



# Ocean City School Board's Ad-Hoc Committee on Youth Mental Health and Wellness

## Goals & Action Plan

---

**Goal 1: Communication in Addressing Youth Mental Health Awareness:** Define, develop and promote a culture of awareness and acceptance of youth mental health and wellness.

Action Plan: With the assistance of all stakeholders,

1. Create, maintain, update and publish a database of local and community based resources and contact information in case a need may arise.
2. Build, maintain and publicize a catalog of presentations, trainings and resource materials on topics dealing with mental health.
3. Video tape (where appropriate) and maintain a library of resources and presentations and share with applicable parties.
4. Communicate with the community the progress of the implementation of the Society for Teen Suicide Prevention (STSP) *Lifelines*' comprehensive prevention, intervention and post-vention program through communication methods deemed appropriate.

**Goal 2: Collaboration in Addressing Youth Mental Health Awareness:** Develop a coordinated roadmap for parents, students and school community stakeholders to address youth mental health and wellness concerns.

Action Plan: With the assistance of all stakeholders,

1. Collaborate with the Society for Teen Suicide Prevention (STSP) for the implementation of the *Lifelines* comprehensive program.
2. Develop a comprehensive system for school collaboration with local, county and state agencies.
3. Develop a comprehensive outreach system for parents/guardians.
4. Develop a school and community events schedule for health and wellness activities.
5. Conduct parent/community informational workshops with school, local, county and state agencies.

**Goal 3: Consistency in Addressing Youth Mental Health Awareness:** Use common language and coordinated actions to promote the importance of youth mental health and wellness awareness and acceptance throughout the school community and with its stakeholders.

Action Plan: With the assistance of all stakeholders,

1. Plan and implement the *Lifelines* comprehensive program in all district schools.
2. Establish and utilize a common language concerning mental health awareness and acceptance in order to reduce the uncertainty and stigma often associated with its complex issues.
3. Utilize community and stakeholders' resources to plan age appropriate school programs and assemblies.
4. Publicize and post community resources that are available to families in addressing mental health awareness.