

Change Direction Jam
A Global Conversation on Mental Health Culture Change
October 10-11, 2019

Topics of Discussion

Culture & Access Barriers
Education & Suicide Prevention
Policy
Trauma
Work Environment

Culture & Access Barriers

Tagline: Changing the culture and removing barriers to improve mental health

Question: What indicators tell us that we are making progress in changing the culture and increasing access around mental health – and what are the barriers that are the most difficult to remove?

Description: Culture change and increased access typically don't happen linearly – nor does it happen overnight. What are the best levers to use to amplify our collective effort? Perhaps there are key players yet to join this conversation. If so, how do we get them involved? Finally, how can we capitalize on the change we are beginning to see and do more to address emotional pain and suffering around the world?

Education & Suicide Prevention

Tagline: Public health education, early identification, and suicide prevention are primary

Question: How can we work together to adopt models and programs that focus on education, early identification, and suicide prevention; and reach more people with information that will drive mental health culture change and ensure those in need get the help they deserve?

Description: We have seen how the power of education can change attitudes, policies, and behaviors; combating stigma, stereotypes, prejudice, and discrimination. Research shows the value of early identification for good mental health and suicide prevention. How do we harness the best resources and distribution channels available to us to drive the change we seek?

Policy

Tagline: Changing behavior and culture through policy

Question: If our goal is to ensure access to effective mental health care, which includes treatment for substance use disorders, how can we successfully and consistently create and implement policies that support this goal?

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Description: Policies are essential drivers of change – and yet it can be challenging to build and maintain consensus and coordination among the many stakeholders in the mental health space. What are the elements necessary for building consensus? What role does leadership play, and how can we keep our efforts coordinated?

Trauma

Tagline: Improving trauma support and treatment

Question: What are the barriers that prevent effective responses and care for those experiencing trauma and what programs and efforts are working well?

Description: Exposure to traumatic events is a universal human experience – and yet we struggle to talk about and address the needs of those who have been traumatized. Indeed, we struggle with the definition of trauma as well as what constitutes "trauma-informed" care. While one size doesn't fit all when it comes to providing care, we can share and learn from solutions that are helping those who are suffering.

Work Environment

Tagline: Good mental health is good for the bottom line

Question: How can we encourage the business community to move more quickly to adopt policies and practices that support a mentally healthy workforce?

Description: Emotionally healthy employees are more productive than those who are suffering from unaddressed mental health challenges or substance use disorders. Some companies are leading the way in adopting policies and practices that focus on emotional health and wellbeing – others are reluctant to support practices or provide quality resources. How can we do more to drive change within the business community?

