

Mental Wellness Coalition: Selecting our focus areas

Alexandria Health Department
Partnership for a Healthier Alexandria



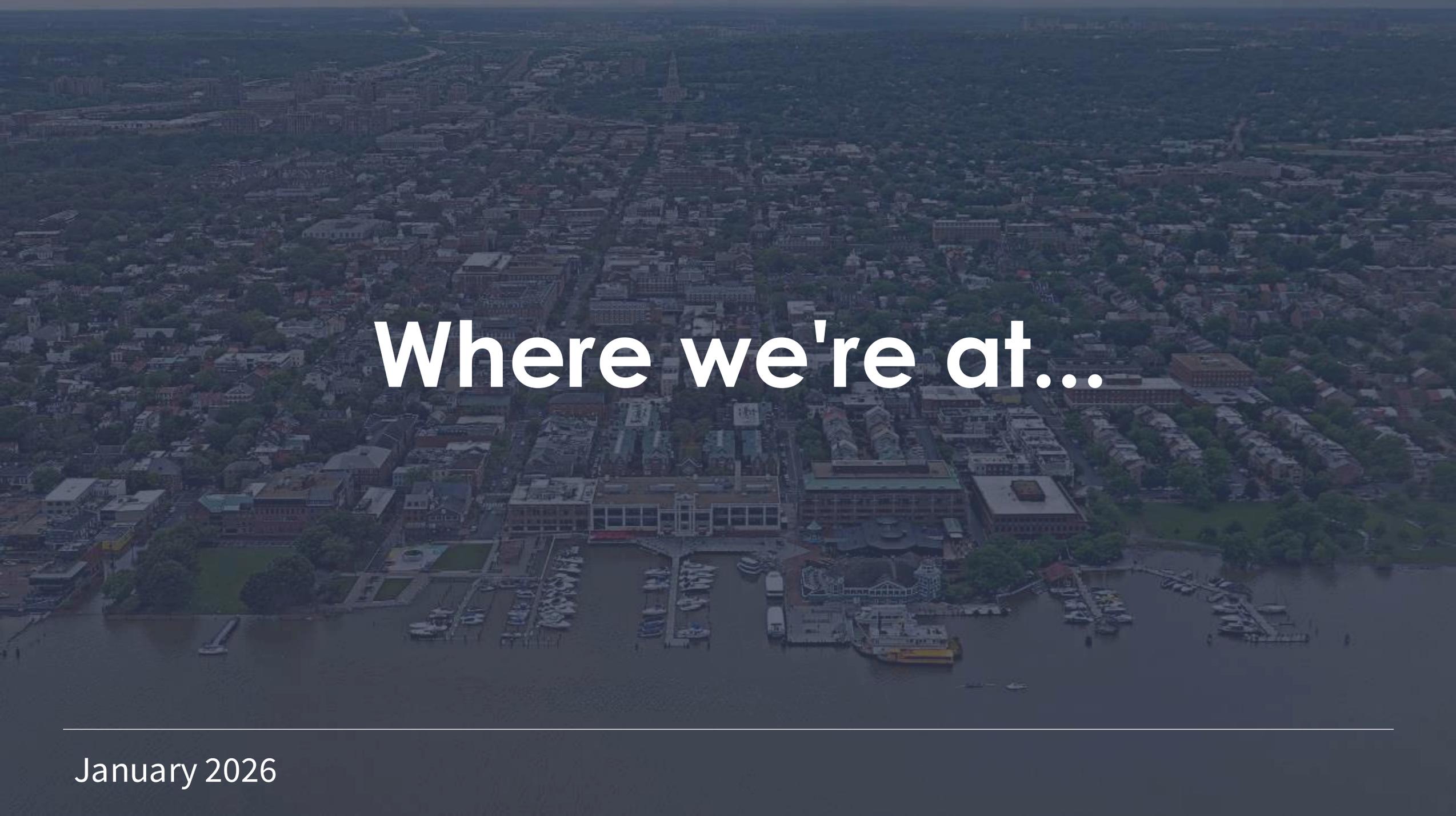
January 2026

Housekeeping

- Restrooms
- Refreshments
- Emergency Exits
- Resource Table
- Community Announcements

For Today

- Recap/Review (10 min)
- Focus area voting (40 min)
- Workgroup formation (30 min)
- What's next? (10 min)

An aerial photograph of a city, likely Burlington, Vermont, showing a dense urban area with a prominent body of water (Lake Champlain) and a marina in the foreground. The text "Where we're at..." is overlaid in white on the cityscape.

