

MENTAL HEALTH & SUBSTANCE USE

COMMUNITY CONVERSATION

FACILITATOR GUIDE

SPEAK
YOUR
MIND
TEXAS.ORG

WELCOME

Local Organizer welcomes participants, gives opening remarks, and introduces facilitators.

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.

FACILITATOR:	Tips for Facilitators/Notes
<p>Local Organizer/Emcee reviews the Community Conversation Discussion Guidelines:</p> <ul style="list-style-type: none">• Every voice is equal.• Listen to one another. Treat each other with respect.• 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.	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
FACILITATOR:	Tips for Facilitators/Notes
<p>Welcome everyone at your table.</p> <p>Explain that you will be facilitating the discussion, not joining in with your own opinions. Ask for a volunteer scribe to capture stories, ideas and challenges.</p> <p>Work through discussion questions:</p> <ol style="list-style-type: none">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.	<p>You don’t have to cover every question. Choose the ones that you think will work best for your group.</p> <p>From the start, people may come up with ideas about how to promote better mental health. Let the group know you’ll be talking more about action ideas later, but ask the scribe to keep a list of “Action Ideas” that come up throughout the discussion.</p> <p>For question #2, go around the table in order giving everyone a chance to respond. After that, you don’t have to go around the table in order, but make sure everyone who wants to speak has an opportunity.</p>

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?

If people share things that are already being done to improve mental health, keep another list of "Things We Are Doing."

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.



SMALL GROUP SESSION 2:

Exploration of How to Respond

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

FACILITATOR:	Tips for Facilitators/Notes
<p>Review the items discussed by the panel. Work through discussion questions:</p> <ol style="list-style-type: none">1. What else can we do to respond as individuals, with other small groups and as a community?2. Which ideas seem most doable?3. What would it take to make these ideas happen? Who would need to be involved, and what would they need to do?4. What are the top action ideas we'd like to share with the larger group or move forward on after this meeting?	<p>Action ideas are things we can do. Help your group to be specific.</p> <p>Instead of: "We need more mental health services in our schools."</p> <p>Try this: "Meet with school officials to talk about mental health services."</p> <p>All ideas are okay. Don't judge ideas. Anyone can offer an idea. Have the scribe record all ideas. Try not to get too bogged down in the details of any particular idea.</p>

LARGE GROUP DISCUSSION – WHAT ARE NEXT STEPS?

Facilitators share highlights from each of the table discussions. The panel provides resource information and next steps for the process.

Closing Remarks:	Facilitator Notes

