## **HEALTH Goals and Objectives**

Goal One: Maintain and Expand Health/Prevention Services
Objective One: Review MTC's 5-year Business Operations Plan.
Objective Two: Create a specific Operations Plan modeled from MTC's 5-year Business Operations Plan for Behavioral Health, Aging, and Family Services as well as AODA at Maehnowesekiyah.
Objective Three: Recruit & retain providers; create an efficient flow for expanded specialist services for Physical Therapy, Massage Therapy, Chiropractic, and Acupuncture.
Objective Four: Provide aftercare services for transitional and other support groups; Narcotics Anonymous (NA); Smart Recovery options.
Objective Five: Create a plan for expanding the use of telehealth services for Tribal members.
Objective Six: Add other types of nature-based therapies – medicinal plants (Prevention & Behavioral Health) – Maehnowesekiyah.
Goal Two: Create a community of individuals who are responsible for making healthy lifestyle choices.
Objective One: Plan and communicate health data back to the community to increase awareness of health conditions.
Objective Two: Highlight champions of health to showcase successes and encourage other community members.
Objective Three: Create challenges/incentives and develop strategies that focus on approaches to making healthy change.
Objective Four: Define, educate, and promote trauma-informed care and response strategies to incorporate approaches across the delivery of services and development of policies.
Objective Five: Develop strategies that focus on food as medicine.
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