Where we're at...

January 2026

What's Happened

Formed our coalition

Created our vision statement: **Alexandria is a community where everyone can feel safe, connected, and supported, because mental health and wellness are prioritized, accessible, and part of everyday life.**

Identified potential focus area ideas

Time to vote!

January 2026

Roadmap

Lots of outreach
Creating our initial process
What's the timeline?



Aug/Sep 2025:
Recruitment and
planning

Oct/Nov 2025: What
we aim to achieve

Set our vision for health
CHIP 101 and sharing available data



Coalition vision
Begin identifying potential focus areas



Dec 2025: Finalize our
vision and brainstorm
focus areas

Creating workgroups
Focus areas and what we'll do
How we measure progress

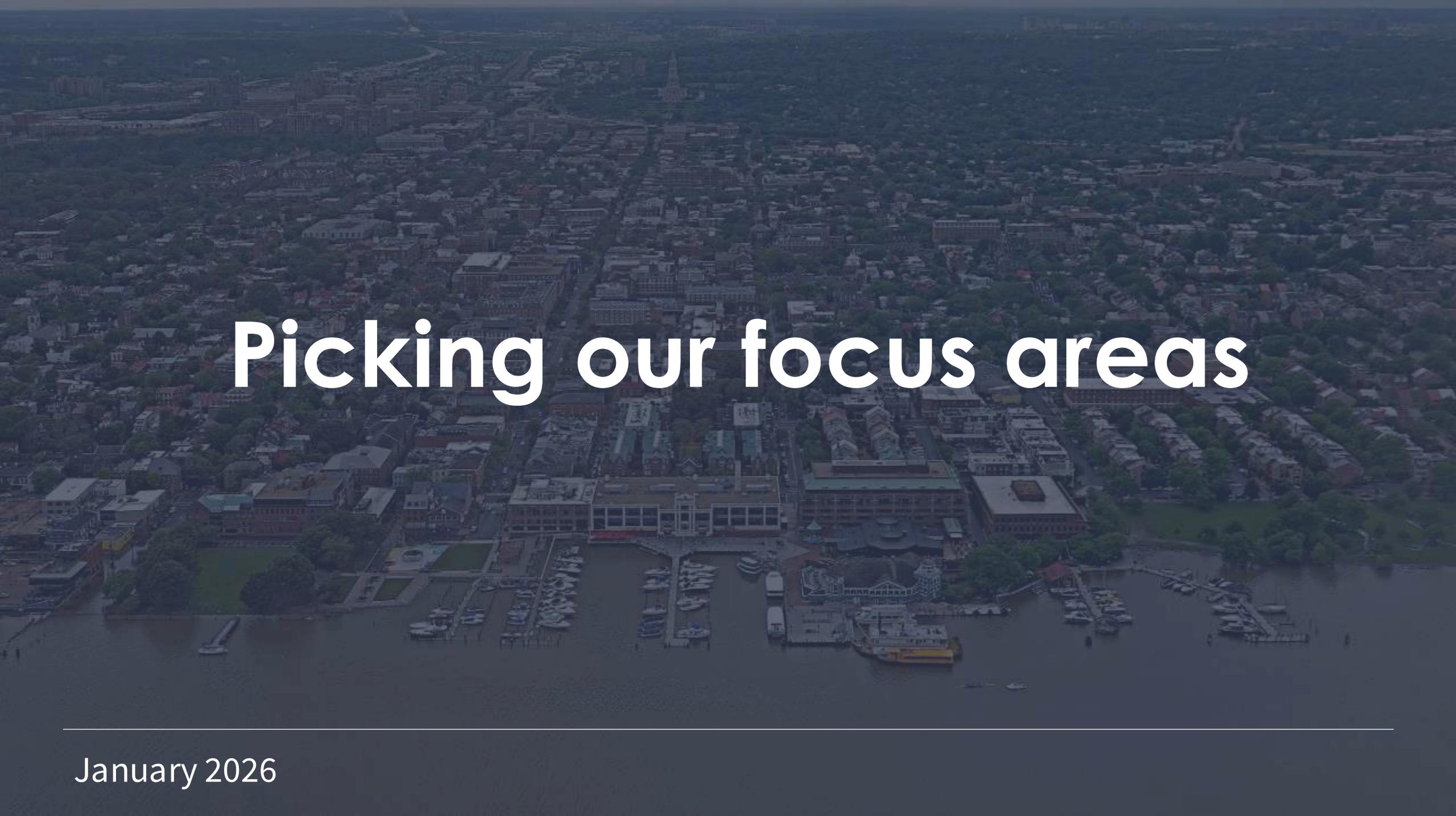


Jan – Jun 2026:
Develop CHIP plan

Regular check-ins and updates
Provide technical support
Make Alexandria healthier!



Jun 2026 – Dec 2030:
Implement and
evaluate

An aerial photograph of a city, likely Burlington, Vermont, showing a dense urban area with a prominent waterfront and marina. The image is overlaid with a semi-transparent dark blue filter. The text "Picking our focus areas" is centered in a large, white, sans-serif font.

Picking our focus areas

January 2026

Setup

Prior to meeting:

- Summarized focus area ideas into options
- Identified relevant data and contextual information from CHA and community discussions and have shared previously
- Shared focus area options with you and the public for voting online

For today:

- Voting on focus areas!
- 3 stickers to vote
- Focus areas are hung up around room to review

Let's Vote!

- Is it getting us towards our Vision?
- Select based on what you view as greatest need and potential impact on plan area
- Ideally, you want to work on the focus area, but not a requirement
- 20 minutes

Focus Area Workgroup Signup

We have selected our focus areas, now we need to figure out who's working on them!

