

To provide comments, feedback, suggestions: Jennifer.rowell@vermont.gov

Think Tank –

LISTENING TOUR THEMES AND VISION STATEMENTS WITH SUPPORTING STRATEGIES

QUALITY: HEALTH & WELLNESS

LISTENING TOUR THEME	VISION STATEMENT WITH SUPPORTING STRATEGIES IDENTIFIED		
<p>THEMATIC AREA OF LISTENING TOUR NOTES HERE</p>	<p><i>There exists an effective, comprehensive partnership between a broad group of key stakeholders focusing on improving well-being for Vermonters through prevention and promotion.</i></p>		
	Short-Term – 2 years?	Mid-Term – 2-5 years?	Long-Term – 5- 10 years?
	<p>Strategy: - Identify categories of stakeholders (public, private)</p> <p>Steps:</p> <ul style="list-style-type: none"> - Identify roles and accountability for those participating - Clarify authority (governor appointed?) legislated collaboration between AHS & AOE? - Figure out how to make this happen a) 	<p>Strategy:</p> <ul style="list-style-type: none"> - Sharing what comes out of the short term - Intentional education campaign- disseminating a common message - Translate into action <p>Steps:</p> <ul style="list-style-type: none"> - How to get buy in and operationalize authority - Develop it. 	<p>Strategy: Vermonters feel confident in *managing* their own and their family’s mental health.</p> <p>Steps:</p> <p>Steps:</p> <ul style="list-style-type: none"> - Evaluate: Is this scale able and sustainable? - Determine what is scale able and sustainable - Celebrate successes - Expand and implement <p>Strategy:</p>

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	<p>identify where it exists now b) what should be tweaked</p> <ul style="list-style-type: none"> - Identify resources (\$) to do this work - acknowledge what limitation are to this work & define scope - Effective communication between groups 	<ul style="list-style-type: none"> - Pilots across targeted populations to illustrate effectiveness - Determine whether it is working - Adjustments based on data - Identify outcomes by which work is measured - Evaluate both the actionable work process and the work of the partnerships - Evaluations needs to consider specific populations 	<p>Identify areas to shift resources when promotion prevents higher levels of care</p>
<p>THEMATIC AREA OF LISTENING TOUR NOTES HERE</p>	<p>Strategy: <i>VT is often lauded as the healthiest state however there are still health disparities. Our vision is to truly be a state where people can flourish.</i></p>		
	Short-Term	Mid-Term	Long-Term
	<p>Strategy: Define what healthy means</p> <p>Steps:</p>	<p>Strategy: Develop strategy to thoughtfully shift resources over time.</p> <p>Steps:</p>	<p>Strategy:</p> <p>Steps:</p>

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	<ul style="list-style-type: none"> - Assessment of where disparities are - Identify critical stakeholders - Identify what resources required to address disparities - Identify who has the authority to do this work - Seek innovation funds to support new initiatives 		

Health and Wellness promotion.

Mental health and medical healthcare providers communicate with one another.

List from member:

- Early ed curriculum: mindfulness, zero suicide, WRAP, MHFA
- Engagement with families: mindfulness IPS, WRAP, healthy eating
- Nature based experiences
- Introversion
- Preventative mental health days
- Improve engagement with families

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- Intentional stigma deconstruction (voices, not pathologizing)
- Need for system of coordination between providers and families, other systems of support
- Cultural considerations of the population

1. The two bits of information discussed in quality group that members wanted background about:

<http://www.aapvt.org/news/vermont-once-again-tops-healthiest-state-rankings>

<https://www.aafp.org/fpm/2014/0900/p8.html>

Vision:

- Well defined partnership with agencies such as primary care, education, agencies on aging: have formal MOUs to have coordination around these areas. There are already multi-tiered systems of support happening – can this be a formal partnership? Be invested in calling out early education separate from education. Education, healthcare (primary care). Need to coordinate with a lot more people- look at education as wellness infused throughout community. Need a phrase to capture this: Health and wellness through ones life through key stakeholders they have in contact with, using initiatives that matters to me.

There exists an effective, comprehensive partnership between a broad group of key stakeholders focusing on improving well being for Vermonters.

- o *Identify who the stakeholders are
- o Public education campaign

- If we are looking at wellness and health promotion- need to infuse wellness and health promotion- how do we go from what we have now, which is not enough, to where there are structures to fight stigma, what does well look like, what does struggling look

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like? Need to infuse curriculum across sources- not just up to mental health and education but across communities. Health promotion. That everyone has this curriculum. Is this a mental health and wellness public health campaign? Zero suicide would be one strategy. How to integrate quality to this? Need to discuss 'health' not specify that it is 'mental health'. Metrics- surveys- one predictor of overall health and wellbeing- how confident are you in your ability to manage your healthcare needs? Make a system where person is competent in taking care of ones self. Vermonters feel confident in *managing* their and their family's mental health. Need to ensure this is applicable to a broad audience- need to see the study itself. Does this include youth? Feel confident in what to look for. Could see strategies form promoting overall wellness. Across lifespan. Providing the supports they need. Places people can call. 'Manage'. Optimal* Thrive* Vermonters feel confident in how to improve their families and their own mental health?

- o Public education campaign

- Why aren't current education campaigns working? They exist. That there is a culture that values prevention? If there is funding up front that prioritizes prevention. Are we creating realistic strategies or achievable strategies? Both? What are we missing by making the high end goals? What has gotten in the way across the system? Use smoking as an example. Smoking- see the negative effect on the people you love, hear about the money being made by execs. So this is engaging families in what works and what doesn't work. Learn that Project DARE is not effective. Getting data to support that prevention is a better use of resources. Missing the hook? VT has highest rate of obesity of all NE states. Why? How to draw people to the state- prove we have good quality of life. Why don't we have a culture shift for mental health? Terminology matters. See suicide rate and incarceration rate. Research is needed on what goes into a campaign to be effective for mental wellness. What do we need to look at "healthiest state" but we have health disparities. This is the dichotomy. We have a high suicide rate but we also have the best health access? Health disparities are the factor in these statistics. Using national metrics we are the healthiest state.

Doesn't matter who is the healthiest – want us to just be healthy. But its catchy and appealing to be the healthiest. People go back to this statistic. Everything is not okay . Want to get funding from the legislature and shift the stigma. The governor and the AHS director will say "we already have the best MH system in the country, why do you need more money?" do we really need to be the best? We're doing pretty good. Maybe we can't afford to be the best.

