SIGNIFICANCE OF MENTAL HEALTH & BRIDGING THE GAP WITH COMMUNITY ENGAGEMENT

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Agenda

1. Introduction
2. Interesting Fast Facts
3. Conversation Starter
4. What Is Seen In the Field
5. Importance of Community Engagement
6. Strategies & Implementation
7. QC&A

Question

Have you ever met someone with mental illness or a mental disorder?

Interesting Fast Facts

✓ More than **1 in 5** U.S. adults experience mental illness each year

✓ More than **1 in 20** U.S. adults experience serious mental illness each year

✓ More than **1 in 7** U.S. youth ages 6-17 experience a mental health disorder each year

✓ About **50%** of all lifetime mental illness begins by age 14, and 75% by age 24

✓ Suicide is the **2nd leading** cause of death among people ages 10-24

WHY WE ARE HAVING THIS CONVERSATION!

Mental health is already a part of our work whether we name it or not.

- Many residents we serve experience trauma, anxiety, depression/serious mental illness

- Housing instability and homelessness **worsen mental health**

- Impacts the way we engage, safety, housing retention (clients) & staff burnout

"They may forget what you said, but they will never forget how you made them feel."

– Carl W. Buechner

Reality in the Field

What we are seeing in the field:

- Crisis behaviors during outreach or intake

- Clients disengaging or cycling back into homelessness

How the work affects staff:

- Staff absorbing emotional strain without enough support (BE CAREFUL IT DOES NOT HAPPEN TO US!)

- Field staff regularly hears others trauma, sees others instability and help manage other peoples' crisis

- "You don't have to feel overwhelmed to be impacted"

- Much of the field work does not show up in reports and gets carried silently

Reality in the Field Continued..

So now what!?

Tips for mental health!

- Stretch breaks, lunch walks, team support (ASK for help if needed!)

- Peer Micro-Support - Take a walk with a co-worker. Try talking to someone for a few minutes and disconnect.

- Puzzles – A great way to disconnect.

- Close the Mental Tab - After a difficult interaction, your brain keeps replaying it. At your desk or car, say quietly, "That interaction is complete."

- Break out of routine – Stand during phone calls, detach from your phones (NO SCROLLING)

- Take 5 minutes and read a book

- "WE PROTECT THE GOAL BY PROTECTING OURSELVES AND EACH OTHER! WE NEED EVERYONE HEALTHY!"

Importance of Community Engagement

Community engagement is the "process of working collaboratively with and through groups of people affiliated by geographic proximity, special interest, or similar situations to address issues affecting the well-being of those people." (CDC, 1997)

Community engagement promotes the following:

- Local capacity building

- Improved access to resources

- Creating culturally relevant, community-led solutions

- Empowering individuals with lived experiences

Strategies
& Implementation

- Partaking in routine and consistent outreach

- Conduct community-led needs assessments using surveys, dialogues, and resource mapping

- Empowering and integrating individuals from different backgrounds to increase knowledge through public meetings

- Creating programs and developing initiatives centered around mental health awareness

- Evaluate impact, celebrate successes, and strengthen processes

Short Video

https://youtu.be/Wf8oPYlEPB8?si=5PndJQWbjNJaClXt

Questions, Comments & Answers