

## Mental Wellness Focus Area Options

January 16, 2026

Focus Area	Ideas shared by coalition members
<b>Promote culturally appropriate mental wellness services</b>	Accessible mental health services for all
	Mental wellness services for refugees
	Mental health services available in multiple languages
	Equitable mental health services for all
	Targeted mental health services
<b>Reduce access barriers for services and care (cost, availability)</b>	Insurance - what is covered, how to navigate
	Inclusion for every resident regardless of background or ability
	Communications and resources in various media formats
	Eliminate barriers to care for all
	Services at times that people who need them can access
<b>Coordinate and co-locate care in community spaces</b>	Getting Substance abuse and mental health treatment into underserved communities
	Mental health services in community-based spaces
	School-based and community-based services
	Co-located services to promote integrated services
	Centers/hubs that provide accessible resource
	Mental health services on site at David's Place or other shelter spaces--at appropriate hours
	Investments in holistic mental health approaches
	Holistic and integrated approaches
<b>Strengthen community connections, support systems, and belonging</b>	Belonging with inclusion clubs
	Youth activities and sports to promote interpersonal interactions
	Mental health community engagement block parties
	Center building community relationships

<b>Strengthen community connections, support systems, and belonging (cont.)</b>	<p>Mental health volunteer opportunities</p> <p>Strengthen community unity and sense of belonging</p> <p>Safe, inclusive and connected communities</p> <p>Celebrate the success, story telling</p> <p>Programming and connections for older adults</p> <p>Celebration, Joy and Hope</p> <p>Supportive environments for all ages</p>
<b>Expand school-based mental wellness services</b>	<p>Accessible mental health hubs for youth and families at schools and in the community</p> <p>Helping youth and families access services to reduce bullying in school and online</p> <p>Mental health services for High School Students</p> <p>Drug overdose prevention in schools [ex. Narcan access]</p> <p>Parent and teacher education [to support youth mental wellness]</p> <p>Peer support for mental wellness for high school students [youth-youth relation support]</p>
<b>Expand early intervention and screening for child and youth mental health</b>	<p>Understanding rates in youth anxiety and depression</p> <p>Understanding youth depression</p> <p>Early childhood mental health support birth to 3</p> <p>Early identification and intervention for mental health needs, early childhood, and adolescent population</p> <p>Centers/hubs to provide resources to youth in schools and in community</p> <p>Supportive environments for youth and families</p>
<b>Provide family-focused supports and resources</b>	<p>Supporting youth and families at risk of suicide</p> <p>Mental wellness support for families at risk</p> <p>Supportive environments in the workplace and schools</p> <p>Focus on the effect of stress, anger management, and family violence</p>

<b>Meet basic needs to reduce stress</b>	<p>Economic stability, affordable housing, living wages, and reduced cost of living</p> <p>Employment</p> <p>Service navigation - make it easier (through human help or better systems)</p> <p>Getting needed medications when homeless</p> <p>Housing stability</p> <p>Medical</p> <p>Nutrition</p>
<b>Create or expand green spaces that promote activity and community engagement</b>	<p>Environmental wellness</p> <p>Healthy, Green and active spaces</p> <p>Recreation and outdoor activities</p> <p>Opportunities to spend time outside as prescription for mental wellness</p> <p>More parks, particularly with programming/activities for teens</p> <p>Supporting infrastructure that facilitates healthy physical spaces for city residents</p>
<b>Strengthen trauma-informed crisis response capabilities among first responders</b>	<p>Crisis response education awareness and access</p> <p>Trained law enforcement for crisis response</p> <p>Crisis response support, to include social workers in response</p> <p>Trauma informed ed., capacity builders for public service workers and 1<sup>st</sup> responders</p>
<b>Reduce opioid overdose</b>	<p>Opioid overdose deaths</p> <p>Sobriety - supports that can strengthen resolve</p> <p>Reduce substance use mortality and morbidity</p> <p>Build harm reduction resources - Narcan distribution sites, safe injection sites</p> <p>Reducing overdose in at risk populations</p> <p>Open public conversations with language that normalizes mental health</p>

<b>Normalize open conversations about mental health and recovery</b>	<p>Public health education on mental wellness resources</p> <p>Reduce stigma across all systems of care</p> <p>Purpose, meaning, and hope support - what "peace" looks like</p> <p>Reducing stigma across all systems of care</p> <p>Generational Trauma</p> <p>Stigma Reduction</p> <p>Create a mechanism to track markers on mental wellness</p>
<b>Promote mental wellness services and supports for the LGBTQIA+ community</b>	<p>Mental health for the LGBTQ Community</p> <p>Normalize LGBTQIA+ inclusion</p> <p>Address mental health disparity in LGBTQIA+ community, specifically trans community</p> <p>Student to student support groups</p>
<b>Improve economic security for older adults</b>	<p>Commission Aging focus area</p> <p>Mental health aspects of economic disparity</p> <p>Aging in place</p> <p>Income levels and backgrounds</p>
<b>Create a dementia friendly community (community awareness, supporting individuals)</b>	<p>Commission Aging focus area</p> <p>Dementia memory care services</p> <p>Committing Alexandria to becoming Dementia-Friendly City</p> <p>Caregiver support for family members with dementia</p> <p>Dementia and their caregivers is a critical issue and will escalate over the next 20 years</p> <p>Support for caregivers who may have turned to substance abuse to deal with stress</p> <p>Stigma around mental disease, how to engage people in the conversation</p> <p>Dementia evaluation</p> <p>Provider "fair"</p>
<b>Support caregivers of older adults</b>	<p>Commission Aging focus area</p> <p>Help caregivers address care of individuals with dementia</p>

<b>Create safer spaces for vulnerable communities (unhoused, immigrants)</b>	Better protocols to manage safety for those in shelters and those on the street More support for immigrant communities, building safe spaces
<b>Address community safety for youth</b>	Clear, transparent, and timely communications of unsafe conditions
	Drug overdose prevention
	Violence prevention and preparedness [mitigation, de-escalation, training for troubled students]
	Emergency preparedness education [ex. ALICE]
<b>Improve crisis and serious mental illness services</b>	Crisis services
	Address mental health professional shortage (psychiatry)
	Serious mental illness interventions and services