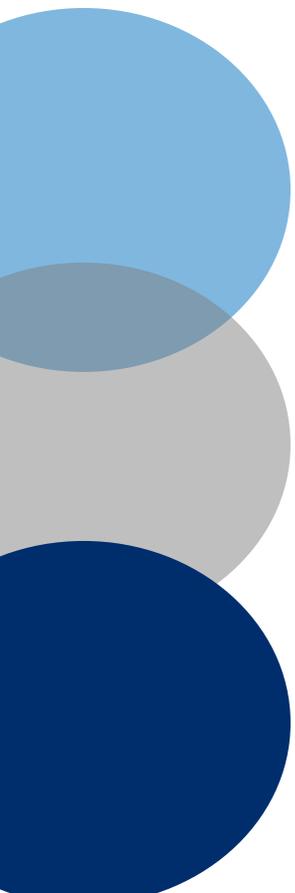


FIND YOUR FIT

Take Action Guide

Individual Pledge

BEHAVIORAL HEALTH





Individual Pledge Behavioral Health

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Individual Pledge

By downloading this Take Action Guide, you've decided that something needs to change in the healthcare conversation in our community. Find Your Fit as part of Healthy Tri-County is designed to give you the tools and resources you need to be an agent of change. You're encouraged to take the pledge at <https://www.healthetricounty.com/take-pledge> to demonstrate your commitment.

Thank you for your part in improving health and well-being in the Tri-County.

I pledge to participate in improving the health and well-being of myself, my family, and my community by taking action and by taking care.

I pledge to educate myself and others, using safe and reputable resources, on any health topics prior to making lifestyle changes or long-term healthcare decisions.

I pledge to familiarize myself with local resources and services available in my community.

I pledge to hold myself accountable for my own healthcare outcomes.

Healthy Tri-County

Mission: Improve the health and well-being of every person and community within the Tri-County region

Healthy Tri-County (HTC) is a regional initiative to improve the health and wellbeing of every person and community in Berkeley, Charleston and Dorchester counties. This initiative grew out of collaborative work by MUSC Health, Roper St. Francis Healthcare and Trident United Way on the 2016 Tri-County Community Health Needs Assessment. It became clear that facilitating impactful health efforts would require the engagement of diverse community stakeholders using the principles of collective impact.

HTC realized that the potential to achieve real change as outlined in [Our Health, Our Future: Tri-County Health Improvement Plan 2018-2023](#) (TCHIP) would be made more effective if put into the hands of the community. Find Your Fit supports HTC in achieving the goals and recommendations of the TCHIP, the first comprehensive health improvement plan in our region that provides concrete recommendations and action steps for improving health outcomes that can be carried out by a wide range of local organizations, groups and individuals.

HTC is powered by Trident United Way in equal partnership with Roper Saint Francis Healthcare and MUSC Health.



Available Services

- Identify locations of local support groups for mental health and/or substance misuse
 Discretionary
- If you believe your mental health to be at risk, ask your doctor to refer you to a mental health provider
 Discretionary
- Talk to your doctor if you think that you or a loved one may need support
 As needed

Awareness

- Work to reduce mental health treatment stigmas by promoting mental health wellness on social media, in your family and in your community
 Weekly

Personal Accountability

- Educate yourself on the signs and symptoms of drug overdose and alcohol poisoning*
 Re-educate annually Resources provided on page 6
- Download mental health apps to your phone to help reduce stress, improve mood, improve sleep cycles, etc.
 As needed List of recommended apps provided on page 7
- Participate in a volunteer activity coordinated by Trident United Way
 Daily Visit healthytridentcounty.com/find-your-fit for more information.
- Take ten minutes every day to 'unplug'
 Daily List of ideas to 'unplug' provided on page 8
- Work to organize your life by planning ahead by day, week, month
 Ongoing

*Do not substitute self-driven education for professional medical attention. Call 911 in suspected cases of overdose and/or alcohol poisoning. Time is critical.



