! This list is ever-changing and not exhaustive.

SYSTEM ACCESS

- Regularly convening service providers
- RedCap for Bridges to Self-Sufficiency
- MHM Health Equity Ambassadors
- Additional Medicaid Navigators
- Jail discharge transition services
- **Additional Peer Navigators**
- **MHM CredibleMind**

KNOWLEDGE/PERCEPTION

- MHM Health Equity Ambassadors
- ASAP Rethinking Wellness Campaign
- NAMIWalk
- CIP Music & Mental Health
- Ongoing Community Education Opportunities
 - Operation Parent
 - LifeSkills
 - MH First Aid Youth & Adult
 - Developmental Assets
 - ACES
 - Trust Based Relational Intervention (TBRI)
- BCSD Homeless Outreach Care Kits

BASIC NEEDS

- 1,000 Families to Self-Sufficiency in 2,000 Days
- Bridges to Self-Sufficiency for All
- Bridges for International Community
- **United We Help**
- **All-Housing Initiative**
- **Homeless Initiative**

- New in Year 1
- **Planned for Years 2-3**

PROVIDER PIPELINE

- Schoellkopf Counseling Center at IUC
- Examination of recruiting tactics and processes for all provider levels
- Expansion of Master and Bachelor level internships

PROGRAMS/SERVICES

- Stride Crisis Diversion & Stabilization
- Mobile Crisis Response
- Schoellkopf Counseling Center at IUC
- Crisis Intervention Training (CIT) - first responders
- Mental Health support for first responders
- Enhanced mental health support for CRH providers
- MH Treatment Court & Support Services
- NAMI Family & Friends and Peer-to-Peer support
- Family Wellness Program (Family Service)
- Expanded bilingual services
- Youth & Family Community Connections
- Juvenile Detention Alternatives Initiative
- Youth MH Intensive Outpatient Treatment (IOT)
- **Centerstone Certified Community Behavioral Health Center (CCBHC)**
- **Whole Health at Centerstone**
- **Behavioral Health in Primary Care at CRH**
- **CAAC Flourishing Through Art**
- **MHM CredibleMind**
- **ParentGuidance.org**
- **Youth Services Center**
- **Wellness Centers in BCSC schools**
- **Child and family-based wrap around services**
- **Assisted Outpatient Treatment Court & Support**
- **Supported Housing & wrap around services**
- **SBSO tablets for immediate access to MH crisis services**
- **Mental Health blocks in jail with MH supports**
- **Jail discharge case management**



EQUALITY



EQUITY



3

Solutions should be equitable and inclusive.

Why a Health Equity Ambassador Network?

- MHM Guiding Principle: *Equitable and Inclusive*
- “Who’s voice is not represented?”
- Include trusted individuals from communities that weren’t at the table.
- To give voice to those communities underrepresented and underserved.

What is the Health Equity Ambassador Network?

The *MHM Ambassador Network* is an extensive resource network that empowers its Ambassadors to raise awareness, advocate for new solutions, and advance the mental health of the micro-communities they serve.

The *Ambassador Network* aims to create a lasting positive impact on the community by fostering a more informed, supportive, and inclusive environment for mental health discussions and resources.

What is a Health Equity Ambassador?

A Mental Health Matters Ambassador creates safe spaces for open conversations, leading to the care and support people need for their mental well-being.

MHM Ambassadors are:

- Facilitators of positive change
- Utilizing personal journeys as a powerful tool to inspire others to seek resources
- Dispelling myths of mental health
- Reducing stigma, increasing knowledge and changing perceptions
- Fostering a compassionate and informed community

What Is a Micro-Community?

A micro-community is a recognized group of people living in Bartholomew County that may have particular mental health needs due to their age, neighborhood, race, ethnicity, gender identity, or other unique factors.

MHM Micro-communities:

- Multi-Cultural
- Youth
- Seniors/Adults
- LGBTQ+
- Rural Community
- Immigrant/Undocumented

Health Equity Ambassador Program Co-Creation

Co-created and designed the Ambassador Program with Ambassadors, including some service providers, using the Community Engagement Process with CivicLab.

During the Lab:

- Learned about needs for education, awareness, and capacity building
- Defined the Ambassador Network, Guiding Principles
- Defined Ambassadors & Micro-Communities
- Co-Created Roles & Responsibilities of Ambassadors
- Co-Developed Education & Training Curriculum

Role of Health Equity Ambassador Network

- Leading and facilitating
- Working as a peer-to-peer, safe space and face to the public.
- Developing positive relationships.
- Operate as a team or as a single Ambassador.
- Participate in opportunities for training, education and awareness.
- Provide experience, voice, and recommendations.
- Participate in the tracking and collection of data.



