

## **Mental Wellness Focus Area Options**

January 16, 2026

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

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

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

<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