

Supporting mental health through *Community Conversations*: Adapting a best practice approach in two rural Oregon counties

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Learning Objectives

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1. Describe adaptations of the *Community Conversations About Mental Health* Toolkit as applied in two rural communities in Oregon.
2. Identify strengths of the *Community Conversations* model and areas that could be adapted for other communities.
3. Assess the usefulness of the toolkit for engaging community stakeholders around issues of behavioral health.

Background

Mental Health in Oregon



Oregon ranks as the worst state in the nation for prevalence of mental illness.¹



Suicide is the 8th leading cause of death in Oregon.²



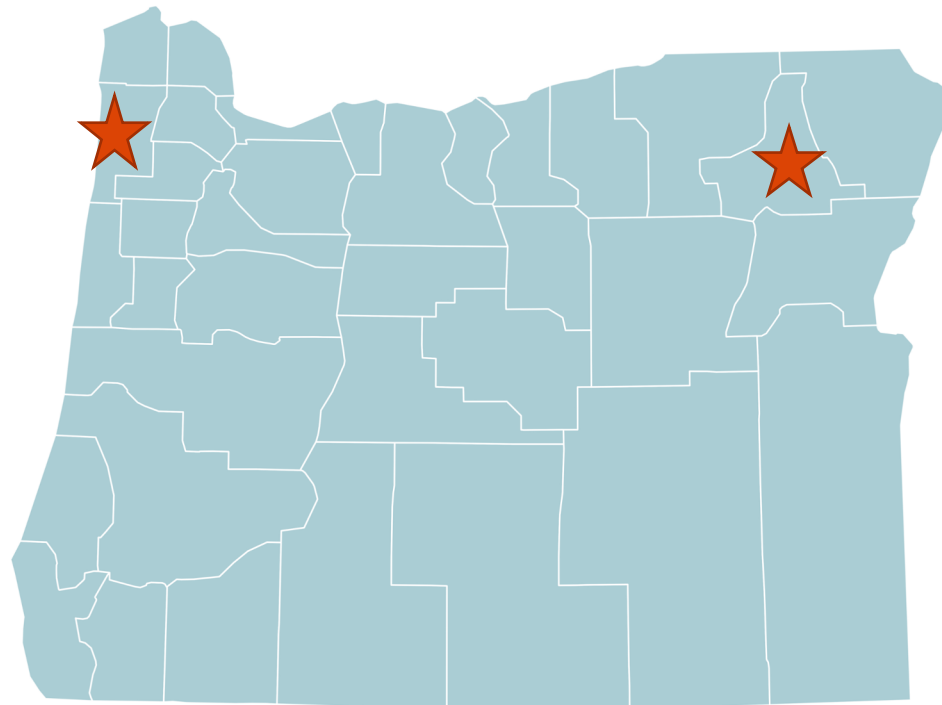
Drug overdose deaths rose by 33.63% in Oregon between December 2020 and December 2021.²

Prevention and treatment work and recovery is possible.

Mental Health in Tillamook and Union Counties

Tillamook County:

- 23.2% of the population is estimated to experience depression¹
- 42% of adults reported 1 or more days of poor mental health in the past 30 days²
- 33% of 11th graders who felt so sad or hopeless almost every day for two weeks that they stopped doing usual activities³



Union County:

- Behavioral health was the highest priority issue for EOCCO in 2021⁴
- 20% of adults looked for programs to address depression, anxiety or other mental health problems in 2021, but only 12% found one⁵
- 20% of adults have four or more ACES⁶

1. OHA BRFSS data, unadjusted (2014-2017); 2. CPCCO Regional Health Needs Assessment (2019); 3. CPCCO Regional Health Needs Assessment (2019); 4. EOCCO Community Health Plan (2021); 5. Union County Community Health Assessment (2021); 6. EOCCO Community Health Assessment (2018).

