Partners of WHA
2025 CHE Goals
Focus: Mental Health

1. To educate the membership on self-care/coping strategies and mental health.
   - Self-care and coping strategies should play a permanent role in encouraging development of ways to improve our mental health. Finding practical ways to equip people with tools they need to manage their own mental health.
   - Topics:
     Stress management
     Self-care
     Sleep quality
     Mindfulness
     Journaling
     Developing healthy habits and routines

2. To educate the membership on Connection and Community in Mental Health.
   - Loneliness can a profound issue in mental health manifesting in various ways. How do we create a sense of belonging that can address feelings of isolation.
   - Topics:
     How social media affects your mind/thinking.
     Support systems
     Loneliness/isolation
     Pets
     Exploring volunteerism
     Finding ways to bring community to long term care and assisted living
     Seasonal affective disorder

3. To educate the membership on children and adolescent mental health issues.
   - As a society we need to prioritize the mental well-being of our younger generations We will look at unique issues they face like anxiety and depression. We will look what resources are available for parents, grandparents, and teachers to support them and create environments where young people feel safe to express their feelings.
   - Topics:
     Specific issues-anxiety, depression, ADHD, ADD
     Bullying and cyberbullying
     Self harm
     Social anxiety
4. To educate the membership on resilience/recovery and accessing and advocating for mental health.
   - Stories of hope and what is available in our communities to address mental health showing how to live a fulfilling live. Challenges identified can be opportunities for

growth and how to assist local and state government in platforms and programs being added.

- Topics:
  Reslience building
  Success stories of programs being created in our state and communities
  Finding quality mental health services
  What is available for help
  Payment for mental health services