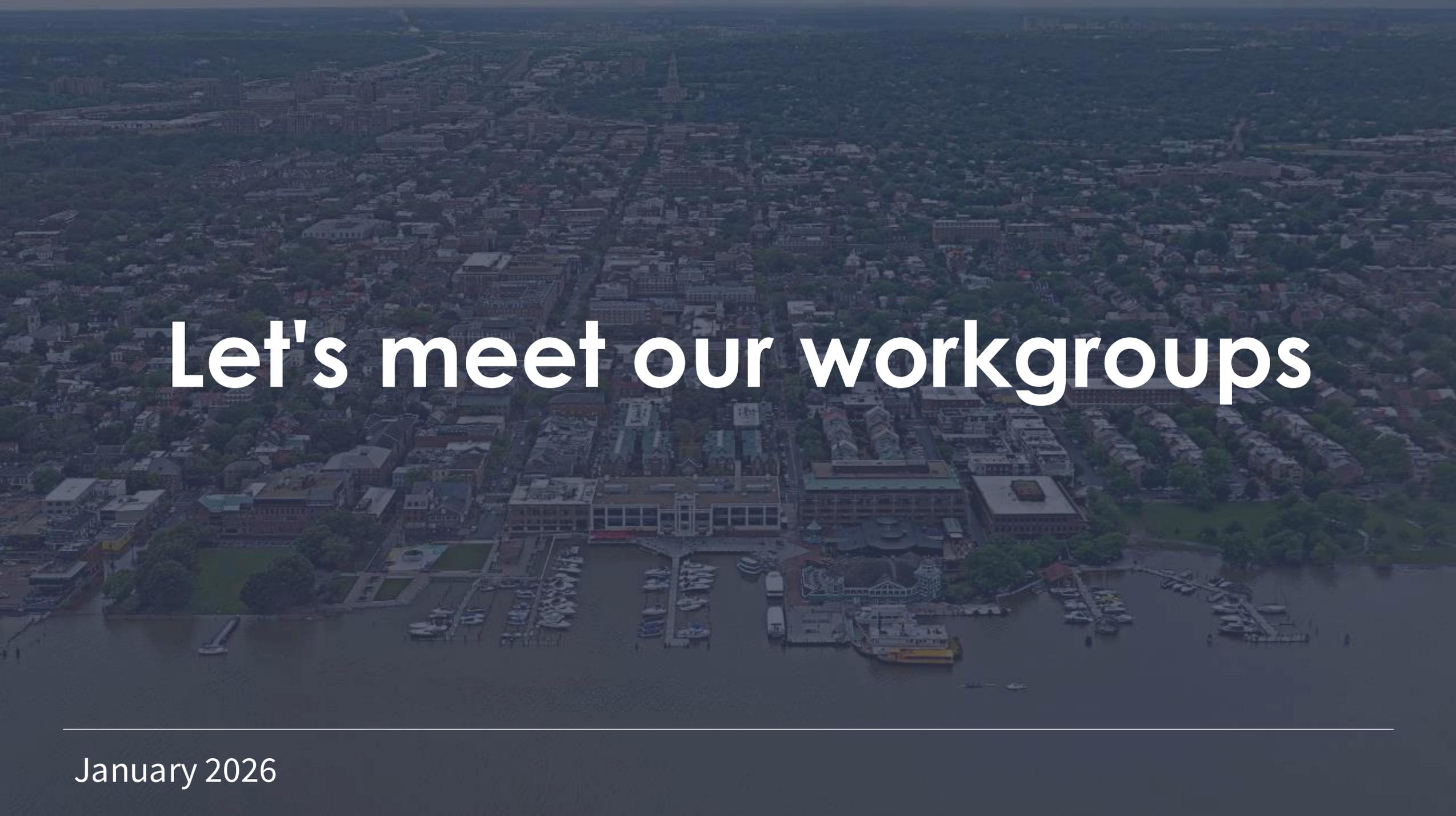
Signup sheet is posted under our winners, **note the lead interest check box**

Signup for up to 2 workgroups!

Focus Area Workgroups

Each focus area will form a workgroup to identify how to accomplish them

- 2-3 actions under each focus area
 - Focus area workgroups will identify these by gaining a full understanding of area content (root cause, already available items, stakeholders, etc.)
 - Specific actions taking place to address area
 - Will have measurable pieces (likely multiple process-based)
 - Will have action owners
 - AHD/PHA support

An aerial photograph of a city, likely Burlington, Vermont, showing a dense urban area with a prominent body of water (Lake Champlain) and a marina in the foreground. The image is overlaid with a semi-transparent dark blue filter. The text "Let's meet our workgroups" is centered in a large, white, sans-serif font.

