Priority Area #1: MENTAL HEALTH

Foster a supportive and mindful community that has an equally shared, respectful, and holistic understanding of mental and physical health.

Objectives
- Increase access and awareness to services and resources
- Strengthen the expertise and capacity of the mental health workforce in the region
- Increase the number of well-trained, culturally-diverse mental health providers and Community Health Workers (CHWs)
- Decrease mental health stigma by increasing knowledge and awareness amongst the community about mental health
- Strengthen communication and care coordination between primary care physicians, patients, behavioral health providers, other support services, parents, guardians and caregivers as it relates to mental health and substance use services

Priority Area #2: CHRONIC HEALTH & WELLNESS

Create a region that promotes adequate nutrition and regular physical activity to address disease prevention and disease management.

Objectives
- Increase access to healthy and affordable foods.
- Provide resources for transportation to local farms or stores that provide healthy food that will support in living a healthy lifestyle.
- Collaborate with local vendors to provide accessible food options as well as education on health and wellness.

Priority Area #3: SUBSTANCE USE & PREVENTION

Create a region that prevents substance misuse and/or reduces substance use disorder and associated mental health illnesses for all populations.

Objectives
- Early intervention through preventative education, assessments, screenings and services provide resources for children and adolescents
- Increase access and awareness to services and resources
- Collaborate on strategies that emphasize treatment over punishment