COAST TO FOREST

GOALS

- ▲ Improve mental health and well-being
- ▲ Reduce opioid misuse and abuse and associated harms
- ▲ Expand training tools and technical assistance through the OSU Extension Service and College of Public Health and Human Sciences
- ▲ Build capacity in rural Oregon to prevent and reduce opioid and stimulant use disorders and their consequences, and move people to recovery.

PROGRAMS

COAST TO FOREST LOCAL

Baker, Lincoln, Tillamook and Union Counties
USDA FUNDING (\$289K)

1. Free Mental Health First Aid Training (MHFA)
2. County-specific Resource Guides
3. Local Extension Radio Programming

plus

4. Community Conversations
5. Prevention Week

COAST TO FOREST OREGON

All 36 Oregon Counties
SAMHSA FUNDING (\$1.1M)

plus

6. Web Library of Tools, Resources, Trainings
7. De-Stigmatizing Media Training
8. Substance Use Disorder 101 Training

Oregon State University College
of Public Health and Human
Sciences

OSU Center for Health
Innovation

OSU Extension Family and
Community Health

Purpose

SAMHSA's Community Conversations About Mental Health

Session 1: Share personal experiences

- What does mental health mean to me/to us?

Session 2: Discussion of challenges

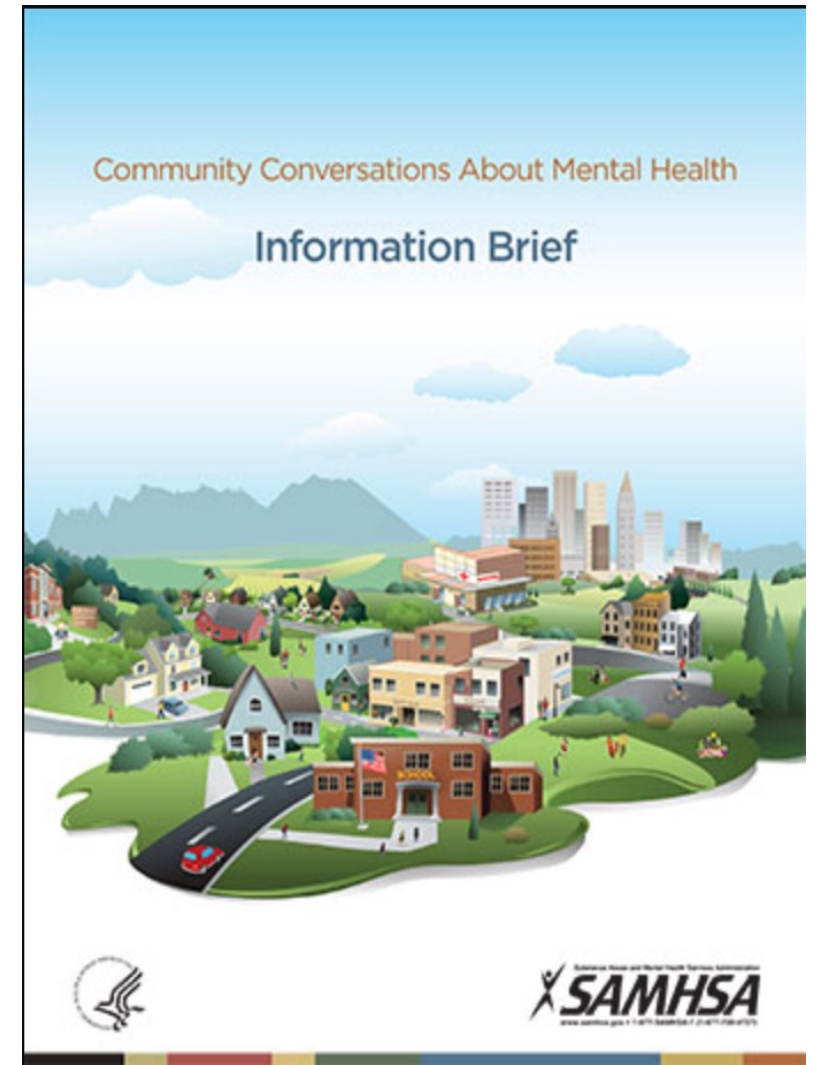
- Emphasizes identifying risk/protective factors and common ground