Amy Harris



Angela Allen



Amberlin Salas



Alexa Boyd



Brad Hamilton



Chavez White



Colleen Sullivan



Dan Mustard



Eric Riddle



Debora Mijangos



Donald Davenport



Erica McFarland



Freddie King



Gwen McLaurine



Janae Garner-Kelley



Janice Montgomery



Jorge Sanchez



Jose Lopez



Julie Miller



Magan Robbins



Myriam Graham



Nadia Herrera



Oscar Tipton



Ruth Agbolosoo



Sandy Allman



Stacya May



Stephen Clark



Tiffany Tipton



Tony Hayden



About Amelia Zachry

Amelia Zachry, a Malaysia-born author chronicles her experiences with sexual assault and bipolar disorder in her memoir, *Enough*. Committed to advocating for mental health and sexual assault awareness, she delves into these topics in her literary work. Her fervor lies in destigmatizing mental health and fostering hope within the promise of possibilities.

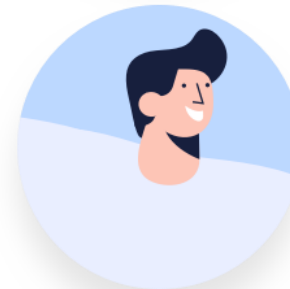
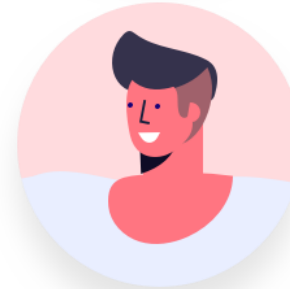
4

