



Community Conversations:

Public health planning and community resilience

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Health reform, stigma and communities

- The ACA is changing our health care markets: increased coverage; expanded Medicaid, essential benefits and parity rules are redefining the boundaries of the current “market”
- Increasing public awareness of the costs of people with mental illnesses and the need for community action
- 2012 White House Conference on Mental Health focused on
 - Reducing stigma;
 - Helping people recognize the importance of reaching out for assistance
 - Mental Health First Aid
 - Promoting primary care screening: Check up from the Neck Up
- Now is the Time Plan:
 - Community Conversations
 - Grants: HRSA Workforce training; Project Aware; Healthy Transitions, and Block Grant expansion to include 5% set asides for early SMI including psychosis.

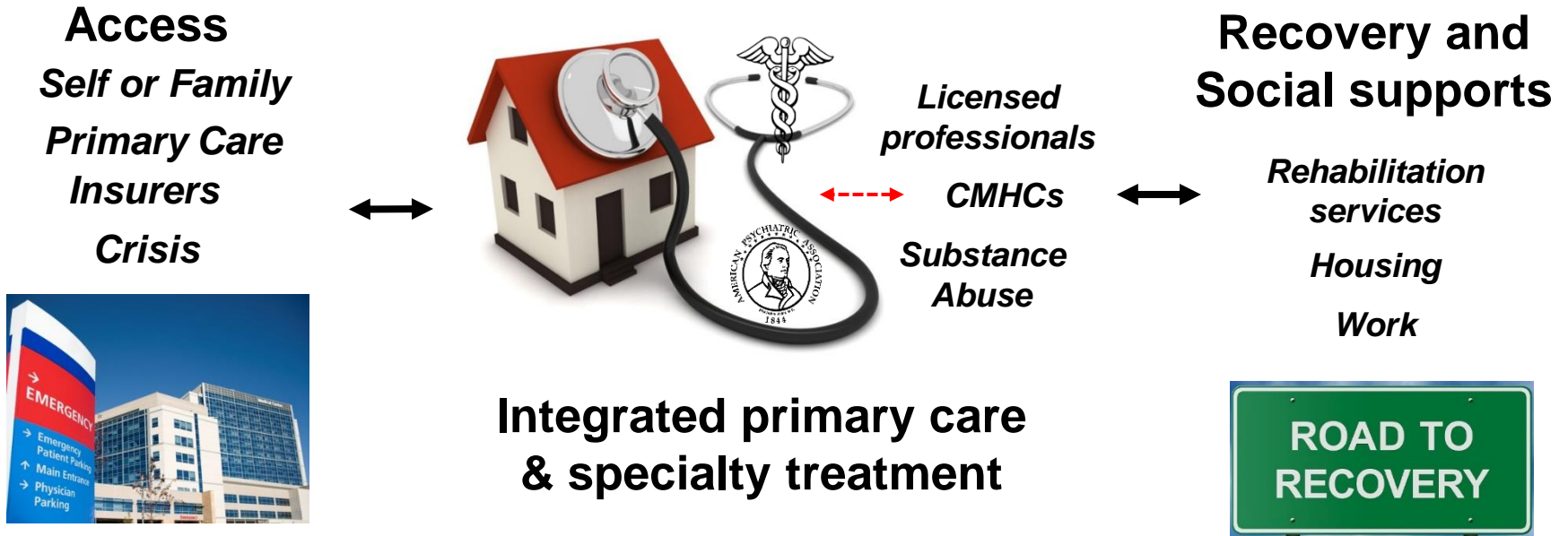


All need is “local”

Communities include neighbors, faith organizations, municipalities, work, peer groups such as associations and clubs.



Communities: Prevention, first response and safety net



Community resiliency is a function of social capital

Community resilience is a measure of the sustained ability of a community to utilize available resources to respond to, withstand, and recover from adverse situations. RAND

But resilience is not relevant just in disasters.....





Social Capital

Social capital is measured by self-reported “connectedness” between individuals and local organizations including measures of:

- Trust
- Participation – Politics, civic organizations, etc.
- Engagement – giving and faith based organizations
- Informal social contacts





Effective collaboration requires communication, shared business processes and networking.

It is not top down.

It is horizontal.





