

# COMMUNITY CONVERSATIONS: YOUTH MENTAL HEALTH AWARENESS IN GILLETTE, WYOMING

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## Purpose

- This project aims to bring community members together to discuss the specific mental health problems and possible solutions for the youth in Gillette, Wyoming.



## Results

- Community specific questions about mental health were compiled using SAMHSA Community Conversations suggested guidelines.
- Multiple meetings were held to discuss enhancing mental health support for Gillette's youth rather than one large meeting.
- Attendants included the county public health officer, school superintendent, a school nurse, a state senator, as well as families from the community.

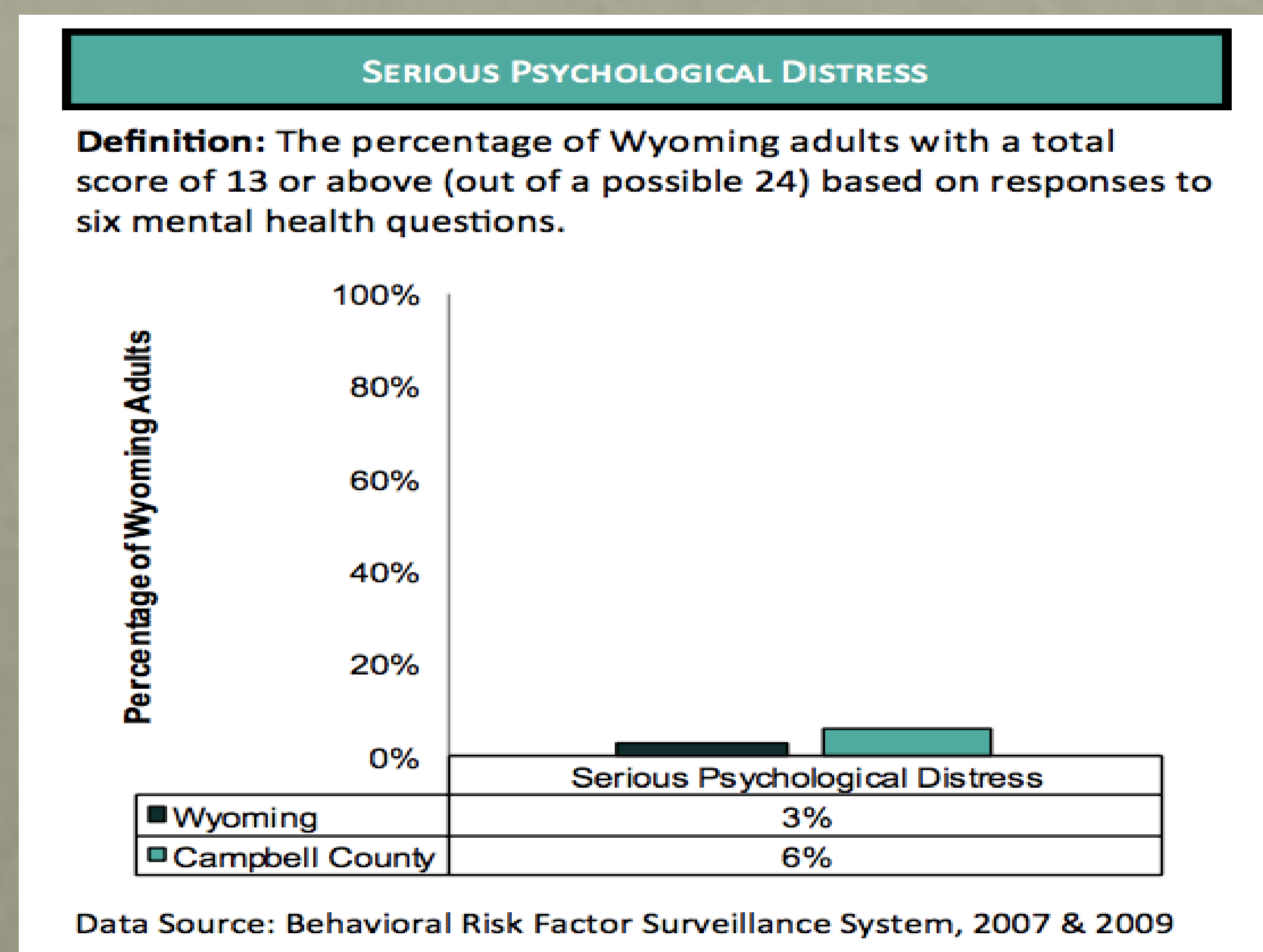
## Methods

- A Community Conversation template was adapted from the Substance Abuse and Mental Health Services Administration (SAMHSA) to get community members talking about mental health.
- A literature review found several effective ways to address youth mental health in rural communities.
- Public leaders and community members were contacted to attend the Community Conversation.



## Background

- Gillette, Wyoming is a city of just under 30,000 people that thrives from oil and mining industries.
- Campbell County has the youngest population in the state of Wyoming with 28% of the population under the age of 18.
- Campbell County frequently ranks the lowest county in the state for access to and utilization of mental health services.
- The young population and poor mental health statistics have community members concerned for the mental health of their youth.



## Discussion

- The project could have been more successful had there been fewer time constraints in order to create one inclusive conversation.
- In some conversations, public leaders were concerned about the time and funding it would take to implement even one new program into the community.
- The Community Conversation is only the first step in a long process to bring better mental health options to Gillette's youth.