Changing the
perception of
mental health:
mental health is
health



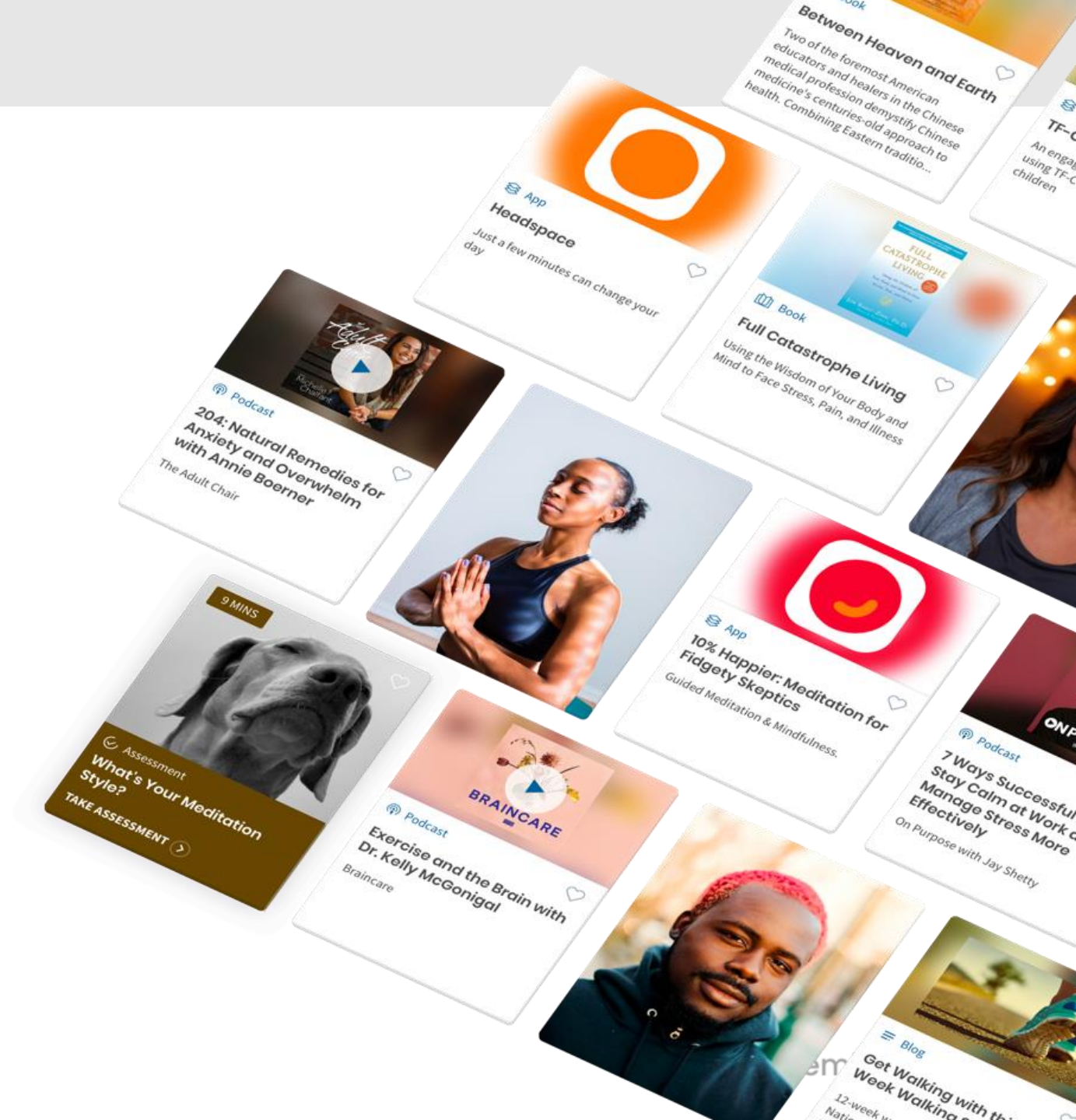
Your next steps to flourishing

www.mhmbc.crediblemind.com



CredibleMind Overview

- Thousands of **expert vetted resources** covering topics like managing depression, self-care, and stress practices
- **Adaptable to your learning style** with apps, podcasts, videos, articles, books, and online programs
- **Scientifically validated assessments** to help you understand your own mental health strengths and challenges



The Benefits



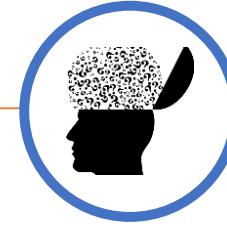
Self-Empowerment

Take charge of your mental health with a free and confidential to use platform available 24/7



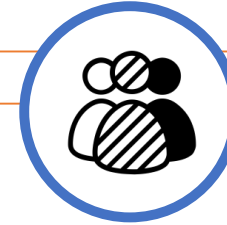
New Skills

Whether your looking to develop a mindfulness practice, stay focused at work or be a better friend, the CredibleMind platform has a resource for you



Understand Your Mental Health

Through our comprehensive assessments, users better understand their unique strengths and challenges