Toolkit for Community Conversations

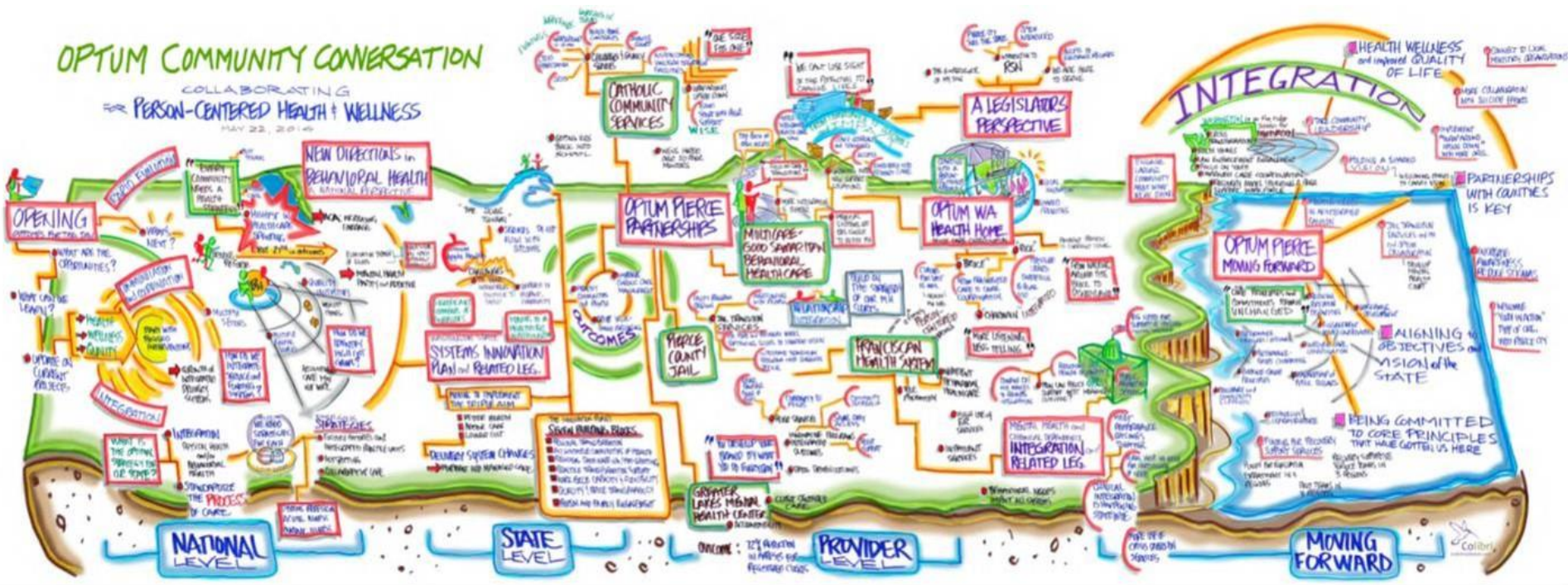
Four session approach

- **What Does Mental Health Mean to Me? To Us as a Community?**
 - How are mental health issues affecting people in the community? How are the issues intertwined with substance abuse and physical health?
- **What Are the Challenges and Factors We Should Consider?**
 - What impacts the mental health of our youth? Key risk and protective factors? Promising strategies? Challenges to reach consensus?.
- **What Can We do to Support Young People?**
 - Lessons from research – Youth have high prevalence, low help-seeking rates and high costs. How can we best support the mental health of young people? Examples include: Crisis and first responses? Access to care? Building connections and mobilizing all the resources.
- **What Steps Do We Want To Take as a Community?**
 - Whether you are part of a small group of concerned citizens or a community-wide planning process, you can start working on local ideas and can focus on identifying individual and community solutions.



Annual Community Conversations

Collaboration and shared vision in Pierce County

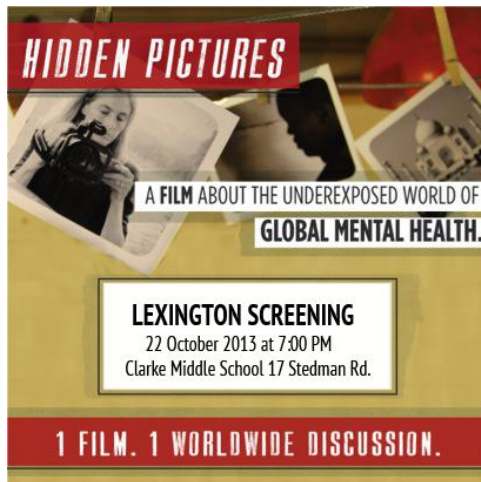


Pierce County - detail



Lexington MA Community Conversation

**Lexington Healthy
Communities Survey (18-
month process)
Mental Health was top priority**



Community Health Network
Area 15 grant to fund free MHFA
trainings to Lexington residents
and organizations.

May Community Conversation





Integration or coordination? Both require trust and leadership





Thank you

