



Social Emotional Wellness Coalition of the Tri-Lakes Area

Sponsored by NET, a program of Tri-Lakes UMC

Who We Hope To Be:

Tri-Lakes YMHC is a coalition of professionals, agencies, and community members who meet to improve communication and coordination of services around teen mental health.

What We Hope To Do:

We hope to save lives. To do this we will provide opportunities to work together on community-wide strategies for improved teen mental health, learn about resources and projects already existing in our area, discuss ways we can better connect with one another, and offer community programming that strengthens individuals and families.

Our Belief:

We believe that if our community works together, individuals in crisis or experiencing the despair that precedes suicide will not go unseen and unheard. Someone, somewhere will notice and know exactly how to respond in a way that builds connection for this individual.

Guiding Principles:

- The structure of our group will be flexible in order to fit the evolving needs of our partners and the community.
- We value transparency, collaboration, and best practices.
- We recognize the gift that each of our partners gives to this cause through the time spent in our meetings, and recognize the extra work that it will take to build a coalition that provides quality presentations and support of special projects.
- We also acknowledge and value the good work that is *already* being done by many of our partners.
- We hope to highlight, support, and synergize with this work rather than duplicate or compete.

Priorities:

Our coalition will prioritize communication above all. This will include interagency, family, and community communication. We will also work to improve mental health outreach and education for youth and parents, to normalize the conversation around suicide, and to increase access to mental health care for all children, youth and families. We will work to support and actively participate in the state and county suicide initiatives. Ultimately we hope to work towards shifting the culture of the Tri-Lakes area to become a Zero Suicide region.

Action Items:

1. Review the mission statement on the other side of this page. Please offer your input. We want all of our partners to have a sense of ownership about this document and the work we are doing in our community. Please bring your ideas to our next meeting.
2. As we grow and develop our mission, it will become necessary to split into smaller groups to remain effective. Consider ideas for smaller workgroups we may want to develop or recruit.
3. SWOT Analysis. What are our STRENGTHS, WEAKNESSES, OPPORTUNITIES, and THREATS when it comes to Social Emotional Wellness. Think of Strengths and Weaknesses as internal/organizational elements. Opportunities and Threats are more external/community elements.

Initial Workgroup Ideas:

- Faith Based Workgroup
- Parent Workgroup
- Community Member Workgroup
- Health Care Workgroup
- Education Workgroup
- LGBTQ+ Workgroup
- Data & Research

Other Ideas:

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