

# Update on the National Dialogue on Mental Health

May 15, 2014 1:00 p.m. Eastern

Pamela Hyde, Substance Abuse and Mental Health Services  
Administration

Carolyn Lukenismeyer, National Institute for Civil Discourse



# Introduction and Welcome

Pamela S. Hyde, J.D.  
SAMHSA Administrator



# SAMHSA'S EFFORTS

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- SAMHSA continues to support collaboration among national partners to increase awareness about MH issues.
  - ✓ Communicate about upcoming events
  - ✓ Find opportunities for cross-partner collaboration
  - ✓ Sharing messaging on social media platforms.

# RECENT COLLABORATIONS – EXAMPLES

2

- **SAMHSA’s Community Conversations About Mental Health:** Information Brief, Planning Guide, and Discussion Guide can be found here [www.samhsa.gov/communityconversations/](http://www.samhsa.gov/communityconversations/) for anyone to use. We now have Spanish Language Versions available
- **Creating Community Solutions** and Lady Gaga’s **Born This Way Foundation** recently partnered as part of Text, Talk, Act to Improve Mental Health
- The past Text, Talk, Act Event took place on April 24 in cities and towns in at least 13 different states

# RECENT COLLABORATIONS – MORE

2

- **National PTA** and **American Psychological Association** hosted a webinar during National Mental Health Awareness Month, to support SAMHSA's Community Conversations Initiative.
- The webinar was held on Sunday, May 4 at 7 pm – ***How to Tell When a Kid is Struggling Emotionally.***
- SAMHSA and other national partners helped promote event with over 1,300 people registered for the webinar and several hundred viewed archive conversation either live or on-demand.

# RECENT COLLABORATIONS – MORE

2

- **Jed Foundation** – collaborating/leading innovative award-winning efforts to raise awareness re importance of MH on college campuses
  - ✓ Hillary Clinton recognized **Jed Foundation** and **Clinton Health Matters Initiative** collaboration on a virtual event during keynote at National Council for BH's annual conference
  - ✓ **Jed Foundation** will be expanding *Jed Campus Initiative* launched as part of the National Dialogue to become the Jed & Clinton Health Matters Campus Program
  - ✓ Continues to partner with MTV to raise awareness about prevalence of MH issues on campuses

# MORE INFORMATION & RESOURCES

2

- **National PTA and American Psychological Association**
  - [SAMHSA's Community Conversations Initiative](#)
  - Main POC: Mary Pat King [mking@pta.org](mailto:mking@pta.org)
- **Jed Foundation**
  - Virtual event with Clinton Health Matters Initiative: [Mental Health and Wellness on Campus: A Town Hall Without Walls](#)
  - Jed & Clinton Health Matters Campus Program: ["My Healthy U"](#)
  - With MTV: [Half of Us campaign](#)
  - Partnering with Facebook to release a guide sharing information about warning signs of emotional distress: ["Help a Friend in Need"](#)
  - Main POCs: Gussie Foshay-Rothfeld [gfoshayrothfeld@jedfoundation.org](mailto:gfoshayrothfeld@jedfoundation.org)  
John MacPhee [jmacphee@jedfoundation.org](mailto:jmacphee@jedfoundation.org)  
Victor Schwartz [vschwartz@jedfoundation.org](mailto:vschwartz@jedfoundation.org)
- **SAMHSA's Children's Mental Health Awareness Day Event** at the National Council for Behavioral Health's Annual Conference featuring Chiara de Blasio and her parents NYC Mayor Bill de Blasio and Chirlene McCray: <http://www.samhsa.gov/children/national.asp>
  - To find out what communities across the country are doing for Awareness Day visit: [http://www.samhsa.gov/children/communityevents\\_2014.asp](http://www.samhsa.gov/children/communityevents_2014.asp)

# MORE SAMHSA Updates . . .

- **New Resources Available from SAMHSA at:**  
<http://www.samhsa.gov/communityconversations/>
  - **Toolkit for Community Conversations in Español:** Valuable resources for Spanish-speaking communities and professionals that work with Spanish-speaking populations
  - **Mayors' Resource Guide**
  - **Guide and Fact Sheet for Faith Communities**
- **Mental Health Month Blog Series-** In order to increase awareness and help educate Americans about mental health, SAMHSA/CMHS Director Paolo del Vecchio, MSW is releasing a series of blogs that discuss important issues for the behavioral health community and the nation. Learn more on SAMHSA's blog: <http://blog.samhsa.gov/>
  - First blog focuses on importance of concept of **recovery and hope**, how treatment is included in this concept, and features a powerful personal story. Click on the following link to read the blog <http://blog.samhsa.gov/2014/05/01/recovery-includes-medical-treatment/> and where you can also add your own comment
  - *Series will be published during May; share with your networks to help get the conversation started and/or keep it going*





# Creating Community Solutions

Part of the National Dialogue on Mental Health

## Creating Community Solutions Update

*GH Behavioral Health Funders Network*

May 15, 2014

AMERICASPEAKS



# Today's Presenter



**Dr. Carolyn Lukenmeyer**

Executive Director, National  
Institute for Civil Discourse

# What is Creating Community Solutions?

- Effort to organize hundreds of community conversations and action plans
- Six lead sites
- Wide variety of other events: small discussions, text-enabled dialogues, large planning processes