Awareness

- Talk about substance misuse with your family, friends and/or community
 Discretionary
- Talk to local schools and districts about their approach to mental health awareness
 As needed
- Talk to local schools and districts about their approach to substance misuse awareness and prevention
 As needed
- Talk to local schools, community centers and churches about starting substance misuse prevention courses
 As needed

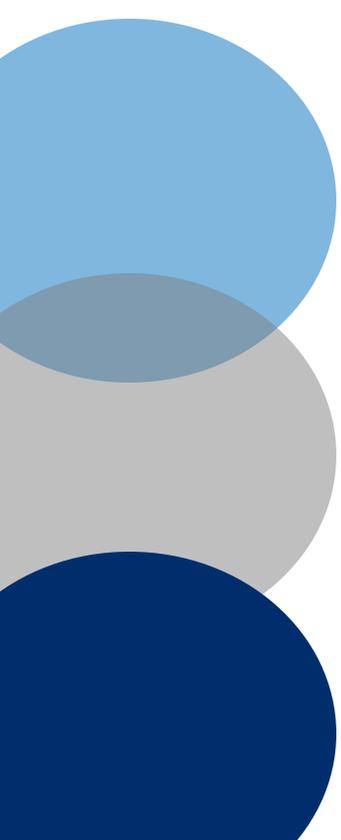
Personal Accountability

- Complete mental health first aid training
 Re-certify as needed  [Links to reputable training providers given on page 9](#)
- Complete Naloxone first aid training (opioid overdose reversal drug)
 Re-certify as needed  [Links to reputable training providers given on page 9](#)

FIND YOUR FIT

Appendix

BEHAVIORAL HEALTH



RESOURCE

Signs and Symptoms of Overdose and Alcohol Poisoning

Understanding the signs of overdose and alcohol poisoning could prove critical to saving a life, even as a bystander. We've provided some of the basics below, but we encourage you to also visit the websites we've linked to further your self-driven education on these topics. It's important to remember that despite your level of education, you should always seek professional medical attention in any suspected case of overdose and/or alcohol poisoning. Time is critical.

RECOGNISING & RESPONDING

ALCOHOL OVERDOSE

SIGNS OF OVERDOSE	HOW TO RESPOND
<ul style="list-style-type: none"> • Confusion • Loss of co-ordination • Vomiting • Seizures • Irregular breathing (a gap of more than 10 seconds between breaths) • Slow breathing (less than eight breaths per minute) • Pale or blue tinged skin • Low body temperature (hypothermia) • Unconsciousness or passing out 	<ul style="list-style-type: none"> • Check for danger • Call for an ambulance and stay on the line • Stay with them • Keep them warm • If they are unconscious, put them in the recovery position and check that they are breathing (don't leave them on their back) • If they are awake, try to keep them in a sitting position and awake • Give CPR if they stop breathing before ambulance arrives

RECOGNISING & RESPONDING

OPIOID OVERDOSE

SIGNS OF OVERDOSE	HOW TO RESPOND
<ul style="list-style-type: none"> • No response to stimuli • Shallow, laboured or no breathing • Cannot be woken up • Snoring or gurgling • Blue/grey lips or finger tips • Floppy arms or legs 	<ul style="list-style-type: none"> • Check for danger • Call an ambulance and stay on the line • Put the person in recovery position • If you have access to nalcant/naloxone, assemble the mini-jet or ampoule and inject into thigh or upper arm (if you have a nasal spray, spray into one side of the nasal canal) • Provide CPR • If there has been no response within 3-5 minutes, and if you have it available, administer another dose of nalcant/naloxone

[Click for More Overdose Awareness Information](#)

[Click for CDC Basics on Overdose](#)

[Click for CDC FAQs, Resources, and Research on Alcohol Use and Prevention](#)

RESOURCE

Recommended Mental Health Apps



Calm

Available on iOS, Android

Anxiety Management, Sleep Improvement

Calm is the leading app for meditation and sleep. Guided meditations, Sleep Stories, breathing programs, masterclasses, and relaxing music, all recommended by top psychologists, therapists and mental health experts.



HEADSPACE

Headspace

Available on iOS, Android

Sleep Improvement, Stress Management

Headspace is a smartphone app and website used in a number of clinical trials investigating the effects of mindfulness training. A study found a significant increase in wellbeing, reductions in anxiety and depressive symptoms, significant reductions in diastolic blood pressures, significant increases in perceived job control, as well as a significant reduction in sleeping problems.



