

No Wrong Door Brainstorming Event

Wednesday, June 29, 2022

WELCOME BACK!



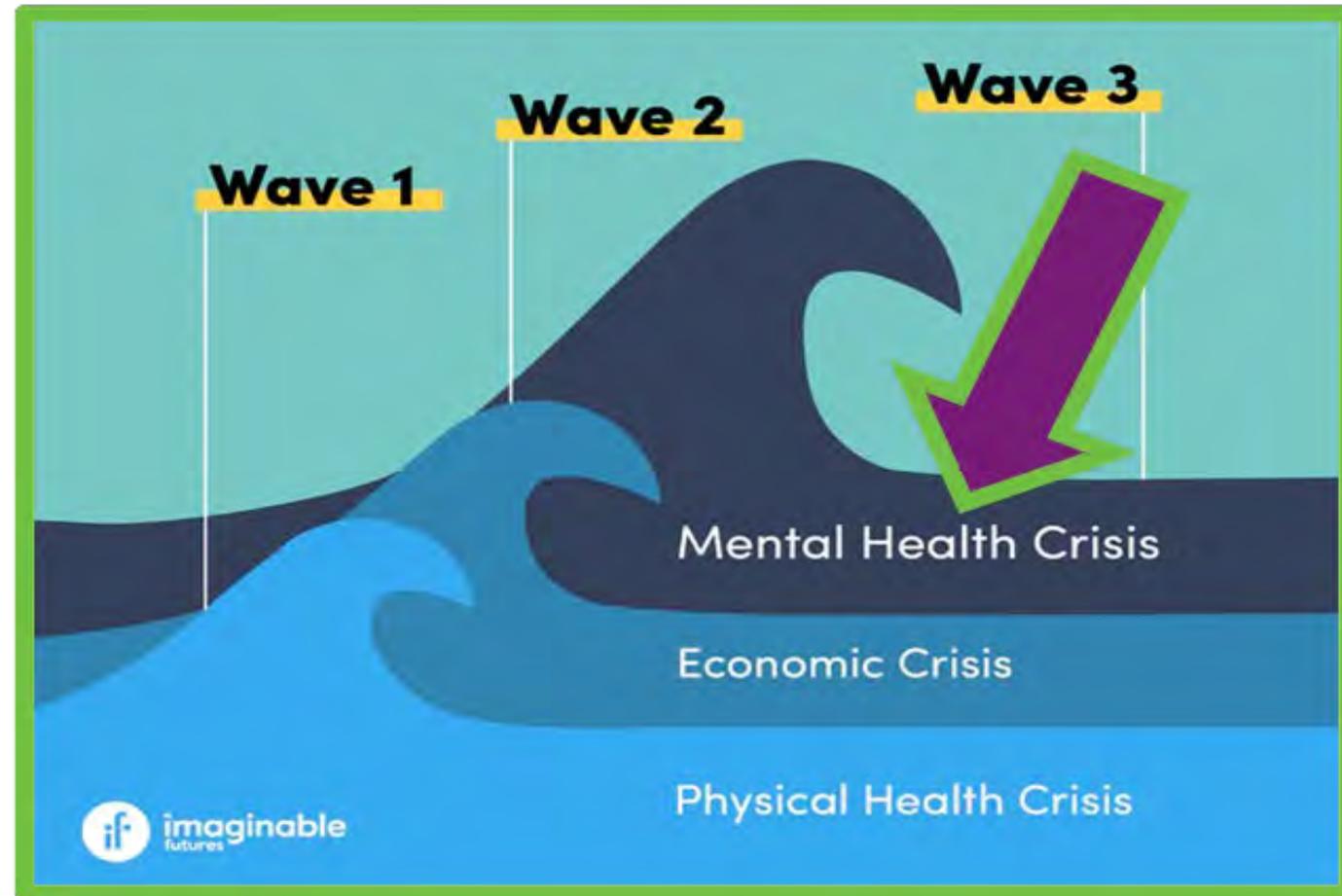
COVID-19 & Mental Health: A “Perfect Storm”

INCREASING Risk Factors:

Isolation & disconnection
Loss of natural supports
Financial instability / Job loss
Relationship stress
Limited access to healthcare
Alcohol and drug use
Feeling hopeless/burdensome
Access to lethal means (guns, prescription meds, etc.)
Uncertainty