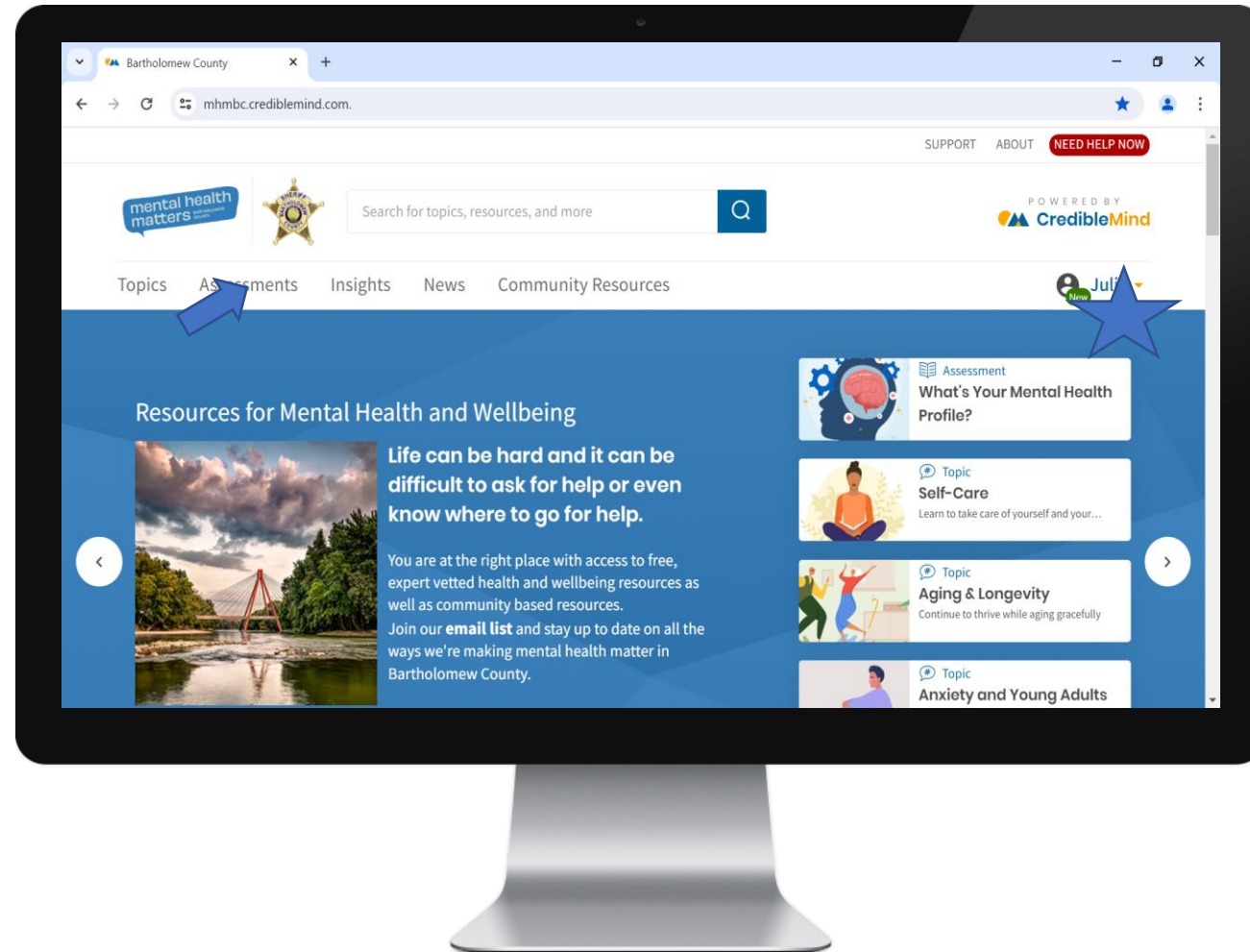
Resources for Everyone

We believe mental health and wellbeing resources should be available to everyone – no matter their age, race or gender

Getting Started

- www.mhmbc.crediblemind.com

Click on the **assessments** tab on our platform to learn more about your mental wellbeing.

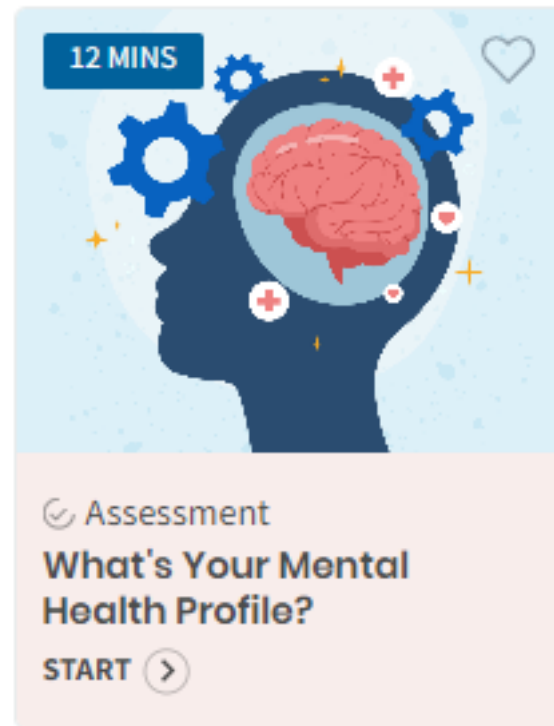




Everyone creating an account and completing the "What's Your Mental Health Profile" between May 1 - May 14 will be enrolled for a chance to win a \$100 Amazon gift card



Don't delay - Get started



Visit <https://mhmbc.crediblemind.com/> to get started





mhmbc.org |   [mhmbartholomew](https://www.instagram.com/mhmbartholomew)
[#mentalhealthmatters](https://www.instagram.com/mhmbartholomew)



2024 Community Health Needs Assessment

We need your input!

Between March 7 and May 15, you have the opportunity to complete our assessment by answering questions to determine the health status, behaviors, and needs of people in our area.

This information may be used to inform decisions and guide efforts to improve community health and wellness.



Evaluación de Necesidades de Salud de la Comunidad 2024

¡Necesitamos tu contribución!



El 15 de mayo,
de completar
respondiendo
anar el
tratamientos, y
en nuestra

ser utilizada
es y guiar
la salud y
dad.



Escanee el código QR con su celular, o visite prcsurvey.com/begin/CRH2024CHNA para completar el cuestionario.