# Goals of the Deliberations

Get Americans talking about mental health to break down misperceptions and promote recovery and healthy communities



# Goals...

Find innovative community-based solutions to mental health needs, with a focus on helping young people



# Goals...

Develop clear steps  
for communities to  
move forward in a  
way that  
complements existing  
local activities



# CreatingCommunitySolutions.org

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Click on a pin for details of the event

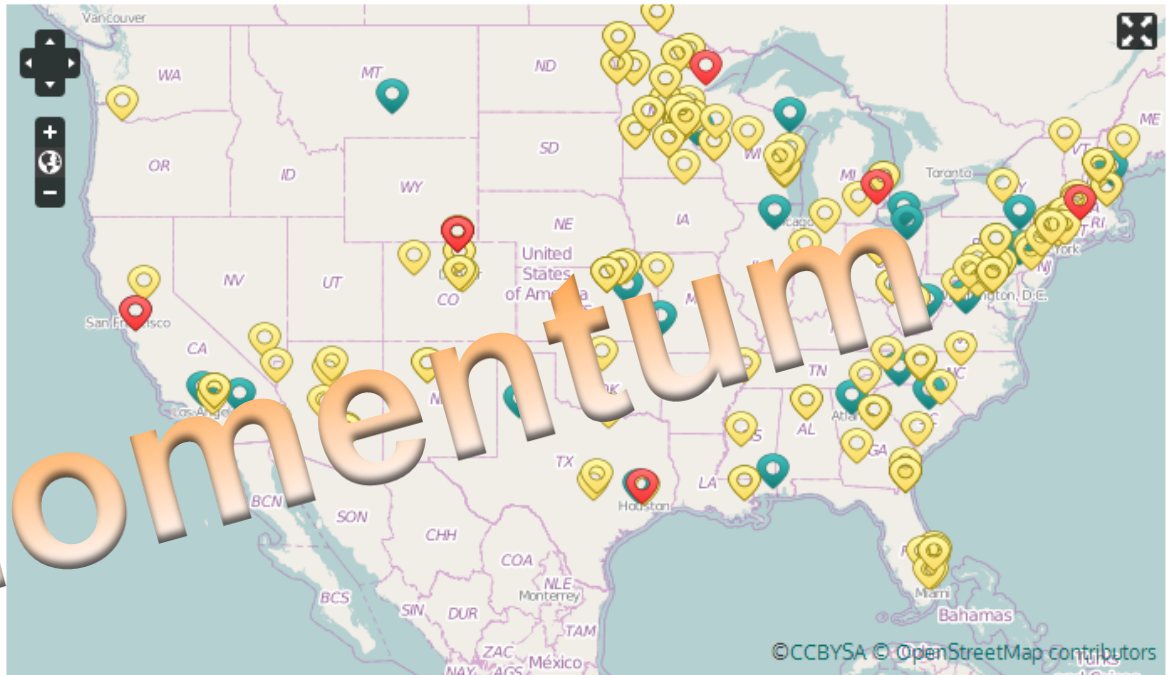
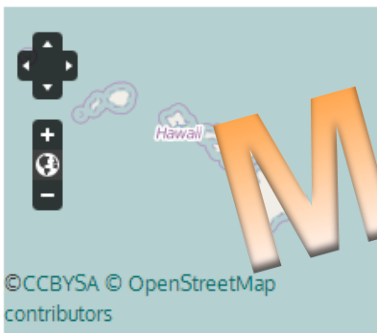
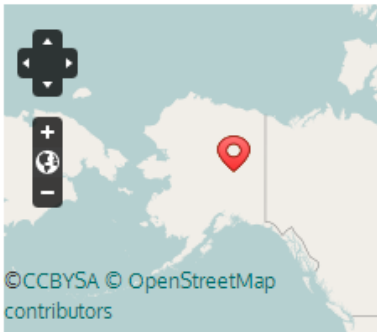
- Previous Events
- Upcoming Events
- Events being planned

# Creating Community Solutions Team

- National Institute for Civil Discourse
- Everyday Democracy
- *AmericaSpeaks*
- National Issues Forums Institute
- National Coalition for Dialogue and Deliberation
- Deliberative Democracy Consortium
- *In concert with:*  
Substance Abuse and Mental Health Services Administration










# Momentum

Click on a pin for details of the event

 Previous Events

 Upcoming Events

 Events being planned

# Lead Sites

- 6 lead sites to date:
  - Sacramento
  - Albuquerque
  - Kansas City
  - Washington DC
  - Birmingham
  - Columbus



# Lead Sites - Action Plan Implementation

Final Report  
November 2013



Sacramento  
Mental Health Action Plan:  
Breaking through Barriers  
on Mental Health

# Distributed Conversations

- 150 conversations
- Over 1,600 participants
- Statewide conversations in Arizona and New Hampshire



# Emerging Themes

- Need for more conversations and public education to **raise awareness and reduce stigma** about mental health
- Need more information about how to **access services/what is available**
- Need for **training for educators and first responders**
- Need for more **integrated, holistic care**
- Need for **culturally appropriate** care and treatment options
- Need to **build relationships and trust** among service providers and people from minority ethnic/cultural backgrounds
- Benefit of **dialogues** as a **powerfully positive experience** for individual participants, particularly those who have lived experience with mental illness



JOIN US FOR THE SECOND **TEXT-ENABLED CONVERSATION** ON MENTAL HEALTH!

