

# HEALTHIER TOGETHER



Healthier  
Together  
Pierce County  
St. Croix County

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2020-2021 ACCOMPLISHMENTS  
2022 PLAN



# LETTER FROM LEADERSHIP

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The COVID-19 pandemic required all of us to make changes to our lives and work. Many organizations leading Healthier Together were on the front lines of the COVID-19 response. In some cases, this prevented completion of the plan we envisioned for our Healthier Together work. Despite the pandemic, Healthier Together members continued to work on improving our communities' mental health and preventing substance use disorders during each day of the pandemic in creative and impactful ways.

This report is a summary of our members' accomplishments in 2020 and 2021. It also includes our plans for 2022, the final year of our current community health improvement plan.

While continuing our important work, Healthier Together will begin work on our 2023-2025 community health assessment and improvement plan this year. We look forward to sharing this work with our partners and residents of Pierce and St. Croix Counties.

We welcome you to visit our new website for more information about our partnership and our work:

<https://www.healthiertogetherpiercestcroix.org/>

Best,

*THE HEALTHIER TOGETHER  
LEADERSHIP TEAM*

# 2020 AND 2021 ACCOMPLISHMENTS

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- Completed two resiliency building series (Taking Care of You and WeCOPE)
- Launched a free weekly self-care community of practice called Practicing the Pause
- Provided 11 Mental Health First Aid virtual trainings, resulting in 86 individuals becoming certified
- Completed Narcan overdose trainings for 73 individuals in Pierce County and 38 in St. Croix, including law enforcement and human services partners
- Successfully applied for a school-based mental health grant from the Department of Public Instruction
- Hosted Make it OK table at Ellsworth High School
- Secured ARPA funding to expand early intervention and community-based interventions involving law enforcement and criminal-justice involved individuals
- Continued providing mental health and substance use services using virtual tools throughout the pandemic
- Started the Healthier Together Health Equity workgroup
- Provided Make it OK presentations to River Falls middle schoolers and First Congregational Church in River Falls
- Hosted provider meetings focused on networking and system improvement



# 2020 AND 2021 ACCOMPLISHMENTS CONTINUED

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- Received funding to train Youth Mental Health First Aid facilitators
- Expanded mental health resources within River Falls High School through a partnership with St. Croix Valley Restorative Services
- Provided three Youth Mental Health First Aid trainings to staff in the Ellsworth school district
- Hosted self-care sessions for Hudson High School staff and parents
- Served as a panel member for the Anxiety in Children workshop at the Hudson Schools Mental Health Advisory Committee
- Secured additional grant funding to provide training to St. Croix County behavioral health staff
- Conducted meetings among school district mental health professionals to discuss collaboration opportunities for YRBS data collection, mental health screening, and mental health curriculum options
- Secured funding for county park passes for the library park backpack program available at libraries in both counties to facilitate connecting children and families to nature in our local park system. Families in our counties checked out the park backpacks more than 130 times in 2021



# 2022 PLANS

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- Identify strategies to support the mental wellbeing of public health and healthcare staff, including programming on compassion fatigue, secondary trauma and grief
- Expand mental health, substance use, and recovery resources within the 211 database
- Ensure that strategies and activities of Healthier Together have a health equity and social determinants of health lens
- Provide Make it Ok presentations in schools and among new partners
- Think about how to help rebuild our communities in the wake of the pandemic, including rebuilding trust and mental wellness in schools and healthcare settings
- Utilize opioid settlement dollars to mitigate overdose deaths and improve addiction treatment system of care
- Promote available mental and substance use trainings
- Work with partners to expand Youth and Adult Mental Health First Aid trainings
- Assist organizations in auditing their policies and systems as they pertain to wellness, diversity, equity, and inclusion
- Conduct intentional outreach to underserved communities to build relationships and remove silos
- Better couple population health strategies with behavioral health interventions
- Continue efforts to bring addiction and mental health conditions in parity with other healthcare concerns

