

# Carlton County

## Community Health Improvement Plan (CHIP) 2023

### Priority Areas

#### Mental Health & Wellbeing Promotion



**Goal:** Increase system support to reduce poor mental health days.

**Activities:**

- Promotion of current trainings offers
- Suicide Prevention
- Development of Well Within Reach
- Motherhood Walk & Talk

#### Substance Use Prevention

**Goal:** Increase system support to reduce substance use and/or abuse.

**Activities:**

- Drug Take Back Day
- Mail-in disposal bags
- Peer Support Recovery Groups
- Naloxone Access Points



#### Obesity Prevention



**Goal:** Increase system support to reduce obesity.

**Activities:**

- Food Access Pilot Project
- Safe Routes to School
- Nature RX
- Healthcare Coalition Group

Interested in learning more?

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