Need: To decrease the long term mental health burden following traumatic events in small communities

Goal
To promote communal support and the seeking of professional help when needed

Background
- Group activities help people open up\(^2\)
- Peak in need for mental health services occurs 2 years after traumatic event\(^3\)
- Reasons people don’t seek professional help\(^1\): 76% low confidence – 53% negative stigma – 47% lack of knowledge

General Approach
- Identify & establish relations with community leaders
- Plan culturally appropriate events and support groups
- Inform community on prevalence of mental health issues
- Refer people to professional help when needed

Anticipated Results

<table>
<thead>
<tr>
<th>Community’s Knowledge of Mental Health – Survey Results</th>
</tr>
</thead>
<tbody>
<tr>
<td>HOW RESPONSIBLE DO YOU FEEL FOR CONTRIBUTING TO THE WELL BEING OF THE COMMUNITY?</td>
</tr>
<tr>
<td>HOW AWARE ARE YOU OF THE RESOURCES AVAILABLE?</td>
</tr>
<tr>
<td>HOW COMMON DO YOU FEEL MENTAL ILLNESSES ARE?</td>
</tr>
</tbody>
</table>

30% increase in number of people who received professional support for mental health issues

Percent Involvement

<table>
<thead>
<tr>
<th>Percent Involvement</th>
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</thead>
<tbody>
<tr>
<td>0 10 20 30 40 50 60 70 80 90 100</td>
</tr>
<tr>
<td>1 Year 2 Years 3 Years 4 Years 5 years</td>
</tr>
</tbody>
</table>

Conclusion
- Increase in knowledge of mental health and number of people receiving treatment proved the success of the program
- Scalable and applicable to various situations

References & Acknowledgements