



### Who We Are

*Title of Project, Name of Lead Entity, Partner, Counties in Indiana we are impacting.*

DSP Mental Health Toolkit  
Wabash Center, Inc. and Mental Health America Wabash Valley Region  
Tippecanoe, Montgomery, Benton, White, Carroll and Clinton Counties

### What We Expect if We Achieve our Vision

*Expected short-term and long-term outcomes; and positive impacts on individuals if your project successfully carries out these actions.*

- Further acknowledgment that DSPs are vital to the success of persons served and that their wellbeing is supported.
- Reduced DSP burnout, compassion fatigue, and turnover.
- Improved continuity of care for persons served.

### What We Will Do

*Specific actions your agency will take to carry out pilot project.*

Wabash Center is partnering with Mental Health America-Wabash Valley Region to offer across all three shifts, Mental Health education and resources to DSPs once a quarter. These sessions will focus on mental health challenges common amongst the DSP population, including but not limited to: depression, anxiety, secondary trauma, and best practices related to self-care. Additionally, DSPs who participate in these sessions have the opportunity to take a free mental health screening and be eligible for follow up from our partner through their mental health navigator program.

### How We Will Do It

*Plan and implementation*

Wabash Center and MHA are finalizing the curriculum for these sessions and plan to encourage participation and attendance by launching an awareness campaign in May to coincide with Mental Health Awareness month, promoting this as an opportunity for DSPs to become connected to a local mental health resource, learn about common mental health challenges among DSPs and best practices regarding self-care in this industry. Additionally, DSPs who self-select into these sessions will receive incentives to participate.

### What Will Result

*Long-term goals to transform services and/or better support individuals.*

Mental Health challenges are common among DSPs in our industry at a rate that is nearly twice that of the general population. This often leads to burnout, compassion fatigue, and exit from the industry. The goal of this program is to educate DSPs about those challenges, warning signs, self-care approaches that have demonstrated efficacy, and connection to local resources in an effort to support them in their difficult work, reduce turnover, and improve continuity of care for those we serve.

### What We Want to Avoid

*Outcomes that may take away from the vision and will serve as "red flags" to consider course correction.*

- Lack of engagement by DSPs due to stigma surrounding mental health.
- Lack of match between session offerings and DSP availability.
- Self-selection to this session will potentially impact outcomes, requiring methodology to control for this.