Session 3: Exploration of how to respond

- Consider ways to improve mental health

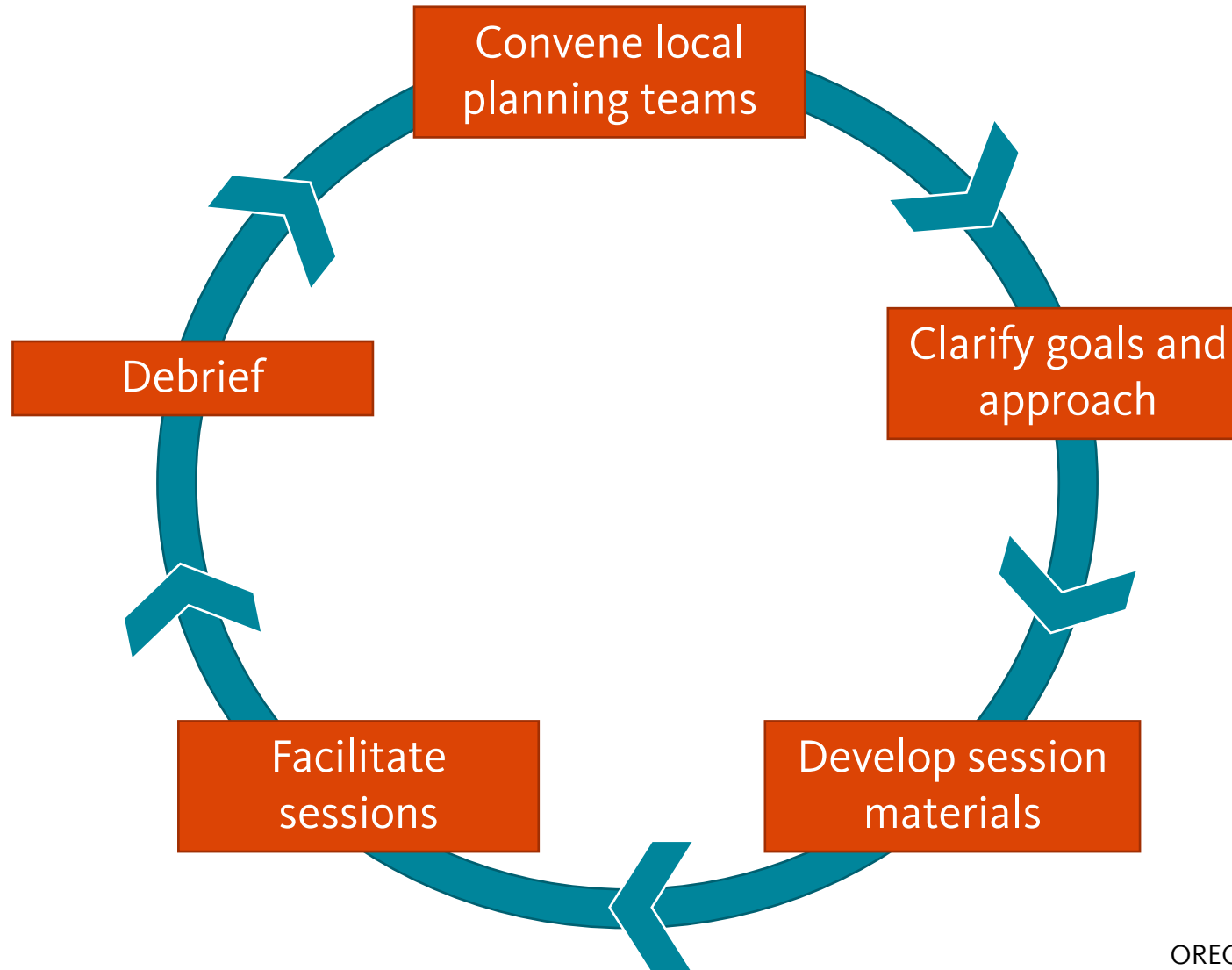
Session 4: Community solutions

- Decide on steps to take as a community



Methods

Structure & Timeline