Sleep Cycle

Available on iOS, Android

Sleep Improvement

Relax, sleep better and wake up feeling rested with Sleep Cycle, the smart alarm clock. Track sleep from bedtime to morning, and get detailed analysis with the app that makes waking up in the morning just that bit easier.



Pacifica

Available on iOS, Android

Anxiety Management, Stress Management

Pacifica gives you psychologist-designed tools to address stress, anxiety, and depression based on Cognitive Behavioral Therapy, mindfulness meditation, relaxation and mood/health tracking.



Happify

Available on iOS, Android

Stress Management

Happify's science-based activities and games can help reduce stress, overcome negative thoughts, and build greater resilience by providing effective tools and programs to improve emotional well-being.



7 CUPS

7 Cups

Available on iOS, Android

Mood Management, Stress Management

7 Cups acts as free anonymous emotional support & counseling from trained active listeners including easy to use text chat. Real listeners are available to you 24/7.



RESOURCE

Ideas for How to 'Unplug'

There are plenty of ways to 'unplug' from technology, or even from the hustle and bustle of your day to day. Everyone needs something different to decompress, but we've listed a few ideas for you here:



Read a book



Write a journal entry



Meditate



Do Yoga



Go on a walk



Cook a healthy meal



Call an old friend or family member to catch up



Work on learning a new language



Dance like no one is watching



RESOURCE

Contact for Completing Mental Health First Aid Training

SC Thrive is the leading training organization for Mental Health First Aid in South Carolina offering trainings focused on Adults, Youth, Military and Veterans, Seniors and Public Safety professionals.

“Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis. In Mental Health First Aid trainings, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations and where to turn for help.

When you take a course, you learn how to apply the Mental Health First Aid action plan in a variety of situations, including when someone is experiencing: panic attacks, suicidal thoughts or behaviors, nonsuicidal self-injury, psychosis (hallucinations or delusions), overdose or withdrawal from alcohol or drug use and reaction to traumatic event.

The opportunity to practice — through role plays, scenarios and activities — makes it easier to apply these skills in a real-life situation.” *from scthrive.org/mhfa*

[Click to Register for a Scheduled Course](#)

[Click to Contact SC Thrive for Information](#)

Contacts for Completing Naloxone First Aid Training

The American Red Cross offers an online course to “provide you with the knowledge and confidence you need to respond to a suspected opioid overdose emergency. You will learn to identify the signs and symptoms of a suspected opioid overdose and then the appropriate care to provide based on the responsiveness of the person. This course includes information on how to use several different naloxone products -- a nasal atomizer, Narcan® and EVZIO® -- to reverse the effects of an opioid overdose.” The cost of this online course is \$25. *from redcross.org*

Get Naloxone Now is an online resource developed by professionals in the field, with grant funding from the National Institutes of Health, National Institutes on Drug Abuse. “In as little as 20 minutes, you can learn techniques to save the life of a loved-one, friend, co-worker, neighbor ... anyone ... who is experiencing an overdose caused by prescription narcotics or heroin. You can also find out where you can obtain the lifesaving, easy-to-use antidote, naloxone, as well as access relevant information.” The cost of this online course is a \$10 tax-deductible donation to support Get Naloxone Now’s mission to extend the reach of overdose recognition, prevention and response education. *from getnaloxonenow.org*

[Click for Red Cross Training Course](#)

[Click for ‘Get Naloxone Now’ Training Course](#)

Acknowledgements

Developing Find Your Fit has been a long and intentional process, and required many individuals and organizations to come together.

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Access to Care Sub-Committee of the Tri-County Health Improvement Plan

Behavioral Health Sub-Committee of the Tri-County Health Improvement Plan

Clinical Preventive Services Sub-Committee of the Tri-County Health Improvement Plan

Maternal, Infant & Child Health Sub-Committee of the Tri-County Health Improvement Plan

Obesity, Nutrition & Physical Activity Sub-Committee of the Tri-County Health Improvement Plan

Additional Support Contact Information

Questions or concerns about content you've been provided in this guide, contact

FindYourFitCampaign@tuw.org

Interested in becoming more involved in the Tri-County Health Improvement Plan or one of its targeted sub-committees, contact HTCsupport@tuw.org for more information about an upcoming Healthy Tri-County orientation session.

For information on volunteering with Trident United Way, contact volunteer@tuw.org