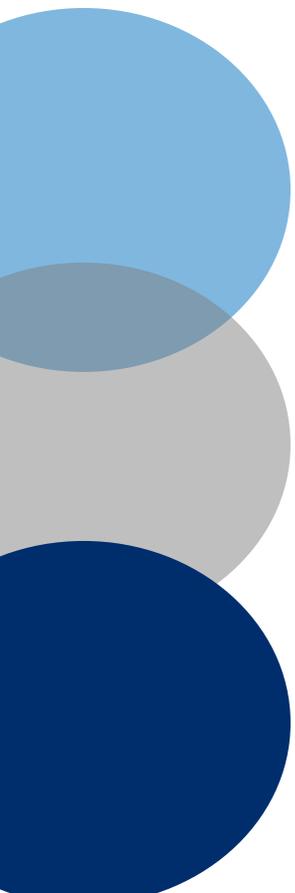


FIND YOUR FIT

Take Action Guide

Organizational Pledge

BEHAVIORAL HEALTH





Organizational Pledge Behavioral Health

Table of Contents

Copy of Find Your Fit Organizational Pledge	2
Healthy Tri-County Overview	2
Beginner Level Action Items Checklist	3
Intermediate Level Action Items Checklist	4
Appendix	5
Acknowledgements	7
Additional Support, Contact Information	7

Organizational 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.

We pledge to take an active role in the health and well-being of our organization's employees, their families, and their communities.

We pledge to make health and well-being a cornerstone of our organization's culture.

We pledge to provide safe and reputable education and resources to our employees regarding health topics associated with our work and their lives.

We pledge to hold our organization accountable as a key stakeholder in our employees' 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

- Add Naloxone to first aid kits on site (opioid overdose reversal drug)
 One-time with replacement as needed
- Offer mental health response training to employees
 Bi-annually [Links to reputable training providers given on page 5](#)
- Offer Naloxone first aid training to employees (opioid overdose reversal drug)
 Bi-annually [Links to reputable training providers given on page 5](#)
- Promote and/or sponsor space for support groups related to work-life balance, stress management, etc.
 Monthly
- (Faith-based Groups Only) Share mental health awareness materials in weekly service programs
 Weekly

Community Action

- Have your organization participate in a volunteer activity coordinated by Trident United Way
 Discretionary [Visit healthytricity.com/find-your-fit](http://healthytricity.com/find-your-fit) for more information.

Culture

- Conclude meetings with a recap of action items to keep employees organized and provided with clear expectations as a way to reduce work-related stress
 Ongoing
- Encourage walking meetings whenever possible
 Ongoing
- Ensure office calendars are synced to allow for more productive planning
 Ongoing
- Post materials around your facility on the signs and symptoms of drug overdose and alcohol poisoning
 Update annually [Links to printable materials provided on page 6](#)
- Provide materials and safe spaces to discuss substance misuse prevention in the workplace, or as a result of work-induced stress
 Update annually [Links to printable materials provided on page 6](#)
- (Business Sector Only) Create a confidential suggestion box for employees to recommend mental health culture feedback
 Ongoing



Available Services

- Host mental health awareness seminars for employees
 Bi-annually
- Offer counseling and life coaching services for employees struggling with work-life balance
 Ongoing
- (Academia and Education Sectors Only) Ask student activities board to sponsor mental health activities like student-led support groups, study break events, etc.
 As schedule permits
- (Academia and Education Sectors Only) Hold a student forum to understand the gaps in currently provided on-campus mental health services
 Semesterly
- (Academia and Education Sectors Only) Provide students with free life coaching services to establish healthy work-life balance habits
 Ongoing
- (Academia and Education Sectors Only) Talk to students about what challenges they are facing outside of school with access to necessary mental health services
 Semesterly
- (Faith-based Groups Only) Host alcoholics anonymous, or various drugs anonymous, support groups at your facility(ies)
 As needed
- (Faith-based Groups Only) Host mental health wellness events like meditation classes, yoga classes, first aid training, life coaching seminars, etc.
 Monthly

Culture

- Work to reduce mental health stigmas by promoting mental health wellness as part of organizational culture
 Ongoing

Insurance

- Choose health insurance for employees inclusive of mental health services
 At the start of new coverage

RESOURCE

Contact for Hosting 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 to Host a Training

Contacts for Hosting 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

RESOURCE

Links to Printable Drug Overdose/Alcohol Poisoning Materials -

Posting materials like these linked below can not only raise awareness of overdose and reduce the stigma of a drug- and alcohol-related deaths, but they can also actively save lives. **Consider posting these fact sheets in a common space in your facility like a breakroom, restroom, etc.**

[Click for **Opioid**
Fact Sheet Flyer](#)

[Click for **Depressants**
Fact Sheet Flyer](#)

[Click for **Stimulants**
Fact Sheet Flyer](#)

[Click for **Alcohol**
Fact Sheet Flyer](#)

In addition to posting information and education, you may consider sharing awareness videos like those developed by the Centers for Disease Control and Prevention (CDC).

[Click for Opioid
Awareness Video](#)

[Click for Excessive
Alcohol Use Video](#)

Links to Printable Substance Misuse Prevention Materials —

Posting materials like these linked below can make the difference in quality of life, productivity, and healthcare. **Consider posting materials in a common space in your facility like a breakroom, restroom, etc.**

Substance Abuse and Mental Health Services Administration (SAMHSA) leads an annual National Prevention Week (NPW) in May with the goal of increasing public awareness of, and action around, mental health and/or substance abuse disorders. Consider reviewing their NPW website to see if your organization could benefit from having an open and informed conversation about mental health this May.

[Click for Surgeon
General Prevention Plan](#)

[Click to SAMHSA NPW
Website](#)

Acknowledgements

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

Thank you...

Amanda Lawrence, *VP of Community Impact*

Kellye McKenzie, *Director of Health Programs*

Kimberly Butler Willis, *Roper St. Francis Healthcare*

Christy Boudolf, *VP of Communications & Volunteer Engagement*

Caroline Morris, *Marketing & Communications Manager*

Catherine Badalamenti, *Health Program Intern*

Eli Blankenship, *Health Program Intern*

Debbie Mann, *Community Impact Administrative Assistant*

Melissa Britton, *Director of Volunteer Engagement*

Amanda Sito, *Volunteer Engagement Manager*

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