

# Creating Community Solutions

Part of the National Dialogue on Mental Health

## Creating Community Solutions, *part of the National Dialogue on Mental Health*

IAP2

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# Presenter



**Dr. Carolyn J. Lukenmeyer**

Executive Director, National  
Institute for Civil Discourse

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# National Dialogue on Mental Health

"Only 40% of people with mental illness receive treatment. We would not accept that for any other disease...." **President Obama**

"We have to change hearts and minds..." **Secretary Sebelius**



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# Poll Question



# What is Creating Community Solutions?

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

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# 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





# Who is involved?

- Federal agencies
- Local governments
- Nonprofit organizations
- Faith communities
- Professional associations
- Local funders
- Networks of all kinds

# 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

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# Core Strategy

- Centralized (lead cities)
- Decentralized (community conversations)
- Virtual Engagement (Text, Talk, Act)

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# National Partners

Any citizen or community group can use the resource materials on this site to organize a gathering

To date, the following groups have initiated dialogues:

City of Fort Collins, Colorado, Human Relations Commission

Camden County Technical School (CCTS)

Center for Civic Engagement

Center for Public Deliberation

City Club of Cleveland

Coalition on Temporary Shelter

Colorado Springs Diversity Forum

Common Focus

Common Ground

Community Institute for Psychotherapy

Creating Community Solutions Colorado

Fairfield County, CT

Forest Lake Area Partnership for Families

Foundation for the Mid-South

Georgia College American Democracy Project Public Voice Partnership

H.E.A.L.T.H for Youths

Healthy Detroit

Impact MORE: Minds that Open, Recover, and Engage

Intellitics

Kent ISD

Laboratory for Deliberative Democracy

Loving You Through

Mental Health Association in Suffolk County

National organizations can encourage their local affiliates or chapters to engage members

To date, the following organizations have encouraged members to convene events:

4-H Positive Youth Development

Alliance for Children and Families

American Association of People with Disabilities

American Bar Association

American Counseling Association

American Library Association Center for Civic Life

American Mental Health Counselors Association

Association of Rural and Small Libraries

Born This Way Foundation

Children's Mental Health Network

Half of Us

I Am Not Crazy

Living Room Conversations

National Alliance on Mental Illness

National League of Cities

National Physicians Alliance

NSPRA

Speak Up for Kids

Text Talk Act

The National School Climate Center

United Way

Urban Libraries Council

Youth Move National

YWCA

Mayors can issue an invitation to one of the founding deliberative democracy organizations

To date, the following cities have initiated dialogues:

Albuquerque, New Mexico

Birmingham, Alabama

Columbus, Ohio

Kansas City, MO & Kansas City, KS

Sacramento, California

Washington D.C.

Organizations can offer support to community dialogues on mental health

To date, the following organizations have offered support:

Foundation for Excellence in Mental Health Care

International Association for Public Participation

National Association for Community Mediation

Public Conversations Project

Albuquerque, NM  
Birmingham, AL  
Columbus, OH  
Kansas City, MO & Kansas City, KS  
Sacramento, CA  
Seattle, WA  
Washington, DC

# LEAD CITIES

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# Lead Cities

- Mayors called for engagement on mental health
- Local organizing team worked either with AmericaSpeaks, Everyday Democracy, or NIF Institute to plan process
- Large-scale deliberative event as a focus point of local process



