# BE THE CONNECTION

## 90-DAY COMMUNITY ACTION PLAN

988 SUICIDE & CRISIS LIFELINE

**What is ONE action your community could take in the next 90 days?**

## 1 | WHAT DID YOU NOTICE?

One strength our community already has: _____

One gap, barrier, or missed connection I noticed: _____

_____

One person or group we could better engage: _____

_____

*Think beyond traditional services: youth, families, coaches, educators, bus drivers, libraries, barbers/hair stylists, faith communities, employers, first responders and community organizations.*

## 2 | CHOOSE ONE ACTION

In the next 90 days, I/we will: _____

*Think connection - not perfection. Strengthen one part of the network.*

## 3 | WHO NEEDS TO BE AT THE TABLE?

- ☐ Youth
- ☐ Schools/Educators
- ☐ Parents/Gagivers
- ☐ Healthcare
- ☐ Mental Health Providers
- ☐ Community Organizations
- ☐ Local Government
- ☐ Coaches/Recreation
- ☐ Faith Community
- ☐ First Responders
- ☐ Employers/Businesses
- ☐ Other

The first person I need to connect with is:

## 4 | MY 90-DAY ROADMAP

**FIRST 30 DAYS - CONNECT**
Who will I reach out to?

**DAYS 31-60 - BUILD**
What relationship, resource, or partnership will we strengthen?

**DAYS 61-90 - ACT**
What will we put into action?

## 5 | KEEP IT TRAUMA-INFORMED

Increase safety

Build trust & connection

Include voice & choice

Reduce barriers to support

Consider whose voice is missing

My first step will be:

I will take that step by:

**NOTICE • LISTEN • CONNECT • BUILD THE NETWORK**

Madison County Rural Health Council | Mental Health Education