

## **Mental Health Resource Center**

**A website, an office space/building where people can visit virtually or in person.** This building can be a place manned by one paid person and volunteers. That paid person will continually update relevant information that will be available on the website and in collateral.

The Mental Health Resource Center will serve as a hub, where all the spokes of mental health are connected. These “spokes” will feed into the resource center to both provide information and gather information:

- Mental Health Providers – to Include Approved Telehealth Providers
- Insurance Advocates
- Subsidized Health Fund Information
- Education Advocates
- Veteran’s Advocates
- Outpatient Peer Support Groups
- Communications Advocate
- Spiritual Network and Youth Networks
- Accessibility to Services (Transportation, etc.)

## **Mental Health Coalition**

A workgroup of individuals in the community responsible for coordinating and evaluating the progress and success of improving mental health care in Sheridan County

The recommended structure would be seven to nine individuals consisting of mental healthcare consumers, lay people wanting to impact mental health and professionals in the community who work with the current mental health system.

## **Mental Health Public Awareness Campaign**

Its goal would be to de-stigmatize mental health challenges.

Some of the ideas for outreach include:

- Recruiting hairdressers, bartenders, etc. to be trained to be helpful, supportive, and knowledgeable about mental health resources.
- Media campaign including on-going public service announcements with testimonials

- School outreach from elementary to college
- Use the MyBighorns app for a list of mental health resources
- Social media campaign tailored to different demographics and generations with messages that will resonate with each audience
- Training businesses and other sectors around mental health issues like Dementia Friendly Wyoming does
- WYO Theater event with storytelling and booths with information

## **NAMI Affiliate**

NAMI is the nation's largest grassroots organization devoted to improving the lives of people experiencing mental illness.

NAMI's mission includes support, education, and advocacy. Each state has an office, and many cities have "affiliates." We are hoping to establish an affiliate in Sheridan.

NAMI programs we're hoping to adopt include "In Our Own Voice" (speaking of one's experience of mental illness before an audience to reduce stigma and promote hope), NAMI Connections (self-help group support like AA), and Family to Family (providing education and support).

## **High School Initiatives**

- Mental health marketing to high school students to improve access to resources and reduce stigma
- Create a community network to check on people in crisis
- Annual mental health checkups with physicians