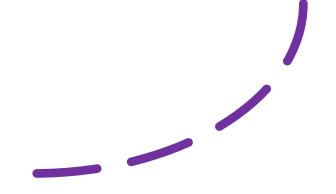
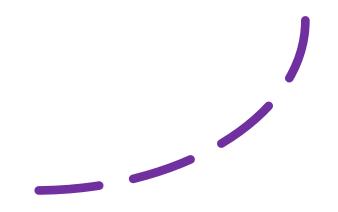


Why is this initiative important? Behavioral health encompasses the emotions and behaviors that affect overall physical and mental well-being. Promoting well-being, preventing or intervening in mental illness and substance abuse, and increasing access to care provide residents the opportunity to live to their fullest health potential.



What are we doing in this initiative? The Weld Trust will fund prevention and direct interventions and services.

Additionally, The Weld Trust will fund mental health media campaigns to decrease the stigma and increase the knowledge of and access to behavioral health resources.





What are the priorities in this initiative?

### • Direct Intervention

Increase the accessible treatment, crisis services, and referral networks for Weld County residents.



# • Mental Health Media Campaigns and Other Outreach

Increase the number of individuals and businesses connected to mental health services within the community.

# • Prevention Service

Increase support groups and programs to support an individual's mental wellbeing.

# Social Emotional Learning and Supports

Increase in programs that promote social connectedness across their lifespan. Additionally, provide access to social emotional learning in schools that do not currently provide a curriculum.

# Staff Development

Increase the number of school professionals trained in mental health promotion.

## • Substance Use and Opioid Use Prevention and Treatment

Decrease the number of individuals with substance use/ opioid use disorder.

What are our goals for this initiative?

- Weld County residents will experience a 5% increase in feelings of wellness and good or better health.
- Increase by 10% the number of individuals seeking help for mental health needs resulting in fewer residents with untreated behavioral health problems.
- Decrease in overdose deaths to 10 per 100,000 in Weld County.
- Decrease in stigma with seeking services for mental health.
- Decrease of 5% in years of potential life lost due to suicide.





### Behavioral Health Logic Model



### Mission Statement: To promote excellence in health and education in Weld County.

To help ensure that Weld County is the healthiest and most educated county in the State of Colorado, The Weld Trust will work with nonprofit agencies, schools, and government entities through Weld County to fund behavioral health resources for children, youth, and families in need. The Weld Trust will fund the development of programs for youth in Weld County that focus on mental wellness and will fund crisis intervention resources and services.

