Engaging Richmond, Mental Health Action Plan

Inputs

- Resident engagement
- Mental health service provider network
- Continued funding
- Engaged policy makers
- Engaged academic partners

Outputs

Strategies

1. Resident Engagement: Increase knowledge about mental health issues through support groups, community conversation circles; Build resident capacity to promote mental wellbeing from inside the community, including opportunities for meaningful employment

2. Partnerships: Develop creative working partnership among all stakeholders to reach a consensus on strategies and activities around mental health

3. Programs, Services, and Education: Create an inventory of all existing mental health services (e.g., service providers, hospitals, peer groups) for and with all groups of residents (e.g., children, parents, adults, seniors, homeless, formerly incarcerated, etc.); identify gaps in services

4. Information: Identify effective ways to disseminate information about existing services, support groups, networks, etc. (e.g. ad campaign)

5. Policy: Identify policies, practices, and guidelines that affect mental health

6. Future Research: Continuously assess research needs; develop monitoring and evaluation plans

Partners/Participation

- Richmond Promise Neighborhood
- Richmond Behavioral Health Authority
- Richmond City Health District
- Richmond Public Schools
- Virginia Treatment Center for Children
- ChildSavers
- Art 180
- Bon Secours Health System
- National Alliance on Mental Illness
- Mental Health America-Virginia
- Virginia Commonwealth University
- VCU Health System

Outcomes- Goals

Knowledge (Short-term)

1. Increased knowledge and awareness about mental health issues in the community & in family networks (decreasing stigma)

2. Increased commitment among stakeholders to move the mental health agenda for residents living in East End of Richmond forward

3-4. *Everyone*: Increased knowledge about existing mental health issues and resources for all groups of residents

4. *Everyone*: Creation of new services to fill gaps; enhanced services that are culturally appropriate for different groups of residents

3-4. *Children:* Families, school staff and service providers are better informed of mental health issues (e.g., trauma) for children in the community

5. Reduction of punitive policies and behaviors that promote and affect poor health outcomes

6. Increased research which engages community partners and assess community-identified priorities related to mental wellbeing

Action (Medium-term)

1. Increased use of support groups and family networks (decreasing stigma)

2. Increased opportunities for prolonged sustainability and better outcomes for children and families in the community

3a. More availability of mental health services that are consistent and culturally appropriate for all groups

3b. All types of residents increase use of mental health services

3c. More accurate diagnosis of mental health issues and early treatment for children and their families so children can thrive

5. Positively affect policies that promote healthy outcomes for children and families in the East End

6. Research findings are disseminated in formats usable to residents, service providers, and policymakers

Conditions (Long-term)

Mental health services are improved

New treatment strategies are developed

Residents have available, and make use of, appropriate mental health services

Residents have better mental health, which positively affects individual, family and community well-being

Trusting relationships are formed

Research continually informs policy and practice to promote the mental wellbeing of area residents

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Assumptions: Establishing a culture of change is necessary prerequisite for increasing individual opportunities, strengthening families and the community, and giving children a stable environment in which to thrive. Individuals having good mental health can create a community that prevents behavioral and emotional issues from occurring and where each resident reaches their full potential in a safe and peaceful environment.

External Factors:
- The weak economy
- Cultural stigma
- Policy
- Different priorities which may conflict with increasing services for mental health in the East End