

SPC SPAP Update 2018: Outreach for Coping & Connectedness Implementation Plan (OCC-S3)

| Strategic Directions | Specific Activities | Timeframe | Lead Partners |
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| 3a. Build coping and problem-solving skills as a first line of defense | <ul style="list-style-type: none"> i. Provide access to information and resources (i.e. links to Ted Talks) that can be used by community groups (i.e. self-help groups, peer networks, grassroots and faith-based organizations) to raise awareness of the problem of social isolation, the connection between social isolation and mental health, and how to facilitate open and honest conversation on these topics. ii. Provide support and/or information to K-12 schools on strategies that build connectedness, coping skills and promote resiliency among students. iii. Deliver QPR, Mental Health First Aid, ASIST and GLSEN trainings to community members, especially those who are representative of or working with at-risk populations – identify means to increase accessibility of these trainings (i.e. online, evenings and weekends, offer at public libraries). | 2018, ongoing 2018, ongoing Ongoing | SPC, and SPC FOO SPC-Schools, SDCOE SPC, MHASD ¹ , SDCOE |
| 3b. Establish peer support networks for at-risk populations | <ul style="list-style-type: none"> i. Provide SPC members and County HHSA with the list of activities suggested during the community engagement and implementation planning meetings for establishing or enhancing peer support networks or services. ii. Implement activities that establish or enhance peer support networks or services as suggested by community engagement and planning participants, including: <ul style="list-style-type: none"> o Facilitate access to QPR, MHFA training for the peer-based workforce and volunteers o Reach out to youth mentor programs, including those working with young men of color, foster youth, TAY and formerly gang engaged and encourage engagement with SPC iii. Encourage County HHSA and Probation to expand and enhance services that provide access to peer connections and peer services for at-risk populations including veterans, TAY, LGBTQ, youth involved with juvenile justice system, and formerly incarcerated individuals, and to suggest that the County funded | 2018 Ongoing 2018 | SPC, Nash & Associates SPC, NAMI SPC |

¹ Mental Health America San Diego

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| | peer-based workforce complete trainings such as QPR and Mental Health First Aid. | | |
| 3c. Develop strong social networks and connections to reduce isolation | i. Provide SPC members and County HHSA with the list of activities suggested during the community engagement and implementation planning meetings for developing social connections and building a universal culture of caring. | 2018 | SPC, Nash & Associates |
| | ii. Implement and support activities that lead to social connectedness and/or promote a universal culture of caring as suggested by community engagement and planning participants, including: <ul style="list-style-type: none"> o Cultural gatherings and events o Interfaith events where all religious groups are invited o Social activities and events held in public spaces (e.g. parks and libraries) | Ongoing | SPC and SPC-FOO |
| | iii. Reach out to faith-based organizations and leaders with the positive message that they are recognized as valuable resources in promoting caring and connected communities. Encourage them to join the SPC and utilize trainings and resources. | 2019, ongoing | SPC-FOO |
| | iv. Monitor national and international initiatives relating to combating social isolation as a mental health and suicide prevention strategy and share with SPC members. | 2019, ongoing | SPC, Nash & Associates |
| 3d. Allow for innovative ideas and approaches | i. Provide information, technical support and training to organizations who are representative of and working with at-risk communities (i.e. African American and Native American) develop and implement culturally specific strategies aimed at engaging and supporting at-risk young men. | 2019, ongoing | SPC, UWEAST, IHC, SIHC ² |
| | ii. Develop written resources on suicide prevention available in numerous languages including those spoken within refugee communities, ensure that issues of cultural competency are addressed. | 2019, ongoing | SPC, ad hoc Cultural Competency Committee |

² United Women of East Africa Support Team, Indian Health Council and Southern Indian Health Council

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| | iii. Reach out to organizations working with seniors and other partners such as public libraries to develop appropriate and innovative strategies for reducing isolation among this population (e.g. wellness check-in by volunteers). | 2019, ongoing | SPC, At-Risk Population Subcommittee |
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