Our approach to addressing the strategic issues will be:	Activities TWT will undertake	Partner Organizations	Outputs	Immediate Outcomes 0-4 years	Intermediate Outcomes 4-8 years	Long-term Outcomes/Impact 8+ years
Fund prevention interventions and services	Data gathering/reporting	Educational Entities	Prevention Services	Prevention Services	Prevention Services	Weld County residents will
<ul> <li>Activities and support for adults (e.g.,</li> </ul>	<ul> <li>Primary sources</li> </ul>	<ul> <li>Schools, Districts, and</li> </ul>	As measured by grant partners:	As measured by grant partners:	As measured by grant partners:	experience:
mental health professionals, teachers)	o Grant outcomes	BOCES	<ul> <li># of safety net population</li> </ul>	<ul> <li>5% increase in programs that</li> </ul>	<ul> <li>5% increase in sense of</li> </ul>	As measured by 2019 Community
o Mental Health First Aid	o Focus groups	<ul> <li>Higher Education</li> </ul>	served	promote social	belonging and	Health Assessment Survey:
o Compassion fatigue	<ul> <li>Secondary sources</li> </ul>	o Aims	<ul> <li># of programs funded</li> </ul>	connectedness across	connectedness	<ul> <li>5% increase in feelings of</li> </ul>
<ul> <li>Family-based mental health and</li> </ul>	o Community Health	o UNC	<ul> <li># of mental health</li> </ul>	lifespan	<ul> <li>10% increase in reporting of</li> </ul>	wellness and good or better
substance use prevention programs	Improvement Plans		interventions for mental	o Measured by Thriving	a positive mentor	health
<ul> <li>School interventions</li> </ul>	o Weld County Health	Healthcare Facilities	health professionals and	Weld	<ul> <li>10% increase of individuals</li> </ul>	11% of Weld County
o Social emotional learning for children	Department Assessments	Banner Health	teachers funded	<ul> <li>5% increase in children with</li> </ul>	with mental health illness	residents reported poor or
in Weld County schools	o Census	UC Health	o # of participation	at least one trusted adult	who get treatment	fair health; 89% reported
	o CDPHE	Sunrise	<ul> <li># of social emotional learning</li> </ul>	<ul> <li>Provide access to social</li> </ul>	<ul> <li>10% increase in self-</li> </ul>	good or better health
Fund direct intervention and services		Nurse-Family Partnership	curriculum implemented	emotional learning in	awareness coping skills, self-	5
Co-responders	Research and surveying	, ,	o # of students receiving	schools that do not currently	management skills, and	<ul> <li>10% increase in help</li> </ul>
Telehealth	<ul> <li>Identify existing programs</li> </ul>	Nonprofit Partners	social emotional learning	provide a curriculum.	emotional regulation	seeking; Decreased stigma
<ul> <li>Innovative accredited therapy</li> </ul>	<ul> <li>Identify barriers to access</li> </ul>	North Range Behavioral	education			with mental health help-
methods		Health		Direct Intervention	Direct Intervention	seeking; Fewer Weld County
<ul> <li>Support groups, Group therapy, Man</li> </ul>	Convening of stakeholders:	Nonprofits	Direct Intervention	As measured by grant partners:	As measured by grant partners:	residents with untreated
therapy	K-12: districts, schools	Local community centers	As measured by grant partners:	3% increase early detection	<ul> <li>10% increase in accessible</li> </ul>	behavioral health problems
<ul> <li>Peer support educators or specialists</li> </ul>	<ul> <li>Higher Education partners</li> </ul>	Local community centers	<ul> <li># of programs funded</li> </ul>	of depression, suicide,	treatment and referral	Of the residents who
<ul> <li>Integrated multi-agency services</li> </ul>	<ul> <li>Government agencies and</li> </ul>	Government Agencies	<ul> <li># of programs funded</li> <li># of crisis support provided in</li> </ul>	bullying, and violence.	networks for residents	reported they needed
<ul> <li>Programs that treat substance use</li> </ul>	stakeholder groups	Weld County Human	primary language	<ul> <li>5% increased access to</li> </ul>	<ul> <li>5% decrease in substance</li> </ul>	mental health care services,
disorders and opioid use disorders	Non-profits; service	Services	<ul> <li># of individuals in crisis</li> </ul>	behavioral health	use disorder/opioid use	55% sought care and 45%
	providers	Weld County Health	connected to immediate	interventions and services	disorder	did not seek care.
<ul> <li>Fund workforce development for mental health specialists and peer</li> </ul>	Community centers	Department		<ul> <li>2% increase co-responders,</li> </ul>	uisorder	ulu not seek cure.
	Other funders	Department	support		Mardia annuaisma and autorach	· Deserves in succession desthe
support	Other funders		<ul> <li># of support groups funded and formed</li> </ul>	peer educators/mentors,	Media campaigns and outreach	<ul> <li>Decrease in overdose deaths in Weld County to 10 per</li> </ul>
o Specialists for youth, diverse	Fried concentration			and support groups in Weld	As measured by 2019 Community	100,000
populations, and/or Safety Net	Fund opportunities		o # of participants in	County	Health Assessment Survey:	
Populations			programs	Decreased waitlist for help	<ul> <li>Increase by 10% knowledge,</li> </ul>	The age-adjusted death by
	Media/print campaigns		# of treatment programs	seeking	access, and treatment for	drug overdose rate (for any
Fund mental health media campaigns and			funded (e.g., Medication-	3% increase in access to	mental health in Weld	drug) between 2010 and 2019
outreach to decrease stigma and increase			assisted treatment)	substance use	County	in Weld County was 12.8
knowledge and access to resources			<ul> <li># of programs/therapists</li> </ul>	disorder/opioid use disorder	Of the residents who	deaths per 100,000 deaths.
<ul> <li>Social norming campaigns (see range of</li> </ul>			funded	treatment	reported they needed	
what peers engage in/normalizing data)			o Disbursement by		mental health services but	5% decrease in Years of
Knowledge in self-management and			population served	Media Campaigns and Outreach	did not seek out care, 62%	Potential Life Lost
self-regulation to build skills				As measured by grant partners:	reported they did not have	Between 2010 and 2019 there
<ul> <li>Train school administrators, teachers,</li> </ul>			Media Campaigns and Outreach	<ul> <li>5% increase of individuals</li> </ul>	the time, 56% stated	were 259 deaths by suicide,
counselors, social workers, and			As measured by grant partners:	and businesses connected to	they could not afford it, 51%	which contributed to nearly
providers in mental health illnesses			<ul> <li># of education campaigns</li> </ul>	mental health services	said it was not covered by	7,000 years of potential life
			funded	within the community	insurance, and 51% said	lost.
* Emphasis on Safety net populations: low-			<ul> <li># of media campaigns funded</li> </ul>	<ul> <li>5% increase of individuals</li> </ul>	they did not know.	
income and vulnerable populations			o # of visitors to webpage	who seek help when self-	<ul> <li>Reduce crude rate of suicide</li> </ul>	
*Grantees might not work on every area;			created	identify assistance is needed	to 14 in Weld County	
consideration will be given to grantees			<ul> <li># of individuals attending</li> </ul>			
that do not fit			events		2020 crude rate of suicide	
			<ul> <li># of individuals referred as a</li> </ul>		was 16.1 per 100,000 (95%	
			result of outreach efforts		confidence interval	
			<ul> <li># of school professionals</li> </ul>		14.9-17.3) in Weld County	
			trained in mental health		in 2020, CDPHE	
			promotion (e.g., Question,			
			Persuade, Refer (QPR) and			
			Mental Health First Aid)			

