

MENTAL HEALTH & SUBSTANCE USE

# COMMUNITY CONVERSATION

PARTICIPANT GUIDE

**SPEAK**  
**YOUR**  
**MIND**  
TEXAS.ORG

# WELCOME

## Introduce Facilitators

### Community Conversations Discussion Guidelines:

- Every voice is equal.
- Listen to one another.
- Each person gets a chance to talk.
- One person speaks at a time.
- Speak for yourself, rather than your “group.”
- It’s OK to disagree. If you feel upset, say so and say why.
- Stick to the issue.
- If you talk about people who are not here, don’t say their names.
- Some of what we talk about will be very personal. We will not repeat personal stories to other people without permission.
- Help the facilitator keep things on track.

## SMALL GROUP SESSION 1:

### Introductions and Community Building

**GOAL:** Get to know each other, review discussion guidelines, talk about what mental health means to each of us and to our community.

#### Discussion Questions

#### Notes

1. Does anyone have questions about the discussion guidelines? Are there any other guidelines you would like to add to the list?
2. Each person, please share your name and a sentence or two about why you wanted to be part of this community conversation.
3. Why is mental health important to you and to your community?
4. Describe an experience in your life that informs what you believe about mental health.
5. What do you hope this dialogue will lead to?

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# PANEL DISCUSSION

## The Impact of Mental Health and Substance Use Issues in Communities

The panel will discuss what is going on in the local community as well as signs to look for, personal stories and resources.

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# SMALL GROUP SESSION 2:

## Exploration of How to Respond

**GOAL:** Identify challenges within our community and ideas for overcoming those challenges.

Discussion Questions	Notes
1. What else can we do to respond as individuals, with other small groups and as a community?	<hr/>
2. Which ideas seem most doable?	<hr/>
3. What would it take to make these ideas happen? Who would need to be involved, and what would they need to do?	<hr/> <hr/> <hr/>
4. What are the top action ideas we'd like to share with the larger group or move forward on after this meeting?	<hr/> <hr/> <hr/> <hr/> <hr/>



