

A BETTER YOU

CONVERSATION GUIDE

MENTAL HEALTH CONFERENCE

MENTAL HEALTH & YOUTH!

This conversation guide has been designed to ignite meaningful dialogue and elevate the discourse surrounding mental health, while infusing it with optimism, hope, and educational insight.

- What have you experienced around the challenges of mental health and youth?
- How have you seen downstream, or delayed impacts of things in culture or media impact mental health in youth?
- What are some ideas you have to address some of these needs?
- What are 1 or 2 ways to start elevating the conversation around the importance of mentally healthy and strong youth?
- How can we as adults support one another as we work together to help make a better future and experience for our youth?
- How can you make an impact on the youth in your life? (Children, siblings, family members, etc.)
- What are 1-2 ways we would measure progress towards improved mental health in our youth?

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SUBSTANCE ABUSE & ADDICTION

This conversation guide has been designed to ignite meaningful dialogue and elevate the discourse surrounding mental health, while infusing it with optimism, hope, and educational insight.

- Prior to watching this session, what were some of your thoughts about addiction?
- Why do you think that between 40 and 60 percent of people relapse after treatment?
- In what ways do you correlate mental health and addiction treatment?
- When you consider that 50% of documented addiction cases also have a dual diagnoses with mental illness, how does your perception of addiction change?
- What are some systems, or support groups, or services you are aware of in regard to addiction support and treatment?
- When you think about youth, what ideas come to mind that may help the spread of substance abuse and addiction in young people?

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SUICIDE & PREVENTION

This conversation guide has been designed to ignite meaningful dialogue and elevate the discourse surrounding mental health, while infusing it with optimism, hope, and educational insight.

- When you think of suicide prevention, what comes to mind?
- What thoughts do you have when you learn that the #1 cause of death for 10-29 year olds in South Dakota is suicide?
- Have you, or your family been impacted by suicide?
- What has been the attitude of you and/or your family when discussing the topic?
- Why do you think someone would choose suicide?
- What are some of the warning signs you know of suicidal thoughts, or ideation?
- What can you do, when you may think someone is suicidal?
- How can we work on building better resilience?
 - Bonus! - What are the 4 components of building resilience?
- How can knowing these assist in suicide prevention?
- What are some resources you can share with others to help promote and support suicide prevention?

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- What did you know prior to the conference, about the holistic approach to wellness in the workplace?
- Are you going to ask your loved ones the 3 questions Vaney asked you? (Can you tell if I've had a bad day? If so, how? How does that make you feel?) What do you think the answers will be?
- What has been your experience with employers regarding acknowledging or assisting with mental wellness in the workplace?
- What experiences have you had with people being open about their wellness struggles in the workplace?
- What are some obstacles preventing people from opening up about their mental wellness at work?
- How can employers address mental well-being effectively at work?
- What does "a better you, is better for everyone", mean to you?
- What are some things we could do as a team to create a more supportive environment for people struggling with mental health in the workplace?

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- What are your thoughts on the connection of spiritual healing with mental health?
- What part does understanding culture play in presenting clinical practices?
- Before this segment what did you know about mental health in the refugee and indigenous community?
- Discuss your thoughts on how trauma has played a major role in impacting these specific populations? How can you be more aware of these impacts from those you may engage with that comes from these communities?
- What ideas do you have in addressing the language barriers these populations face when needing mental health treatment or even simply in the workplace?
- What are some common deterrents people share that keep them from reaching out about their mental health?
- What do words like assimilation and culture mean to you after hearing it in this conversation?
- What are common mistakes communities make when trying to address their immigrant, indigenous, and refugee populations, mental health?
- Are there things that were not addressed that you wanted to hear about, or get more detail on?



A BETTER YOU! RESOURCES

This conversation guide has been designed to ignite meaningful dialogue and elevate the discourse surrounding mental health, while infusing it with optimism, hope, and educational insight.

- What benefits have you seen/had engaging with regular gratitude? How could you increase your level of daily gratitude to help feed/fuel your happiness?
- In what ways could you improve positive things to focus on which is pouring your valuable energy into creating better days?
- How could you look for, notice, and call out wins more often within your days/weeks?
- In what ways could you elevate and deepen the relationships you have within the workplace?
- How would rate your level of effective time mastery today? How could you improve?
- How could you shift more time, energy, effort into things within your control and influence vs. things you're only concerned about but can't necessarily directly change?
- How have you notice the amount and quality of sleep having on your life both at work and in your personal life?
- Given how important water intake is... how could you improve your water consumption or if you are already good in this area, what benefits do you notice/get from it?
- With the abundance of benefits to physical movement and exercise on mental health, what are a few minor things you could do throughout the day at work to get moving more?