NOW THROUGH MAY 31!

IT'S EASY!



(Standard rates may apply.)



Talk in groups of  
4 to 5 people about the  
issues presented.



Be part of  
the change!

@MentalHealthCCS

#TEXTTALKACT

SIGN UP NOW!

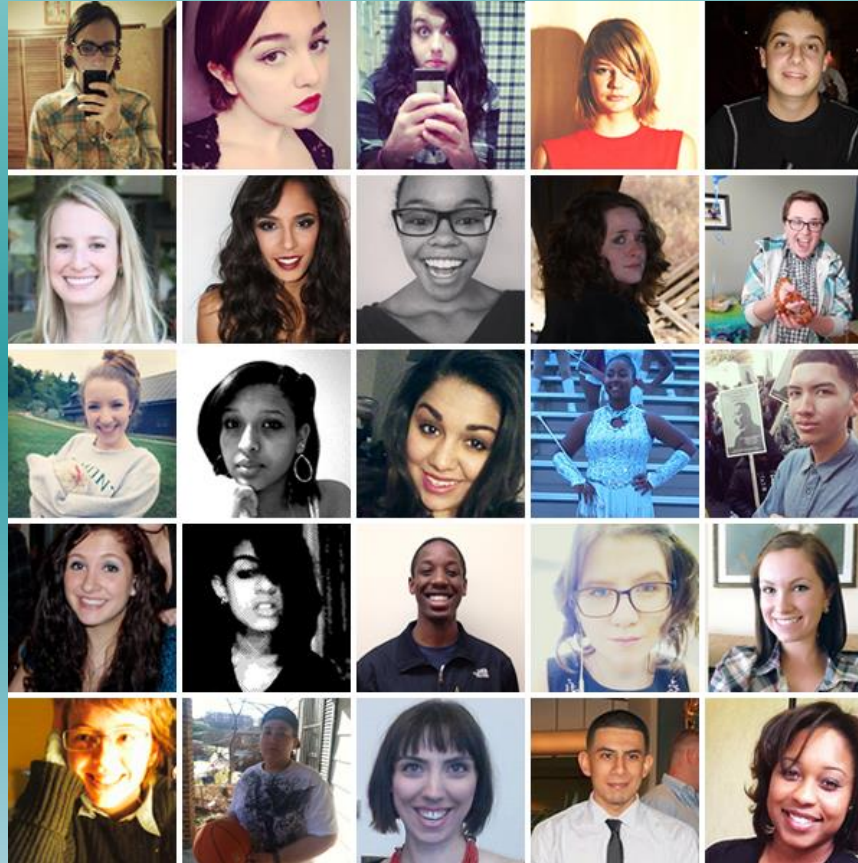
[www.bit.ly/texttalkact](http://www.bit.ly/texttalkact)

We respect your privacy and will not save or share your personal information.

# Partnering Organizations



# Youth Organizers





# Social Media

## #TextTalkAct Selfies



# Text, Talk, Act Results

## Participation

- 800 phone lines
- Over 2,000 participants
- Large % of young people (75% under 35, 41% 18–25)
- Ethnically diverse (over 30% identified as people of color)



## Social Media Analytics

- 4.5 million impressions
- 2,290 tweets
- 868 participants

# TTA Emerging Themes

- Similar themes as other CCS conversations
- Two new themes:
  - Safe places and peer/social support
  - More affordable mental health care/insurance



# Critical Work to be Done

- To build on the current momentum, we have to keep in place:
  - National Partnership Coordinator
  - Community Liaison
- Continue work in lead cities still to come
  - Colorado
  - Seattle Washington
- Support the development of a learning community among the implementation action teams in the various cities
- Evaluation Research

# Media in Colorado



# What You Can Do

- Join a dialogue in your community
  - [www.creatingcommunitysolutions.org](http://www.creatingcommunitysolutions.org)
- Start a dialogue: contact Sue McCormack, CCS Community Liaison
  - [suea.mccormack@gmail.com](mailto:suea.mccormack@gmail.com)
- Host a Text, Talk, Act event
  - [www.bit.ly/texttalkact](http://www.bit.ly/texttalkact)
- Help spread the word
- Help support critical work to be done

# Thank You!

**Carolyn Lukensmeyer**

Executive Director

National Institute for Civil Discourse

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AMERICASPEAKS



# Question?

Please type your question into the Chat Box or press  
\*6 to unmute your phone line and ask a question



- More webinars on this topic?
- New topics you want to tackle or learn more about?
- Innovative work that you want to share?
- A question you want to pose to your colleagues?

Contact us at [BHFN@gih.org](mailto:BHFN@gih.org)