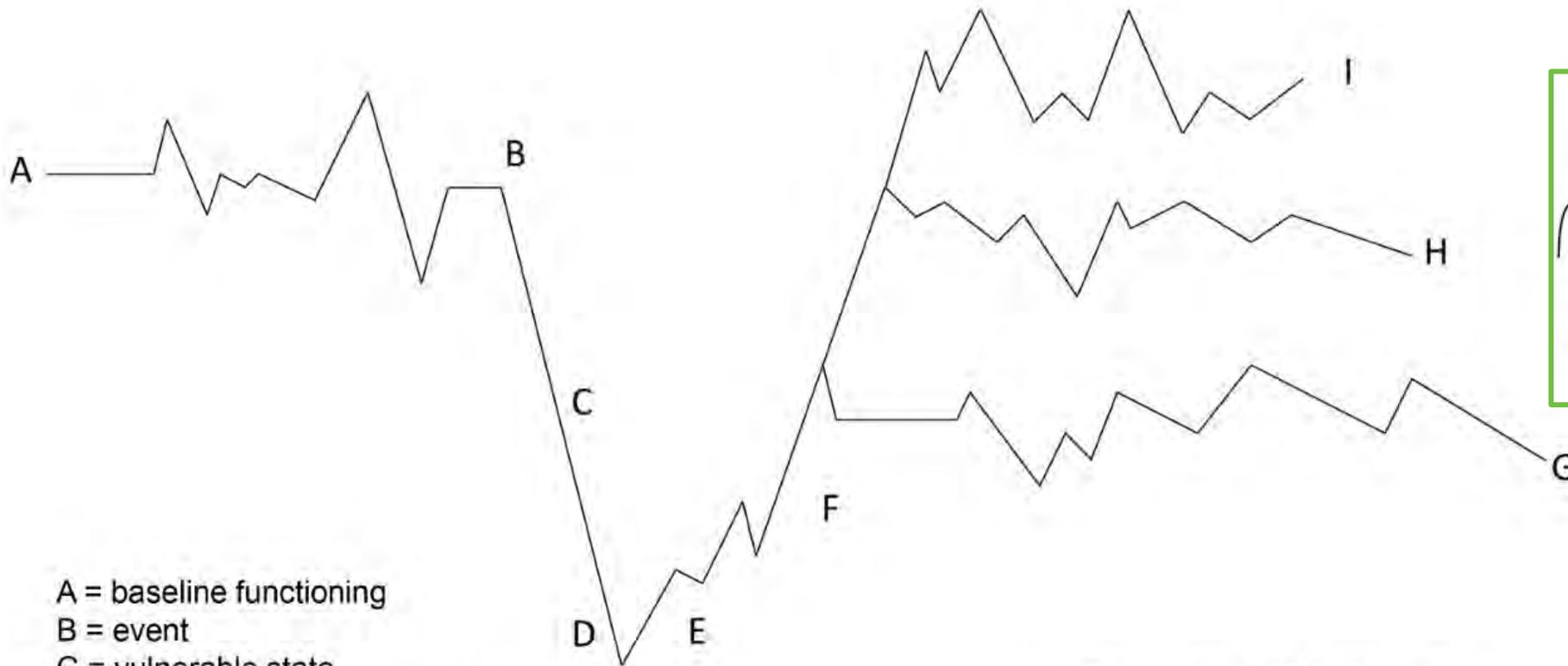
DECREASING Protective Factors:

Connectedness & relationships
Access to preventive healthcare
Social supports
Sense of purpose/meaningfulness (job or hobby)
Resilience / Distress tolerance
Engagement in faith community
Empowerment / Efficacy
Use of healthy coping skills
Routine



Youth & Adult Adjustment Over Time in Crisis

(The arc of recovery is long for all; it is unending for some)



A = baseline functioning
B = event
C = vulnerable state
D = usual coping mechanisms fail
E = helplessness, hopelessness
F = improved functioning

G = continued impairment
H = return to baseline
I = post-traumatic growth



I feel...

- Aimless
- Empty
- Joyless
- Stagnated
- Unmotivated
- Lost
- Indifferent
- Despair
- Apathetic
- Stuck
- Untethered

I feel like...

- A zombie
- I'm muddling through my days
- I'm looking through a foggy windshield
- I'm in a constant state of grieving
- I can't focus
- I'm not thriving
- I lost my drive
- I'm losing it
- I want to run away



There's a name for the blah you're feeling...

languishing

verb /'lɑŋ wɪʃɪŋ /

1. A name for the blah you're feeling.
2. The void between depression and flourishing — the absence of well-being.
3. It can dull your motivation and focus. And it may be the dominant emotion of 2021.



The neglected middle child of mental health

The New York Times



By Adam Grant, Published April 2021
Updated Dec. 2021





A growing body of research shows that there are simple steps you can take to recharge your emotional batteries and spark a sense of fulfillment, purpose and happiness. The psychology community calls this lofty combination of physical, mental and emotional fitness “flourishing.” It is the exact opposite of languishing.