### ASSUMPTIONS and ECOSYSTEM

Mental illness is defined as health conditions characterized by alterations in thinking, mood, or behavior associated with distress or impaired functioning. Mental health conditions are strongly related to risk behaviors and chronic diseases (WCDPHE, 2019).

Mental health conditions are more prevalent in residents who earned less than \$25,000 per year (45.5%) compared to residents who earned more.

Countywide, nearly 3 in 10 people (28%) indicated they currently had depression, anxiety, or another mental health condition. Current mental health conditions were more prevalent with those who earned less than \$25,000 per year (45.5%) compared to those who earned more. Of those who reported they currently had a mental health condition, 55% reported seeking out mental health treatment or counseling services and 46% reporting currently taking medicine for their mental health condition (WCDPHE, 2019).

Of those who reported they needed mental health services but did not seek out care reported they did not have the time (62%), they could not afford it (56%), it was not covered by insurance (51%) or that they did not know where to seek treatment (51%). Over 1 in 3 (32%) residents that needed mental health services but did not seek out treatment reported that they were worried about friends or family having a negative opinion of them (WCDPHE, 2019).

Nearly 1 in 10 (8.9%) youth were diagnosed with anxiety disorders in 2019 and 2020, representing over 7,000 youth in Weld County (WCDPHE, 2021).

• 1 in 5 (20%) youth reported engaging in self-harm behaviors and over 1 in 3 (37%) reported feeling sad or hopeless almost every day for 2 weeks over the past 12 months

• Minority populations and low-income populations are the least likely to have access to mental health treatments.

Adolescence is a crucial time to promote mental well-being, as it is a time when areas of the brain are forming connections that will influence functioning long into adulthood. Research suggests that at least half of mental disorders in adulthood have their onset during the critical years
of adolescence.

Negative mental health outcomes influence other health outcomes, with impacts on academic success, social and health behavior, and socio-economic outcomes, meaning the promotion of positive mental health during this time can have lifelong benefits for individuals and communities.

• There is strong evidence that social support, defined as emotional warmth and care that a group provides to the needs, desires, and plans of the individual, is linked to lower levels of depression, anxiety, and loneliness.

According to the National Alliance on Mental Illness, 60 million Americans live with mental health conditions, yet only half receive treatment. In Weld County, 27.8% of residents said they needed mental health care or counseling services in the 12 months prior to being surveyed. This represents a 50% increase in the number of residents who said they needed counseling from 2016 (19%) (WCDPHE, 2019). This was highest among the younger adult age group (18-34 years, 46%).

### Social emotional learning:

• Social emotional learning (SEL) is an integral part of education and human development. SEL is the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel, and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions.

- SEL has a powerful combination of evidence and support. Findings from multiple fields, sources, analyses of hundreds of studies show SEL leads to beneficial outcomes related to social and emotional skills; attitudes about self, school, and civic engagement; social behaviors; conduct problems: emotional distress; and academic performance.
- A study out of Columbia University shows that for every dollar invested in SEL programming, you save \$11 that would have been spent on costly interventions, remediation, dropout prevention, recovery, etc.
- Not only do 56% of educators believe resources to support SEL in the classroom will be most critical post-pandemic, but 82% agree that a well-crafted, fully integrated SEL approach makes an impact on outcomes.
- Eighty percent of educators from across 15 countries believe positive emotions are critical for academic success, and emotional well-being is crucial for developing foundational literacies and communication skills.

The National Association of School Psychologists recommends a psychologist to student ratio of 1:500, in Colorado, the ratio is 1:1,200 to 1:1,500.