Let's meet our workgroups

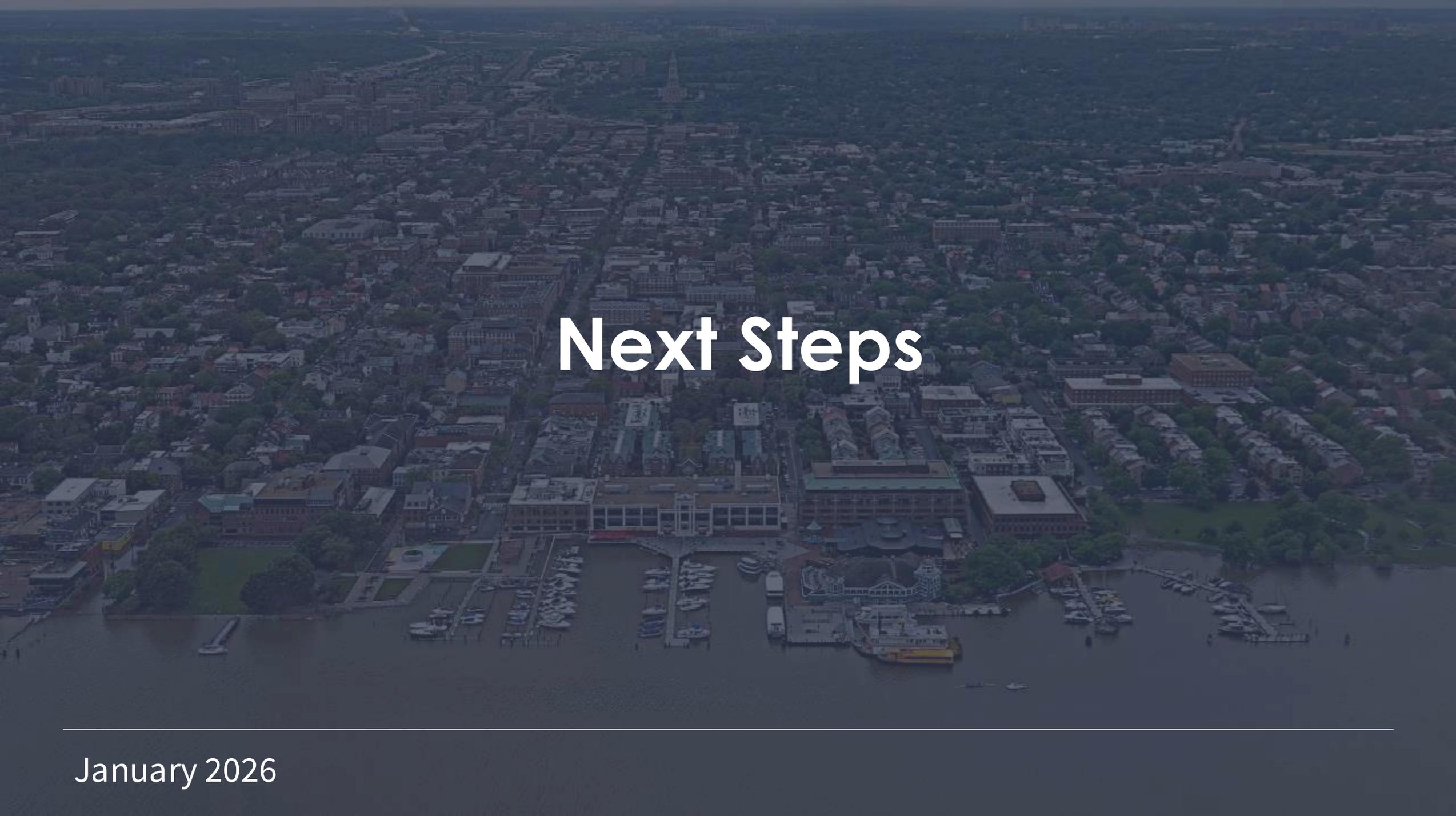
January 2026

Getting to know your workgroup...

- Breaking into our workgroups so we can see who's interested in working on things
- At each workgroup, answer the questions on the large post-it sheet:
 - Meeting timing and frequency
 - Meeting platform
 - Communication preferences

Getting to know your workgroup...

- Go into the first alphabetic group you selected (A, B, C, D)
 - We'll move to the second group in 15 minutes (if only in 1, stay there)
- Who are you, what perspective do you come from?
- What motivated you to be a part of this group?
- Who else needs added to this group? How can we recruit them?

An aerial photograph of a city, likely Burlington, Vermont, showing a dense urban area with a prominent waterfront and marina. The text "Next Steps" is overlaid in the center. The image is dimmed to allow the white text to stand out.