The New York Times

The Other Side of Languishing Is Flourishing



By Dani Blum Published May 4, 2021 / Updated May 6, 2021

It's not enough to acknowledge the problem... we must act

NATIONAL COUNCIL
for Mental Wellbeing

HEALTHY MINDS • STRONG COMMUNITIES

 **The Harris Poll**
Harris Insights & Analytics LLC, A Stagwell Company

- A staggering 43% of U.S. adults who say they needed substance use or mental health care in the past 12 months did not receive that care
- 67% of U.S. adults who received mental health care experienced difficulties getting care
- Among those who did not receive needed mental health care:
 - 50% reported personal relationship issues as a result of not getting care
 - 45% reported work issues
 - 44% reported a decline in mental wellbeing
- Cost, availability, wait times, a lack of provider diversity and proximity to care all represent significant obstacles for all those seeking care

WAIT LISTS

- Who is on the wait lists?
- Are they even waiting for the 'right' service for them?
- **Can we meet any needs while waiting?**
- Do we need a new service line?
- **Can we triage more effectively?**
- Meeting the acuity, urgency, complexity

WORKFORCE

- Addressing Burnout
- Leaving jobs for private practice/telehealth
- Not just leaving the job, leaving the field
- Job hopping among local agencies
- Licensure process is taking too long at the state level
- Cost to agencies of supervision
- **Lack of diversity and cultural competency**
- **Provider shortage**

WOEFUL COMMUNITY

- 'Languishing' as a chronic condition
- Rebuilding and reengaging our individual, family and community protective factors that were lost in the pandemic isolation
- **We need a general public, non-clinical, community-initiated, humanitarian response**
- **Spreading hopeful messaging normalizing recovery**

Our workforce is not as diverse as the people we serve. The diversity and cultural competency of the workforce is critical... Our BIPOC, Latinx, and LGBTQ communities are imperiled by a lack of action.

The Connection is pleased to welcome representatives from some of our community's critical grassroots organizations:
Multicultural Coalition, Inc.
Us2 Behavioral Health Care
Pointers Community Initiatives
People of Progression



61% of U.S. adults overall feel there are not enough mental health care providers who are trained to address issues specific to race, ethnicity, sexual orientation or socioeconomic status.

We've done this before...

Local problem solving for national issues

- **Teen Screen**
- **PATH – School-based Mental Health**
- **Physician Training for Primary Care/Pediatricians to decrease the flow to Psychiatry**
- **Emphasis on service navigation from the birth of The Connection – No Wrong Door**
- **Doing our own research – Mind Your Wellness Survey, MindWise Community MH Screeners, Teen Qualitative Study**
- **Doing our own brainstorming – RAIL, MyConnectionNEW.org, Zero Suicide strategic planning, Aligned Activities Matrix**

We are not waiting for the cavalry to ride into town and save us. We courageously and creatively solve our local challenges



Brainstorming [breyn-stawr-ming]

noun

A technique for generating ideas and solving specific problems with uncensored and nonlinear thinking, usually performed through group participation in a spontaneous discussion where **all ideas are noted without assigning them value**, and **no proposal is selected or discarded** until after the conclusion of the creative exercise.



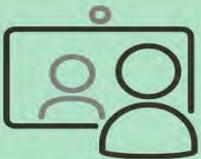
Why is brainstorming in a group beneficial?

- It is a way to solve problems by holding a group discussion and collecting information or ideas that are arrived at via **"unrestrained and spontaneous participation in discussion."**
- It is a quick way to generate a large number of ideas. Instead of just one or two, a **group effort can exponentially increase the number of ideas.**





- 1 CREATE A SAFE, SUPPORTIVE SPACE
- 2 DEFER JUDGEMENT
- 3 ENCOURAGE WILD IDEAS
- 4 AIM FOR QUANTITY
- 5 ALLOW PREPARATION TIME
- 6 BUILD ON THE IDEAS OF OTHERS
- 7 TIMEBOX ACTIVITIES
- 8 STAY FOCUSED
- 9 ONE CONVERSATION AT A TIME
- 10 MIX INDIVIDUAL AND GROUP WORK
- 11 BE VISUAL
- 12 FOLLOW A PROCESS
- 13 GET INTO A DOCUMENTING HABIT
- 14 ALLOW REFLECTION TIME
- 15 FOLLOW UP



Rules for Brainstorming



A big thank you to our breakout session facilitators:

Sarah Bassing-Sutton & Mandi Dornfeld

David Drewek & Megan Sixel

Wendy Harris & Rosangela Berbert

Where will this lead?



The results of our process will be organized and reported back to you at the July Member Meeting (Thursday, 7/14)

We anticipate generating several types of strategies:

- Solutions that can be carried out by individual member agencies
- Solutions that will best be implemented by a collaboration of agencies
- Solutions that could best be addressed through a collaborative project of The Connection
- Solutions for which there is synergy and commitment already driving change in the community
- Solutions that are a good fit for direct ARPA funding
- Solutions that could access ARPA funding through an application process



THANK YOU FOR BEING HERE TODAY...

for bringing your creativity, excitement, and hope to
meet the challenges facing our community



NEXT STEP:

Move into the breakout sessions