Achieving Equity in Behavioral Health
HOW INEQUITY IMPACTS OUR BEHAVIORAL HEALTH

Coloradans are struggling with behavioral health issues that are often invisible, unspoken and driven by cultural, gender and racial barriers. Today, we dig into the history and current state of behavioral health and hear firsthand from Coloradans about how inequities are deepening its impact.

All sessions will be held in the Colorado Rockies Ballroom at the Keystone Conference Center unless otherwise noted.

7 – 8:30 AM
Registration — Shavano Foyer
Buffet Breakfast — Shavano and Longs Peak Foyers

8:30 – 8:45 AM
Centering Exercise: Tyrone Beverly
Founder, Im’Unique
Karen McNeil-Miller
President and CEO, Colorado Health Foundation
@COHealthFDN

8:45 – 9:45 AM
Daniel Dawes, JD, DHL
Attorney and Health Policy Expert
@DanielEDawes

9:45 – 10:15 AM
Comilla Sasson, MD, MHS
Practicing Emergency Medicine Physician
9NEWS Medical Expert, KUSA-TV
@comilla_s

10:15 – 10:30 AM
Storytelling

10:30 – 10:45 AM
Break

10:45 – 11:15 AM
Rob Valuck, PhD, RPh, FNAP
Director, Colorado Consortium for Prescription Drug Abuse Prevention
@RobValuck, @corxconsortium

11:15 AM – 12:15 PM
Addressing Substance Use in Colorado
Moderator: Comilla Sasson, MD, MHS
• Lesley Brooks, MD, Associate Medical Director, North Colorado Health Alliance
• Ken Davis, Executive Director, Northwest Colorado Community Health Partnership
• Charlotte Ledonne, Nurse Coordinator, San Luis Valley Area Health Education Center
• Rob Valuck, PhD, Director, Colorado Consortium for Prescription Drug Abuse Prevention

12:15 PM
2018 LICONA AWARD

12:30 – 1:30 PM
Lunch — Shavano and Longs Peak Foyers
1:45 – 3:45 PM

**Exchange Sessions — Quandary and Grays Peak Rooms**

**An Exploration of the Federal Role in Behavioral Health, Substance Abuse, Opioids and More** — Quandary Peak I

This overview looks at mental health-related agencies, policies, programs and funding at the federal level, including the behavioral health-related legislation that passed this year and plans for future legislation. Presentations will address opioid use, the Affordable Care Act, consumer protections, prescription drugs, tobacco, marijuana, mental health parity and guns. A panel discussion and Q&A will follow.

**Contributors:** Wynne Health Group

**Three Colorado Communities on a Mission to Prevent Behavioral Health Problems** — Quandary Peak II

Three communities — from rural northeastern Colorado, the San Luis Valley and Denver/Aurora neighborhoods — went upstream to prevent mental, emotional and behavioral (MEB) problems in their children. This session presents the science behind preventing MEB problems, local issues that community members identified and prioritized for intervention, partnerships and tools for implementing prevention programs, community-based participatory engagement methods, and language and messaging that resonate in community strategies.

**Contributors:** Eugene S. Farley, Jr., Health Policy Center, High Plains Research Network, San Luis Valley Area Health Education Center and 2040 Partners for Health

**LGBTQ Behavioral Health: Tools to Build a More Equitable Colorado** — Quandary Peak III

This facilitated conversation addresses the behavioral health disparities experienced by Colorado’s lesbian, gay, bisexual, transgender and queer (LGBTQ) communities, including barriers to health care. Laws and policies to promote inclusion will also be discussed, along with tools and opportunities to achieve behavioral health equity for LGBTQ Coloradans and their families.

**Contributors:** One Colorado Education Fund

**Mental Health First Aid: Who Needs It?** — Grays Peak I

This session presents the benefits of mental health first aid training along with strategies for helping people who are experiencing a behavioral health crisis.

**Contributors:** Community Reach Center and Mental Health First Aid Colorado

**A Unique Partnership of Mental Health Peers and Law Enforcement** — Grays Peak II

REAL (Respond Empower Advocate Listen) is a unique collaboration among the Mental Association of Nebraska, Lincoln Police Department and the Community Health Endowment that has resulted in fewer mental health calls for police service and increased access to service for mental health and substance issues. This session looks at lessons learned, program costs and implementation strategies for different communities.

**Contributors:** Community Health Endowment of Lincoln, Lincoln (Nebraska) Police Department and Mental Health Association of Nebraska

**Optimal Latinx Behavioral Health: Inovación y compasión en práctica** — Grays Peak III

This bilingual (English and Spanish) workshop presents the latest research and history supporting Latinx psychology best practices. Participants will use contextual information to design culturally proficient interventions that provide a hands-on sense of Latinx psychology in action.

**Contributors:** La Cocina, The Family Center/La Familia; One Health Institute, Colorado State University; and Poudre River Public Library District

4:30 – 5:30 PM

**Guided Hike** — Lakeside Adventure Center

**Yoga** — Quandary Foyer

6 – 7:30 PM

**Policymakers Meet and Greet Reception** — Shavano Foyer and Patio

7:30 PM

**Film Screening** — Castle Peak, 2nd Floor
HOW THE BEHAVIORAL HEALTH EQUITY GAP IMPACTS COLORADO’S FAMILIES

There is no “one-size-fits-all” solution to addressing behavioral health challenges impacting Colorado’s families and youth. Today, we highlight the realities and complexities of those who are impacted by and focused on closing the equity gap that is keeping health out of reach for far too many.