Next Steps

January 2026

Next Steps

Alexandria's Community Health Improvement Plan

Mental Wellness | Landmark/Van Dorn | Arlandria



AHD/PHA:

- Post focus areas
- Provide process for workgroups to select next meeting time/location

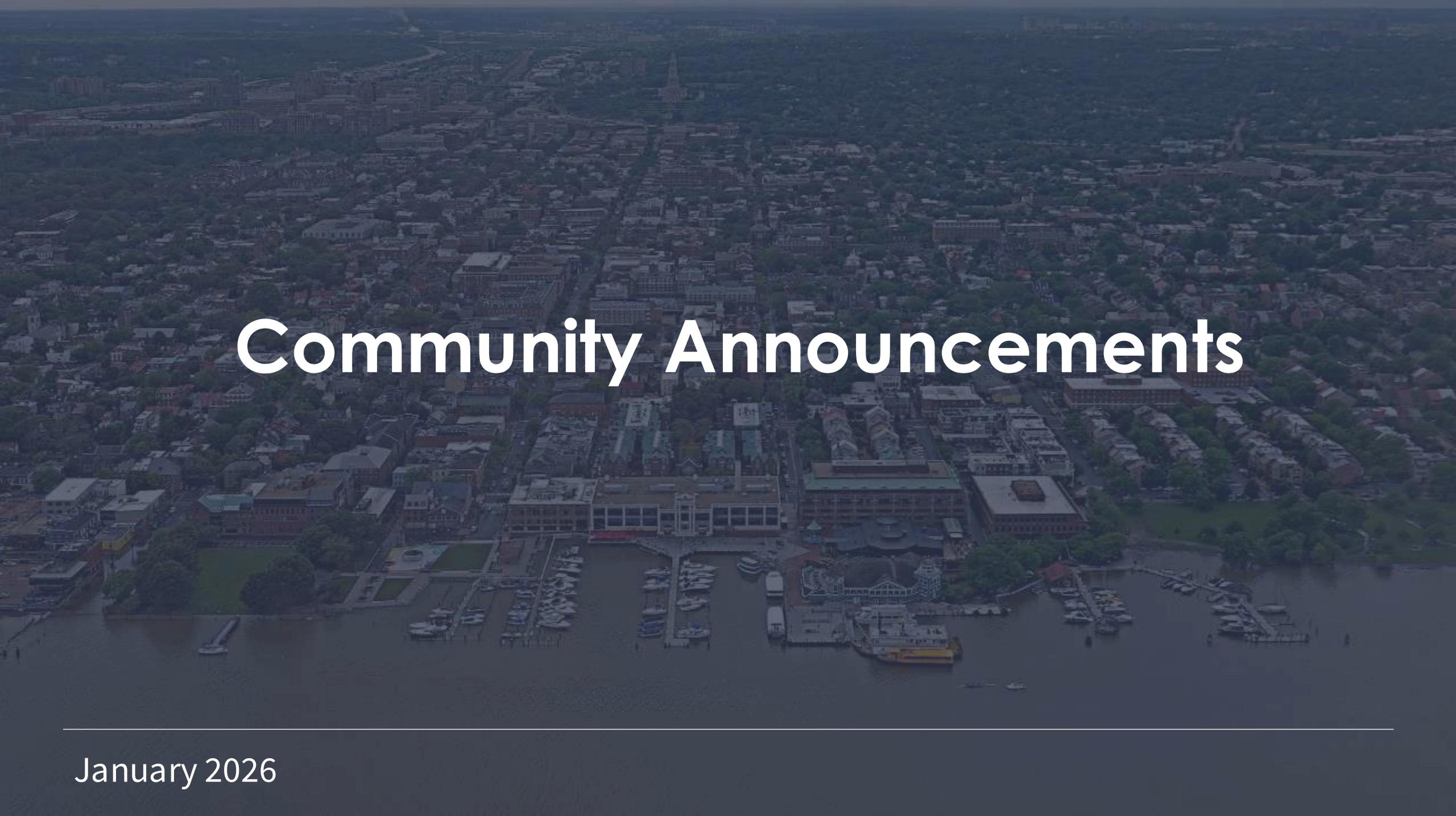
Coalition Members:

- Review your selected focus area
- Respond to scheduling of workgroup meetings

Next Meeting (**1st Workgroup Meeting!**): end of February/early March

- Some workgroup nuts and bolts, but mostly...
- Starting to put together our plan!

January 2026

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Community Announcements

January 2026