

EVIDENCE-BASED MENTAL HEALTH IMPLEMENTATION GUIDE

BUILD YOUR FOUNDATION

CREATE A COMMUNITY SUPPORT TEAM

- Identify leaders who will guide implementation and measure progress
- Include diverse perspectives and lived experiences
- Ensure representation across age groups and populations served

ORGANIZATION ACTION PLAN

- Mission & Core Values
- Vision & Measurable Goals
- Staffing & Resource Capacity

IMPLEMENT & TRAIN

ESTABLISH YOUR MENTAL HEALTH SUPPORT TEAM

- Recruitment & onboarding
- Roles and responsibilities
- Evidence-based training
- Time and resource commitments
- Ongoing professional development

ENGAGE YOUR COMMUNITY

INTRODUCE MENTAL HEALTH SUPPORT INITIATIVES

- Mental health awareness campaigns
- Share educational and support resources
- Communicate available services and programs
- Educate staff, volunteers, and organizational leaders
- Build community partnerships and outreach efforts

SUSTAIN & EVALUATE

MAINTAIN LONG-TERM COMMUNITY IMPACT

- Host awareness events, workshops, and educational programming
- Collaborate with existing programs and community partners
- Evaluate outcomes and community engagement
- Continuously improve implementation efforts