

» USE CASE STUDY

# Informing Priorities to Improve Overall Well-Being for the Stanwood-Camano Community

The Health and Well-being Monitor™ showed that the Stanwood-Camano community can be enriched by creating opportunities that enhance mental well-being broadly, (including anxiety, depression, loneliness, self-care and connection to activities/ support), improved awareness/ access to general well-being resources, and access to local resources to support mental health. In addition, enhance security and basic needs, and work/learning & growth opportunities.

## Challenge

Making Life Work is a collaborative that supports initiatives to achieve substantial impact in the areas of social need. In order to broaden scope and reach, they jointly sought to create a common goal by which to prioritize their efforts and future funding, with an aim to inform a new vision and programming priorities that meaningfully and measurably improves overall community well-being and contributes to actions that will help our community become a stranger more thriving community together.

## Solution

In 2020, in the midst of a global pandemic. MLW partnership and SCAF selected the My Community Health & Well-being to support and guide their efforts. The Health and Well-being domain began the process and developed, vetted, and coordinated a survey is a tailored version of the county-wide survey, meant to explore particular characteristics that may influence well-being of the Stanwood- Camano community.

## Next Phase

It's all about using the data. Given strong community partnerships, Stanwood- Camano was able to mobilize quickly around priorities and next steps. Survey data was reviewed with all partners, and the group collectively decided to focus on a community mental health initiative. After a few meeting series, a community Mental Health Plan was drafted.

## Current Status

The Health and Well-being domain is coordinating plan priorities and early action steps based on resources, capacity and success indicators.

## KEY PARTNERS

- » City of Stanwood
- » Costal Community Bank
- » Sno-Isle Library
- » Stanwood-Camano Area Foundation
- » Stanwood Community Resource Center
- » Stanwood-Camano Food Bank
- » Stanwood Public Schools
- » Safe Harbor Free Clinic
- » Stanwood Community & Senior Center
- » YMCA—Stanwood

## DIMENSIONS INCORPORATED

-  Relationships & Social Connections
-  Physical Health
-  Mental/Emotional & Spiritual Health
-  Security and Basic Needs
-  Neighborhood & Environment
-  Work, Learning & Growth

## LEARN MORE

For information, contact MLW Health and Well-Being Domain Chairs:

Sandy Solis:  
[executivedirector@safeharborfreeclinic.org](mailto:executivedirector@safeharborfreeclinic.org)

Julie Vess:  
[jvess@lincolnhill-rc.org](mailto:jvess@lincolnhill-rc.org)

Funded and organized by: Making Life Work Collaborative and the Stanwood-Camano Area Foundation