### Community Conversation

**Mason County**

**July 20, 2016**

*What can we do in Mason County to move closer to our vision of a healthy community?*

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<tr>
<th>Action Area</th>
<th>Goals/Interventions</th>
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<tr>
<td>Create an environment that supports healthy lifestyles</td>
<td>Improve behavioral health and substance abuse treatment through early intervention and trauma informed community approach</td>
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<tr>
<td>Food policy council</td>
<td>Substance/ alcohol abuse; Prevention/ treatment</td>
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<td>Increase non-motorized transportation – bike/walk</td>
<td>Mental health services treatment/ prevention</td>
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<td>Access to healthy foods and activities</td>
<td>Substance abuse rehab programs</td>
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<td>Activity programming for youth</td>
<td>Earlier behavioral health intervention</td>
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<td>Reduce tobacco use</td>
<td>Trauma informed community</td>
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<tr>
<td>Create more opportunities to be physically active through built environment</td>
<td>Reduction of substance use/ abuse</td>
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<tr>
<td>Family focused physical activities</td>
<td>Mental health matters</td>
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<tr>
<td>Educate on behavior change</td>
<td>Provide resources to empower families (life skills development)</td>
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<tr>
<th>Action Area</th>
<th>Primary Interventions</th>
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<tr>
<td>Foster a culture of collaboration</td>
<td>Clear community vision</td>
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<tr>
<td>Increase access to affordable housing</td>
<td>More local foster care homes</td>
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<td>Improve community education for adults and children</td>
<td>Education: Teach the young</td>
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<td>Provide consistent employment education and training access</td>
<td>Increase access to education and training for employment</td>
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<td>Increase affordable/assessable health care options</td>
<td>Improve access to affordable health care</td>
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<tr>
<td>Improve access to public transportation</td>
<td>Transportation bus – countywide and out of county</td>
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**Substance/ alcohol abuse; Prevention/ treatment**

- Clear community vision
- More local foster care homes
- Education: Teach the young
- Provide interventions with young adults – HS/MS
- Remove barriers for people to be successfully employed
- Integrate health and wellness to where people already are (business/ school)
- Overcome transportation limits to our rural community

**Mental health services treatment/ prevention**

- Shared community vision of health
- Increase affordable/ quality housing
- Improve community clinical/ agency linkage

**Substance abuse rehab programs**

- Health and human services coordinated body
- Access to safe/ affordable housing
- Disability education and inclusion
- Increase jobs with livable wages
- School based health centers

**Earlier behavioral health intervention**

- Education general population and service providers
- More local foster care – homes/ homeless
- Education: internet access, support tutor, continue education
- Improve economic development

**Trauma informed community**

- Improve community clinical/ agency linkage

**Reduction of substance use/ abuse**

**Mental health matters**
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