

TITLE: Supporting mental health through Community Conversations: Adapting a best practice curriculum in two rural Oregon counties

AUTHOR(S): Abbey Martin, Dusti Linnell, Robin Maille, Sandi Cleveland Phibbs, Marion Ceraso, Allison Myers

PRESENTER(S): Abbey Martin

STUDENT SUBMISSION: No

TOPIC/TARGET AUDIENCE: Community conversations about mental health (program developers, coordinators, all).

ABSTRACT: Background: Oregon ranks third from worst in the United States for its high rates of mental illness and low rates of access to care for adults.¹ SAMHSA's Community Conversations About Mental Health toolkit supports community collaboration to develop plans for addressing mental health needs. Purpose: This project used the toolkit as a framework to bring together stakeholders to understand mental health challenges facing the community, reduce stigma about mental health challenges and treatment, and develop action plans to address priorities. Methods: The OSU Coast to Forest Project tailored toolkit materials and facilitated two sets, four conversations each, of Community Conversations in Tillamook and Union Counties. We collaborated with local partners from development to completion to incorporate local data sharing and determine discussion topics. Results: Adaptations included incorporating substance use prevention, mapping local behavioral health supports, and using participant-generated priorities to decide action items. Both counties developed action items and committed to a follow-up plan upon conclusion of implementation. Implications: Building community trust and increasing collaboration are critical components to local capacity to make programmatic and policy change. This presentation will detail adaptations made, lessons learned as a result, and the impact adaptations had on supporting conversation goals. _____1.

<https://mhanational.org/issues/2022/ranking-states#one>

OBJECTIVE(S): Describe adaptations of the Community Conversations About Mental Health toolkit as applied in two rural communities in Oregon. Identify strengths of the Community Conversations model and areas that could be adapted for other communities. Assess the usefulness of the toolkit for engaging community stakeholders around issues of behavioral health.
