

# Public Health Is for Everyone

## UPDATES!!!! Providers Needed Location Changed for Better Access 3<sup>rd</sup> Meeting - Date Change

**Healthy Communities of the Capital Area (HCCA) is a local Healthy Maine Partnership. We help create ways for people to be healthier.**

- We have a small grant to improve communications about public health with our behavioral health partners; the providers and the people.
- People who experience substance abuse or mental health issues die 25 years earlier than other people in general – so people need more information and supports
- In the general population, 25% of Mainers experience treatable depression
- Mental Illness, Substance Abuse, and Depression all make it harder to be healthy.

**HCCA is asking for help to plan better ways to communicate and share information.**

- **Public Health messages do not reach all people equally**
  - Those of us who experience substance abuse and/or mental health issues often do not get messages about how to become and stay physically healthy.
- **We need diverse voices at the table**
  - 50% of our work group needs to be people who experience mental health issues and their friends and family.
- **We need all partners**
  - Everyone of us has a role in supporting health in ourselves and others. Joining together, we all will benefit, and feel better!

**Organizations are asked to**

- **Recruit members to join the group, we are looking for 12-15 people**
  - Provider representative
  - Individuals who have experienced behavioral health issues
  - Friends and Family
- **Three Meetings with supports for clients, family and friends**
  - Stipends of \$20.00 per meeting for up to 9 people per meeting (\$20.00 per 9 people for 3 meetings) Can be used for childcare.
  - Transportation support (\$40.00 per meeting total) How to distribute this is open to planning
  - Healthy Snacks
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*Over~ Meeting locations, agenda, dates and time - As of August 25, 2010*



# Public Health is for Everyone UPDATES

**What:** Meeting 2 & 3 of *Be the Expert*

**Where:** **Location Changed to:**  
**Augusta City Hall**  
**Ground Floor: Large Conference Room**

**When:** **Meeting #2**  
**Tuesday, August 31, 2010**  
**5:30 - 7:00**

**Meeting #3 Changed to:**  
**Tuesday, October 5, 2010**  
**5:30 - 7:00**

**RSVP:** **Let Karen Tucker know if you plan to attend**  
**ktucker@mcd.org**  
**207 588-5012**

## **Summary Results of First Meeting on August 17, 2010**

9 participants, most of who were people with behavioral health diagnoses, friends and family provided a lot of insight and great recommendations! The participation was active, informed and we want to build on the following three points at the August 31, 2010 meeting.

1. Existing Messages are complicated and may not be materials that people will pick up. However, there are locations where materials should be available.
2. **PROVIDERS need to be in the room** since so many resources are connected to provider efforts and awareness, and have very important influence on the lives of behavioral health service users
3. **Can trainings be created?**

**The third meeting, HCCA will show you what we did with your suggestions, and you can make other suggestions.**