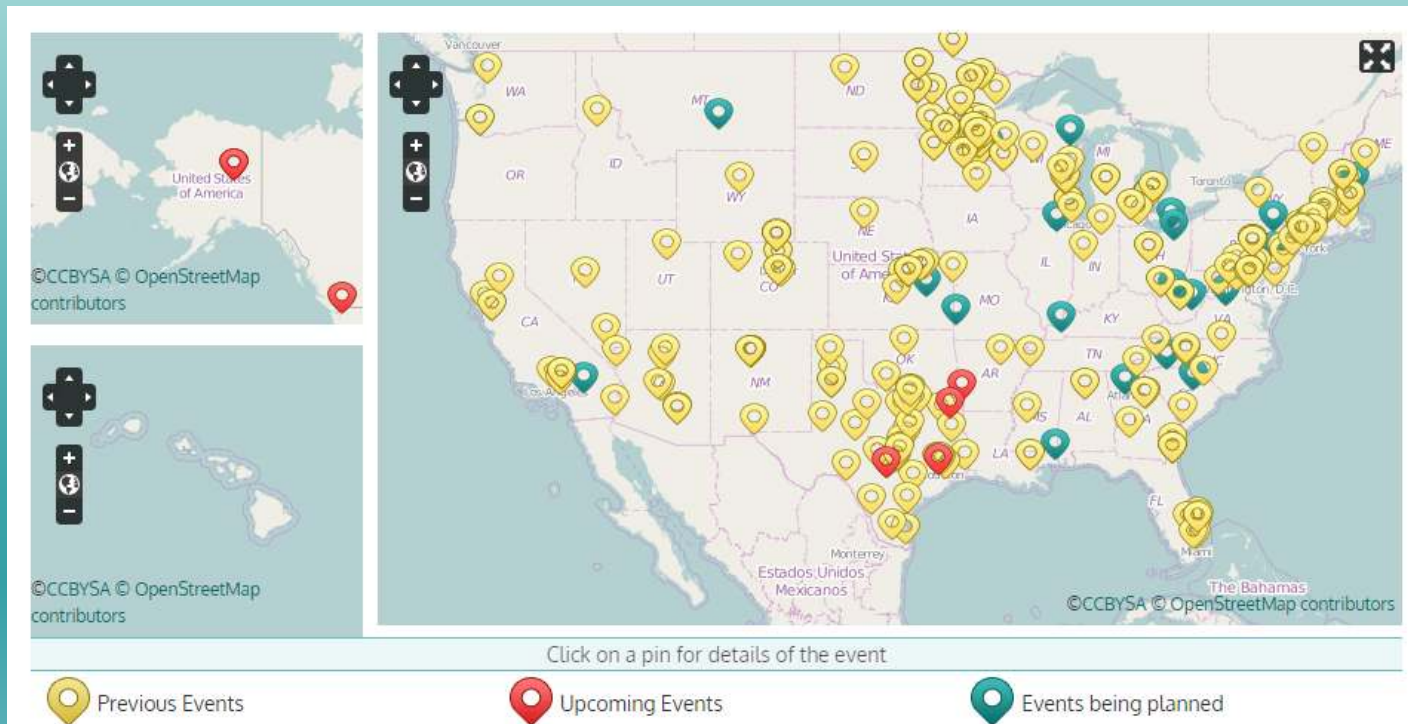
# Sequence of the Discussions

- Starting the Conversation
- Identifying the Challenges
- Focusing on Youth
- Determining Community Solutions

# Toolkit

- Information brief – data on mental health
- Discussion guide – useful for events of various sizes; also being used to frame online dialogues
- Organizing guide – lays out steps for small groups, larger forums, big planning processes





# DISTRIBUTED CONVERSATIONS

# Distributed Conversations

- **224** community conversations on mental health
- **85** outcome reports uploaded to the site
- **4** upcoming events
- **27** events still being organized

# Sample Conversations

- Palm Beach County, Florida
  - #OK2TalkPBC
  - Conference on mental health and criminal justice system
  - 250+ participants
  - Discussed recommendations around six key issues and how to move forward.



# Sample Conversations

- Connecticut
  - Dialogues led by North Central Regional Mental Health Board
  - Four, half-day events designed to be part of priority-setting process
  - Initial dialogues could lead to broader discussions of Affordable Care Act



# ADAPT AND INNOVATE TEXT, TALK, ACT

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# Poll Question



# The Challenge



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# The Idea

**1**



Gather 3-4 people and text "start" to 89800\*.

**2**



Talk with your group using the text-enabled questions.

**3**



Be part of the change!

Standard rates may apply.

\* For participants from Canada or whose phones can't use short codes use 7785881995

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# Brain Trust



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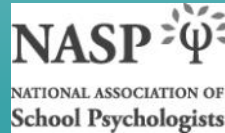
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# Partnering Organizations

Powered By:



Official Partners:



Promotional Partners:



Help at your fingertips, 24/7

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# Social Media

#TextTalkAct Selfies



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# Participants

- Estimated 14,000 young people have joined Text, Talk, Act
- Ethnically and geographically diverse
- All 50 states
- According to follow-up surveys:
  - 90% reported an increase in understanding
  - 65% reported an increase in their level of comfort in talking about mental health
- Over 9.5 million impressions on social media for #TextTalkAct

# Spring 2015 Text, Talk, Act

- Two Nationwide Dates:
  - April 14<sup>th</sup> (in collaboration with Active Minds' Stress Less Week) and
  - May 7<sup>th</sup> (in partnership with SAMHSA's National Children's Mental Health Awareness Day



# Text, Talk, Act Contest

- Text, Talk, Act organizers can win a cash prize for their middle school, high school, college, or nonprofit community organization.
- Learn more: [bit.ly/TTAContest](http://bit.ly/TTAContest)



# IAP2 Core Value Awards Judges Feedback

- Scale and ambition is impressive
- Most creative submission
- Great attention to core stakeholders, generational and demographic diversity
- Very inspirational
- An audacious challenge requiring cooperation among many different organizations
- Text, Talk, Act – different approach than more typical online platform combined with discussion
- Excellent effort to draw in population with mental health issues themselves - not just experts
- Showed care, intensity, faithfulness, and tenacity – really worked hard and didn't neglect any aspect

# What You Can Do

- Help spread the word
- Organize a Text, Talk, Act event
- Put your pin in the map
- Find local allies, through the map or through us
- Learn more about this initiative and sign up for our mailing list at:  
[www.creatingcommunitysolutions.org](http://www.creatingcommunitysolutions.org)

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# Thank You!

Carolyn J. Lukensmeyer

202.580.6651

[cjlukenismeyer@email.arizona.edu](mailto:cjlukenismeyer@email.arizona.edu)

[www.nicd.arizona.edu](http://www.nicd.arizona.edu)

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