

Mental Health Café

Topic: Let's Talk About Mental Health
 Audience:
 Date:
 Place:

<i>Time</i>	<i>Outline</i>	<i>Instructions</i>	<i>Items needed</i>
6 pm	Gathering	<ul style="list-style-type: none"> • Have greeters at the door, direct them to the appropriate location • Welcome people to the space, have them put on a name tag and find seats. • Encourage them to grab snacks. 	<ul style="list-style-type: none"> - Nametags - Markers
6:30pm	Welcome	<ul style="list-style-type: none"> - Welcome to the first Mental Health Café - Convo about MH in an open atmosphere - What is a Mental Health Café? - The story starts with the “Death Café” - In 2004, a Swiss Sociologist/anthropologist Daniel Crettaz: Urban - folk grow up without talking/thinking about death... get-together talking about death over food and drink -- the concept spread. We had one here in 2014 - My Swiss colleauge Christian Walti adapted it this year as “MH Café” - Approximately 1 in 5 people in the US experience some form of mental illness or mental health condition in a given year. There is a pressing need for identifying ways to help people cope with overwhelming stress. And yet, the stigma attached to discussing mental health is strong. - My why: My Grandma, and the extended family of my dad’s side was affected by depression... and we didn’t talk about it. 	

6:40pm	Introduce Guests	<p>Our guests:</p> <p>McKenzie Jones - Genesis Psychiatric group <i>board certified psychiatric mental health nurse practitioner- my role in a care team is to help manage a client's mental health medicine, education on coping skills, and referral to local resources.</i></p> <p>Deb Davidson Knight <i>Debra Davidson Knight has been a Master's Degree therapist in the fields of mental health and substance use disorders for over 25 years. She is dually licensed by the State of Nebraska. She is also a mediator certified by the Nebraska Supreme Court, and a therapist registered with the Nebraska Probation System.</i></p> <p>Kjerstin Egger <i>Certified Peer Support Specialist (CPSS), RYT 200, and National Board Certified Health and Wellness Coach (NBC-HWC)</i></p> <p>Ayndrea Bonnett <i>Recovery Community Development Coordinator, The Wellbeing Initiative</i></p> <p>Otto B. Schultz, M. Div., LADC (Ret.) <i>Faith Partners Nebraska, Project Developer</i></p> <p><i>Thank you so much for being here!</i></p>	
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6:45pm	Panel	<p>“Let’s Talk Mental Health!” - Part 1: Panel</p> <ol style="list-style-type: none"> 1. What prevents us from talking about Mental health 2. How (not) to talk about mental health (language, concepts... helpful vs. unhelpful ways) <ol style="list-style-type: none"> 1. Language (Crazy, Loony Bin, Mad... "drive me nuts") 2. "being" vs. "having" 3. Illness vs. Wellness vs. Fitness 3. Can we talk too much about mental health? (e.g. prevalence on Social media - Mental Health TikTok... is there a pendulum swing? suddenly everyone seems to have ADHD or "trauma" (self pathologizing). Does this change of language have unintended consequences, e.g. someone who is really unwell won’t find adequate resources? 4. Related: “When does normality” end and a mental disorder begin? Contiuuum. At what point do I seek help? What forms of prevention and treatment does exist? 5. Mental health and religion: when religious concepts can get in our way, vs. how faith can be a resource. 6. What does it mean to be healthy? What views on health are helpful - vs toxic positivity. Perfectionism. It s ok to not be ok. <i>7. (Also: see the comment posted on FB: by Joshua James Wikoff): “Mental health isn t even a thing anywhere else in the world, the term actually hurts more than it heals. The root problem (vulnerability)is far more important to address than weeding out and exposing the vulnerable as it was intended to do. People are definitely hurt, but there is a greater problem than a label of Mental Health . Divisive terms take advantage of people, for corporate gains. Anyone feeling vulnerable in this, it s my observation that it s normal, as the world we live in takes advantage of language misunderstanding. So when you say mental health maybe it s ok to be sad, or in depressed. We were raised in deception, lies, and that s not ok. It s normal to not be happy in today s society. We were deceived but don t let them take advantage of you.”</i> 	
7:15pm	Open Questions	Time for questions from the Audience	

7:25pm	Shift to Group Phase	<p>“Let's Talk about Mental Health” Part 2: Table Conversations</p> <p>Review Brave Space Norms: We see the individual first, not their challenges We recognize that past trauma brings present distress We understand that everyone has mental health and no one is immune to mental health conditions We reject stigma and do not tolerate discrimination We won't judge anyone's pain as less than our own We embrace humor as healthy</p> <p>Review Conversation Rules:</p> <ul style="list-style-type: none"> • Take turns asking questions. • Draw a question from one of the stacks. • Choose another player to answer, the group, or answer yourself. • If, at any point, anyone feels uncomfortable sharing an answer, skip it. • Remember, there are no wrong answers - just genuine ways to connect with others. <p>Whisper it - Build trust and connections. Personal questions to strengthen bonds. Say it - Explore and deepen. Encourage sharing and building compassion. Shout it - Grow and encourage. Conversations about identity, life experiences and mental health.</p> <p>(Adapted from Say It Out Loud! 2023 NAMI)</p>	<p>Every table should have the printed out conversation cards at their table:</p> <p>3 Sets printed on different colors: “Whisper It” “Say It” “Shout It”</p> <p>Conversation cards are adapted from “Say It Out Loud”, NAMI 2023</p> <p>Printout of “Brave Space Norms”</p> <p>Printout of Conversation Rules</p>
7:45pm	Wrap Up	<p><i>To Panel:</i> Is there anything you overheard you would like to respond to? <i>To audience:</i> Any other burning question to the panelists? Panelists: Final words to the group</p>	

<p>7:55pm</p>	<p>Closing</p>	<p>Thank the participants</p> <p>Melodie: Presenting the “Letter P” - part of the Mental Health Awareness project by Lincoln East graduate Blake Allen.</p> <p>Blessing “For Taking a Mental Health Day” It is a necessary luxury to admit silently and aloud, “I need a day.” To believe that the world will keep turning while I find the surface and catch my breath again.</p> <p>I cannot control the drumbeat of many things, but I can retreat from the noise to hear my own rhythm, to notice the fullness of my being, the landmarks of my person, the muscles strained or forgotten in the hustle and striving.</p> <p>Bless the bosses and lovers and friends who encourage this care. Bless the ones who hold power and set an example. Bless the ones who speak up and work change on behalf of those with too much to lose in honoring themselves.</p> <p>It is a necessary luxury to return to myself. When I can admit this silently and aloud, I help build a world where everyone can.</p> <p>Carlson, Meta Herrick. Ordinary Blessings (pp. 29-31). Fortress Press. Kindle Edition.</p>	
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