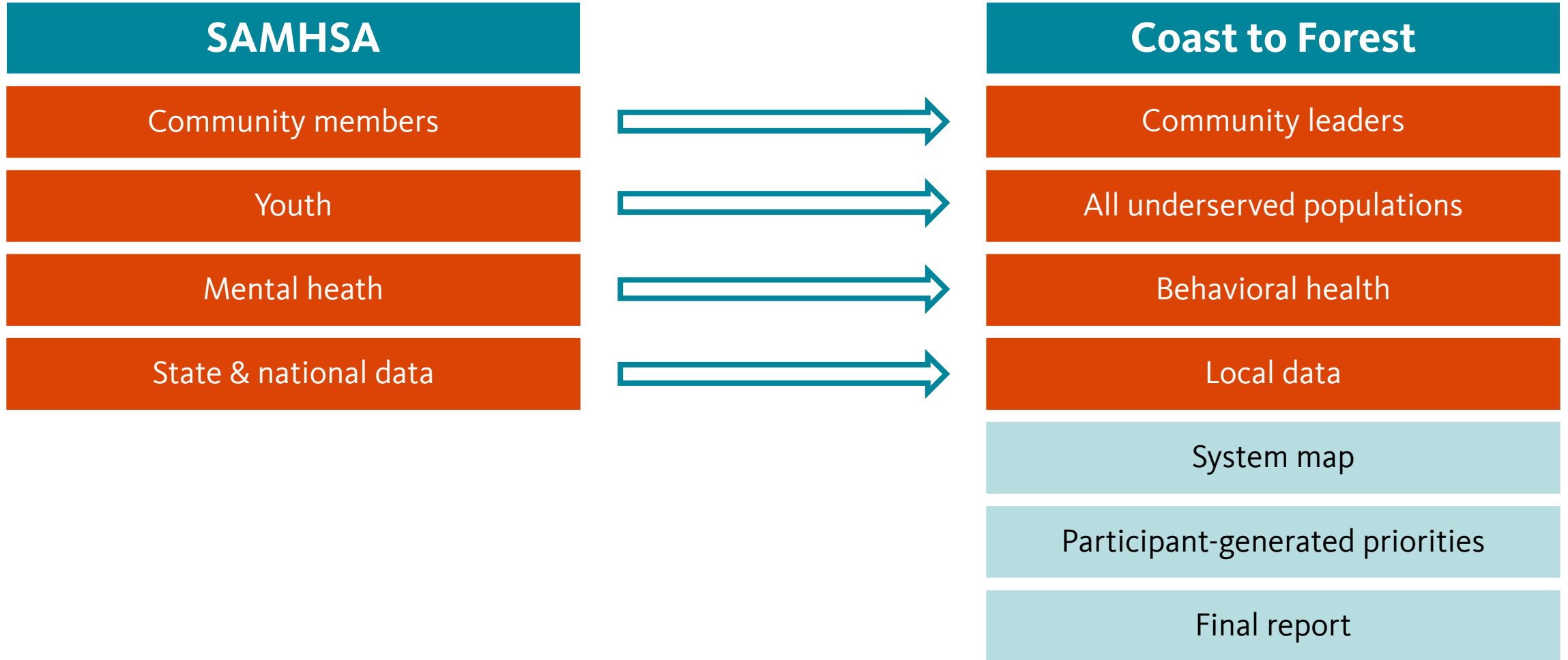


Structure & Timeline

Tillamook County	Union County
Overarching Structure	
6 months	2 months
Fall 2021	Spring 2022
Conversations every three weeks	Conversations every week
Virtual	In-person

