



**Lake View**

A member of St. Luke's

## BE WELL MENTALLY

### PRIORITY AREA 1

Mental health was a top priority among Lake County focus groups. Approximately 20% of adults report having depression. Chronic absenteeism and self-reported anxiety are high in our schools. The ratio of mental health providers to patients is lower than state averages. We're also recovering from a global pandemic. We can strengthen our mental and emotional health through social connections, physical activity, and needed resources in our schools and agencies.

## ADDRESS SUICIDE

### PRIORITY AREA 2

Suicide is complex and rates are high. Lake County Public Health, Lake View and others are committed to monitoring the data, educating on this topic, and exploring reduction strategies.

Over half of suicides are completed by firearms; mental illness is connected to most victims; intimate partner problems, problems with alcohol and other substances are also factors. Talking about suicide does NOT increase one's risk.

## MOVE MORE

### PRIORITY AREA 3

Physical activity contributes to mental wellness and other health benefits including reducing pain. There are many ways to move throughout your day.

Long winters, icy conditions, and few fitness facilities are reported as barriers to moving more for fun and fitness.

Planning safe streets, expanding physical activity opportunities, and recognizing all movement as beneficial can give us the momentum to move more!



### PRIORITY AREA 1 STRATEGIES:

Strategy 1: Partner with school district on multi-level work: education; mentoring, counselling

Strategy 2: 988 & 844-772-4724 crisis hotline promotion

Strategy 3: Support partners providing social connection opportunities: faith communities; congregate living facilities and more



### PRIORITY AREA 2 STRATEGIES:

Strategy 1: Provide funding for health curriculum for all 7<sup>th</sup> and 10<sup>th</sup> graders. (includes substance use and mental health education.)

Strategy 2: Address lethal means: firearm safety, gun locks, safe medication storage

Strategy 3: Convene community and professionals for suicide prevention trainings.



### PRIORITY AREA 3 STRATEGIES:

Strategy 1: Increase number of physical activity instructors for seniors.

Strategy 2: Partner with school district and others to promote and increase physical activity.

Strategy 3: Assist worksites with resources to increase physical activity.

Traditionally, local public health departments develop a Community Health Improvement Plan (CHIP) every five years and local health care providers do this every three. By combining efforts, this partnership was able to apply for grant funding to hire the National Rural Health Resource Center (NRHRC) to assist in this work. The NRHRC did a full community health needs assessment by extracting data from multiple sources and seeking input from nonprofit agencies, schools, and residents of Lake County. The CHIP was built from this assessment, which can be found here: [co.lake.mn.us/community-health-needs-assessment/](http://co.lake.mn.us/community-health-needs-assessment/)