

Small Group Discussion: Youth

- ❖ More Holistic Collaborative Approach
- ❖ De-stigmatize (Within peer groups, parents, family and educators)
- ❖ Age appropriate outreach and education (e.g., SOCIAL MEDIA)
- ❖ Culturally appropriate resources and training
- ❖ Dual diagnoses (substance use/abuse and/or mental health issues)
- ❖ Include military youth and youth in military
- ❖ Access and Crisis Line 800-479-3339

Small Group Discussion: Latinos

- ❖ Importance of the **Setting**
- ❖ Cultural match
- ❖ Use the right words - how does the community talk about depression? Mental illness?
- ❖ Cross-training - Involve everyone! Primary health, mental health, substance abuse treatment, community experts, front line staff
- ❖ More time! Everyone in the room has addressed these challenges and has solutions. How do we move forward collectively?

Small Group Discussion: LGBTQI

- ❖ Address diversity within LGBTQI community (ethnicity, socio-economic factors, gender, etc.)
 - ❖ Further diversity within LGBTQI regarding identity and needs
- ❖ Support outside families: broaden people who feel confident engaging in discussion
- ❖ Access to information: ensure internet has accurate information and access to services
- ❖ Open communication with school boards and engage parents
- ❖ More LGBTQI cultural competency training within schools and service agencies
- ❖ Make services available throughout county, not just urban areas. Make services affordable; esp. youth so they can access services on their own

Small Group Discussion: Native American

- ❖ “Nothing about us without us”
 - ❖ Sustainability of programs
- ❖ Greater understanding of historical development
 - ❖ Mistrust
- ❖ Culturally driven process
- ❖ Creating opportunities for community to become providers
- ❖ Strength-based approach when working with community
 - Culture is our prevention (protective factor from suicide)
- ❖ County to address denial of services within communities (health and school-based denial)

Small Group Discussion: Old Adults

- ❖ High completion rate resonated
- ❖ Lack of familiarity with the Access and Crisis line
- ❖ Data/research on the impact of the loss of a spouse
- ❖ Impact of Isolation
- ❖ Rebranding MH terminology to increase participation
- ❖ Integrated model of care and education, peer vols.

Small Group Discussion: Asian Pacific Islander

- ❖ Additional info needed on male API data and South Asian/Middle Eastern
- ❖ Create a warm line integrating community support
 - ❖ Peer to peer
 - ❖ Intergenerational
 - ❖ Mentorship
- ❖ Meet the community where they are
 - ❖ Festivals
 - ❖ Gatekeepers
 - ❖ Relationship building