**The key to unlock the door to best practice in the areas of Behavioral Health, Primary Care, Social Services, Public Health and Criminal Justice is the bridging of clinical and community collaboration to achieve collective impact**.

As a result of the Affordable Care Act, and the many federal and state initiatives, there is a great push to improve the usual care practices through the integration of services across all human services domains. This is seen as a way not only to improve the health and well-being of the general population but it is particularly effective in dealing with our county citizens with complex health, psychological, addiction and criminal justice issues. As a result of this push for maximum collaboration, coordination and sharing of information, the expectation is that the community as a whole can significantly impact both health care outcomes and the cost of services.

A work group made up of leaders in the community representing the Superior Court, District Attorney, Sheriff’s Department, Behavioral Health Department, Health Department, **Plumas Regional Hospitals,** Probation Department with hopefully others to join, has begun an initiative to actively learn about best practices in this area and ride the wave of funding to a system of better results for all residents of Plumas County, particularly those most in need and who are frequently trapped in a revolving door of mental illness, incarceration, poor health, homelessness and despair.

Behavioral Health is in the midst of a **community assessment as part of the 3 year MHSA cycle,** the **Health Department is completing their Community Health Assessment**, and three **Hospital Districts have received Prime Grants** to address specific identified needs in their communities. We have an award winning coordination of services effort in the **20,000 Lives** collaboration and an excellent way for every citizen to become involved through the **Community Connections** program. Regardless of the mechanism, we as a community need a thorough understanding of the needs in our county, a catalogue of available resources in our communities, along with a clear, focused program to direct the collaborative efforts of any and all who choose to be a part of what could be a monumental shift in the delivery of services to the most challenged of our residents.

**What Are the Eight Dimensions of Wellness**

Learning about the Eight Dimensions of Wellness can help you choose how to make wellness a part of your everyday life. [Wellness strategies](http://www.samhsa.gov/wellness/strategies) are practical ways to start developing healthy habits that can have a positive impact on your physical and mental health.

The Eight Dimensions of Wellness are:

1. **Emotional**—Coping effectively with life and creating satisfying relationships
2. **Environmental**—Good health by occupying pleasant, stimulating environments that support well-being
3. **Financial**—Satisfaction with current and future financial situations
4. **Intellectual**—Recognizing creative abilities and finding ways to expand knowledge and skills
5. **Occupational**—Personal satisfaction and enrichment from one’s work
6. **Physical**—Recognizing the need for physical activity, healthy foods, and sleep
7. **Social**—Developing a sense of connection, belonging, and a well-developed support system
8. **Spiritual**—Expanding a sense of purpose and meaning in life

