

Recommended Strategy Map

HEALTH

Goal: Individuals/families have access to improve their overall health.

**Mental/Behavioral Health
and Healthy Lifestyles**

Strategies:

- Provide Mental health counseling and intervention services to individuals and families, including special populations.
- Programs aimed to prevent Adverse Childhood Experiences (ACEs) from contributing to life-long negative outcomes for current and future generations.
- Programs focused on expanding community awareness and reducing the stigma associated with having mental health and substance use disorders.
- Programs that educate and promote developing healthy lifestyles and encourage overall wellness, including healthy eating and nutrition, exercise, stress management, and other related topics.

- **El Paso United Family Resiliency Center (FRC)**
- **SingleCare Discount Prescription**
- Catholic Counseling Services, Inc.
- El Paso Child Guidance Center
- Family Service of El Paso