7 – 7:45 AM
Yoga — Quandary Foyer

7:30 – 8:30 AM
Registration — Shavano Foyer
Buffet Breakfast — Shavano and Longs Peak Foyers

8:30 – 9 AM
Centering Exercise: Tyrone Beverly
Founder, Im’Unique

Karen McNeil-Miller
President and CEO, Colorado Health Foundation
@COHealthFDN

Jerome Davis
Chair of the Board, Colorado Health Foundation
@COHealthFDN

9 – 9:45 AM
Sue Klebold
Author and Mental Health Advocate

9:45 – 10 AM
Storytelling

10 – 10:15 AM
Break

10:15 – 11 AM
A Conversation with Colorado Youth
Moderator: Karen McNeil-Miller
• Mia Martinez, One Step Up Youth
• Amarah, Founder, Hope For Kids Like Me!

11 – 11:30 AM
Alan Weil
Editor-in-Chief, Health Affairs
@alanweil and @Health_Affairs

11:30 AM – 12:30 PM
Lunch — Shavano Foyer and Patio, Longs Peak

12:30 – 1:30 PM
David Sheff and Nic Sheff
Authors and Substance Use Disorder Advocates
@david_sheff and @nic_sheff

1:30 – 1:45 PM
Break
Exchange Sessions — Quandary and Grays Peak Rooms

**Innovating to Improve the Delivery of Behavioral Health Services** — Quandary Peak I
This session explores three innovations impacting the delivery of high-quality, patient-centered behavioral health services in rural and low-income Colorado communities: outreach to targeted patient populations (ConsejoSano), virtual consulting with behavioral health specialists (RubiconMD) and evidence-based virtual coaching (myStrength).
**Contributors:** Colorado Health Foundation, ConsejoSano, myStrength and RubiconMD

**Collaborative Solutions to Improve Behavioral Health in Rural Schools** — Quandary Peak II
Students in rural Colorado report higher levels of suicide and substance use than students in other parts of the state. In this session, school and behavioral health leaders from four rural communities identify opportunities for leveraging resources and coordinating systems-level efforts to address behavioral health needs in rural schools.
**Contributors:** Campo School District; Center for Restorative Programs; Center for Rural Health & Education, University of Denver (DU); Colorado Education Initiative; Monte Vista School District; Morgridge College of Education, DU; Office of Behavioral Health; and South Conejos School District

**A Conversation with David and Nic Sheff** — Quandary Peak III
Following their afternoon presentations, David and Nic Sheff continue the conversation about the connection between substance abuse and mental health.

**Mental Health First Aid: Who Needs It?** — Grays Peak I
This session presents the benefits of mental health first aid training along with strategies for helping people who are experiencing a behavioral health crisis.
**Contributors:** Community Reach Center and Mental Health First Aid Colorado

**Engaging Community Voice in Behavioral Health Practices, Policy and Programming** — Grays Peak II
A community’s voice is often missing from conversations with decision-makers about behavioral health policies and programming. This session explores how BeHeard Mile High, a longitudinal, community panel of more than 1,200 individuals from traditionally underserved communities, has informed best practices and policies. Data about behavioral health needs and culturally responsive services will be provided.
**Contributors:** The Center for African American Health

**Beyond Stigma: Changing the Mental Health Dialogue** — Grays Peak III
The stigma associated with mental health issues prevents many individuals from seeking treatment. This session describes a framework for running a successful campaign aimed at reducing mental health stigma. Providers will learn strategies for recognizing and connecting with members of stigmatized populations to achieve successful treatment outcomes.
**Contributors:** Evolution Communications Agency, New Health and Tri-County Health Department

4:30 – 5:30 PM
**Guided Hike** — Lakeside Adventure Center
**Yoga** — Quandary Foyer

6 – 8 PM
**Dinner Reception** — Shavano and Longs Peak Foyers and Patios

8 – 10:30 PM
**DJ and Dancing** — Grays Peak I

8 PM
**Film Screening** — Castle Peak, 2nd Floor
ACTIVATING COLORADO’S VOICES

Stories are our most important currency when it comes to exposing invisible behavioral health issues and battling stigma. With a focus on closing equity gaps in our communities, we explore the connection between cultivating voice and resiliency, knowing that by amplifying all our voices we advance Colorado’s pursuit of mental wellness.

7 – 7:45 AM
Yoga — Quandary Foyer

7:30 – 8:30 AM
Buffet Breakfast — Shavano and Longs Peak Foyers

8:30 – 10 AM
Centering Exercise: Tyrone Beverly
Founder, Im’Unique

Listening Lab
Karen McNeil-Miller
President and CEO, Colorado Health Foundation
@COHealthFDN

10 – 10:45 AM
Jerry Yager, PsyD
Fellow, The ChildTrauma Academy

10:45 - 11:45 AM
This Is My Brave
@ThisIsMyBrave
Jennifer Marshall, Co-founder and Executive Director
Amanda Gold, Alumna
Jovan Mays, Alumnus