

# Building Resilient Communities- Behavioral Health



## PRIORITY AREA: BUILDING RESILIENT COMMUNITIES- BEHAVIORAL HEALTH

### STAKEHOLDERS:

Peach Tree Health, Sutter County Public Health, Sutter County Superintendent of Schools, and Sutter-Yuba Behavioral Health

### OVERARCHING VISION:

Community members will view behavioral health conditions as being equivalent to other medical conditions, thereby destigmatizing, educating, and increasing access to behavioral health services

**Objective:** By January 2027, increase adult and youth mental health and substance use awareness by 25% compared to 2024 baseline

Strategies	Actions	Lead Entities	Target Date	Anticipated Product or Result
Establish a Sutter Behavioral Health Learning Collaborative to increase overall wellness through awareness of how to access, build, and better utilize the available resources of Medi-Cal Managed Care, School Based Behavioral Health Services, Sutter Yuba Behavioral Health, and commercial insurance providers	Convene healthcare providers, Medi-Cal managed care plans, private insurance plans, County Behavioral Health, Education, Public Health, and other community partners to discuss the formation of a Sutter County Behavioral Health Learning Collaborative	Sutter County Health and Human Services Director	January 1, 2024	Sutter County Behavioral Health Learning Collaborative is formed and meeting cadence established

<p>Hold two community forums annually regarding <b>adult mental health, children/youth mental health, and substance use</b>, to increase awareness about behavioral health disorders and how to receive treatments to reduce stigma and improve services to access</p>	<p>Secure a location in Sutter County capable of allowing a large community forum with breakout sessions (e.g., Yuba-Sutter Fairgrounds, Yuba Community College Sutter Campus, Veterans' Hall)</p>	<p>Sutter Behavioral Health Learning Collaborative</p>	<p>June 1, 2024</p>	<p>Secure a location that allows breakout session</p>
	<p>Rotate the location of the forums and include community-based organizations (CBOs) and faith-based organizations (FBOs) to target specific communities and geographical areas within Sutter County</p>	<p>Sutter Behavioral Health Learning Collaborative</p>	<p>January 1, 2025</p>	<p>Rotating locations will build partnerships with various CBOs and FBOs</p>
	<p>Create an advertisement plan to raise awareness of community forums</p>	<p>Sutter Behavioral Health Learning Collaborative</p>	<p>June 1, 2024</p>	<p>Create an organized outreach campaign to increase awareness of the community forums</p>
	<p>Utilize the Sutter County website, social media, and the radio as platforms for advertisements</p>	<p>Sutter Behavioral Health Learning Collaborative</p>	<p>June 1, 2024</p>	<p>Increased awareness of community forums</p>
	<p>Leverage partnerships with community-based organizations (CBOs) and FBOs to further advertise community forums</p>	<p>Sutter Behavioral Health Learning Collaborative</p>	<p>June 1, 2024</p>	<p>Increased number of CBOs and FBOs advertising the community forums</p>

	Identify and involve community partners including but not limited to hospitals, Federally Qualified Health Centers (FQHCs), Medi-Cal managed care plans, private practice and commercial insurance providers, substance use disorder (SUDs) treatment providers, and school districts	Sutter Behavioral Health Learning Collaborative	June 1, 2024	Diverse representation from various organizations at the community forum
	Identify and provide a remote option to increase accessibility	Sutter Behavioral Health Learning Collaborative	June 1, 2024	Remote option made available for attendees
Develop measurement tools to assess community-wide awareness of <b>adult mental health, children/youth mental health, and substance use</b>	Identify relevant measures and develop an assessment tool for analyzing County-wide mental health and substance use awareness	Sutter Behavioral Health Learning Collaborative in consultation with Sutter County Public Health	June 1, 2024	Measurement tool is developed to assess awareness of adult and youth mental health and substance use awareness County-wide
	Disseminate measurement and evaluation tool throughout the community	Sutter Behavioral Health Learning Collaborative in consultation with Sutter County Public Health	June 30, 2024	Establish baseline for behavioral health awareness

Create a platform that will be updated regularly with relevant information such as contacts, mental health first-aid information, and other educational content related to Behavioral Health	Identify platforms (website, social media, etc.) to use for educational materials, events, and information for providers	Sutter Behavioral Health Learning Collaborative	January 1, 2025	Platform for communication is created or an existing platform is updated more regularly
Educate parents and children on behavioral health topics and resources available in the community in partnership with schools	Create and provide age-appropriate resources in English, Spanish, and Punjabi (packets, social media, peer-to-peer education, etc.) for students of all grade-levels and their families at the beginning of each school year	Sutter Behavioral Health Learning Collaborative	January 1, 2025	Resources developed and distributed to community and made available on a publicly available platform