### Substance use disorder; Evidence based hub for prevention

- 49% of Weld County adults use alcohol; 31% of adults in Weld County report binge drinking, compared to 19% in Colorado
- Weld County has a higher opioid prescription rate (724 per 1,000) than Colorado (671 per 1,000). High school student prescription pain misuse is higher in Weld County (13%) than in Colorado (12%)

The rate of suicide in Weld County male residents was 4x higher compared to female residents. Suicide is one of the leading causes of death among young people. Suicide rates have increased in almost every state over the last 2 decades. Interventions to address behaviors that increase the risk of suicide, like drug and alcohol misuse, may help reduce the suicide rate nationwide. Family-based mental health and substance use prevention programs may help reduce teen suicide attempts.

- The age-adjusted suicide rate in Weld County continues an upward trend and is one of the top contributors to premature death in the county (WCDPHE, 2021).
- The rate of suicide in Weld County male residents was 4x higher compared to female residents (WCDPHE, 2021).

### Medication Assisted Treatment (MAT)

• MAT is a FDA-approved medication to treat opioid addiction (a dependence on prescription pain killers such as – Vicodin, Oxycontin, Percocet and other drugs such as Heroin and Fentanyl). MAT helps to stop the withdrawal symptoms and cravings and makes it easier for you to get your life back.

• Medication-assisted treatment (MAT) is the use of medications, in combination with counseling and behavioral therapies, to provide a "whole-patient" approach to the treatment of substance use disorders. Medications used in MAT are approved by the Food and Drug Administration (FDA) and MAT programs are clinically driven and tailored to meet each patient's needs.

- Research shows that a combination of medication and therapy can successfully treat these disorders, and for some people struggling with addiction, MAT can help sustain recovery. MAT is also used to prevent or reduce opioid overdose.
- In 2018, an estimated 2 million people had an opioid use disorder which includes prescription pain medication containing opiates and heroin. MAT has proved to be clinically effective and to significantly reduce the need for inpatient detoxification services for these individuals. MAT provides a more comprehensive, individually tailored program of medication and behavioral therapy that address the needs of most patients.
- o The ultimate goal of MAT is full recovery, including the ability to live a self-directed life. This treatment approach has been shown to: Improve patient survival; Increase retention in treatment; Decrease illicit opiate use and other criminal activity among people with substance use disorder; Increase patients' ability to gain and maintain employment; Improve birth outcomes among women who have substance use disorders and are pregnant.

One Healthy People 2030 goal is to increase the proportion of adolescents with depression who get treatment. The earlier young people get treatment for depression, the more effective it can be. Early treatment can also help prevent more severe, long-term problems as children and adolescents get older. But many adolescents with depression don't get treatment. Treatment plans that connect primary care providers, patients, and mental health specialists can help adolescents get the care they need. The U.S. Preventive Services Task Force recommends screening for major depressive disorder (MDD) in adolescents aged 12 to 18 years. Screening should be implemented with adequate systems in place to ensure accurate diagnosis, effective treatment, and appropriate follow-up. Depression is a leading cause of disability in the United States.

Children and adolescents with MDD typically have functional impairments in their performance at school or work, as well as in their interactions with their families and peers. Depression can also negatively affect the developmental trajectories of affected youth. Major depressive disorder in children and adolescents is strongly associated with recurrent depression in adulthood; other mental disorders; and increased risk for suicidal ideation, suicide attempts, and suicide completion.

\* Most of the Co-Responder Services are funded from the Marijuana Tax Cash Fund (39-28.8-501 C.R.S). There are four ways Co-Responder Services are funded.

. SB 17-207 (Strengthening Colorado's Statewide Crisis Response to Behavioral Health Crises) authorized the development and implementation of eight new Co-Responder Programs throughout Colorado. OBH currently has contracts with eight local government agencies

through June 30, 2022 with an allocated amount of \$2.9 Million per year.

2. Offender Behavioral Health Services funding also supports a number of programs. OBH contracts directly with community mental health centers. For more information about Offender Behavioral Health Services funding, please go to the OBHS page.

3. \$400,000 per year has been allocated from the Mental Health Block Grant to help support two programs.

4. SB 19-008 (Concerning Treatment of Individuals with Substance Use Disorders Who Come Into Contact With the Criminal Justice System) authorized the development and implementation of five new Co-Responder Programs throughout Colorado. OBH currently has contracts with five local government agencies through June 30, 2024 with an allocation of \$1.4 million per year.

In Weld County: Greeley Evans Mobile (GEM) at Evans and Greeley Police Departments in partnership with North Range Behavioral Health
 Community Action Collaborative, a partnership between North Range Behavioral Health, Greeley Fire Department (community paramedic), Greeley and Evans Police Departments and Northern Colorado Health Alliance.