Results

Adaptations



Final Reports

Session summaries

System map

Strengths & gaps
analysis



**Tillamook Community Conversations about Behavioral Health
Final Report
March 2022**

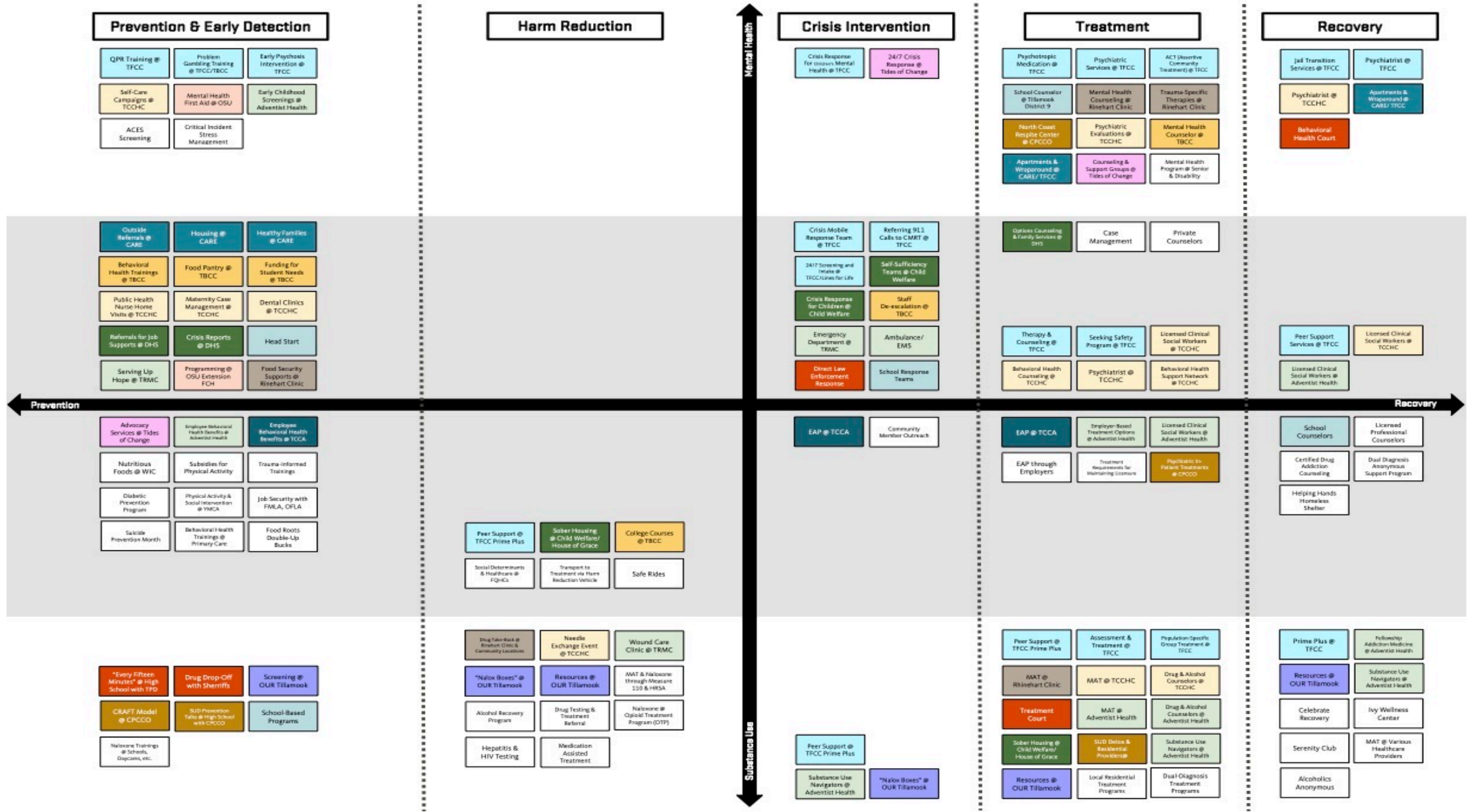
This report was developed by the Oregon State University Coast to Forest team, a collaboration between the OSU Center for Health Innovation, OSU Extension Family and Community Health and community partners. You can learn more about Coast to Forest here: <https://beav.es/w7L>. We would like to thank everyone who helped move this important work forward. A full list of partners is provided at the end of this document.

