

# Behavioral Health

- **Goal 1:** Reduce key social-emotional risk factors associated with behavioral health issues.
  - **Objective 1.3:** Promote the development of effective stress management and coping skills.

| Priority Issue: Behavioral Health |  |  |                                     |                     |  |
|-----------------------------------|--|--|-------------------------------------|---------------------|--|
| Goal 1                            |  | Reduce key social-emotional risk factors associated with behavioral health issues. |                                     |                     |  |
| Objective 1.3                     |  | Promote the development of effective stress management and coping skills.          |                                     |                     |  |
| Key Actions                       |  | Timeline   | Responsible Partners                | Dedicated Resources | Accomplishments  |
| 1.3.A                             | Increase community awareness of the causes and impacts of stress and healthy behaviors that support well-being and resiliency. | 01/2022 - 06/2023  | Social Isolation Subcommittee (SIS) | None identified     | <ul style="list-style-type: none"> <li>Not Started</li> </ul>  |
| 1.3.B                             | Promote natural and built environmental design strategies that foster mental health and wellness.                              | 01/2021 - 06/2023  | SS                                  | None identified     | <ul style="list-style-type: none"> <li>Fairfax County is working with Thomas Jefferson HS to pilot and fund a student-led development of a parklet on the school's campus. The TJ students will take their experience and develop guidance and best practices for other schools to replicate.</li> </ul> |