Priority areas

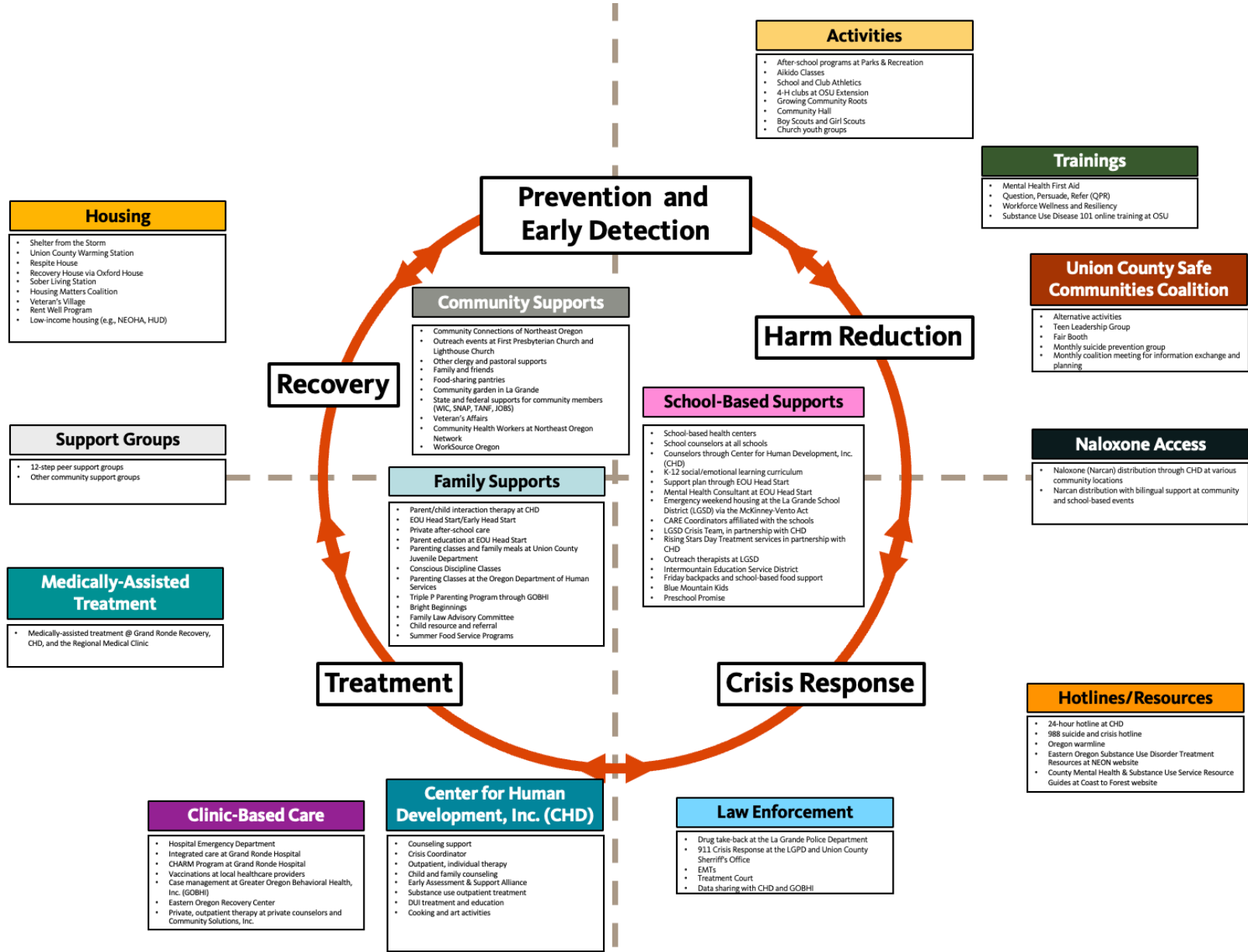
Action Plan

Acknowledgements

Tillamook County System Map



Union County System Map



Action Plan Structure

Ranking	Community Need Priorities	Specific Actions Needed
Highest priority	Top Priority Area	<ul style="list-style-type: none">• Examples of specific actions

Implications

Ongoing Efforts

These final reports have been used to:

Tillamook County

Union County

Prioritize funds

Inform opioid settlement investments

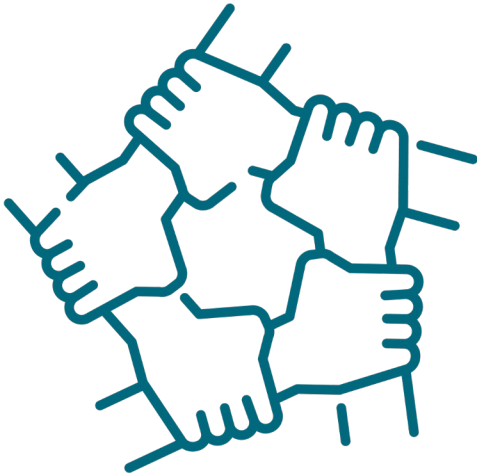
Guide CCO decision making

Increase collaboration

Operationalize investments

Initiate action areas

Lessons Learned



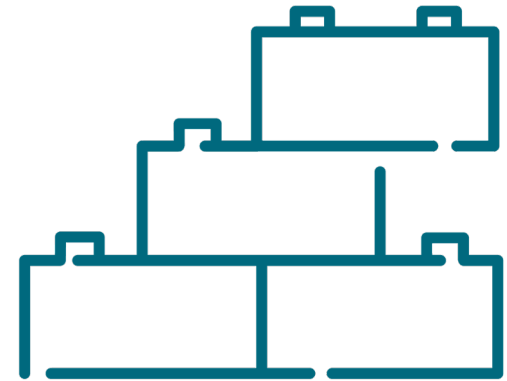
Maximize OSU's role as a convener



Make sure action items are specific, realistic, and responsive



Join existing conversations/tables



Create a structure for the work to continue

Acknowledgements

Thank you to...

The Coast to Forest Team

Leadership

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Sandi Phibbs

Conversations Team

Dusti Linnell
Robin Maille
Abbey Martin

Whole Team

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Most importantly, to everyone who participated.

Thank You

Contact Information

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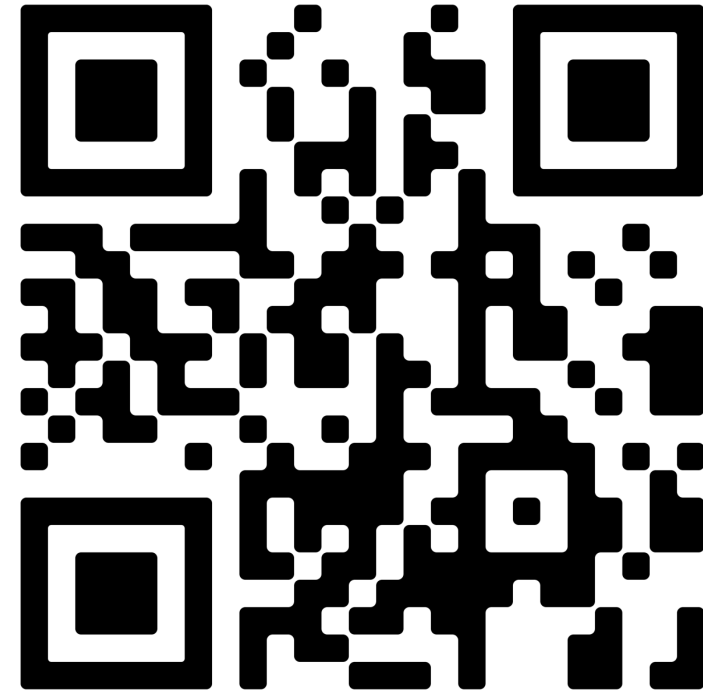
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Learn more & find resources!



<https://beav.es/w7L>