





## Barriers to Optimal Health

- Understanding mental health vs. mental illness
- More than just stigma
- Adverse Childhood Experiences
- Fragmented System

*“Community does not have enough mental health services. We have a crappy number of providers and some crappy providers”*

*“Mental health vs. mental illness, knowing the difference goes a long way”*

*“Can I pay my rent, food on the table, time to do the things I want to do, financial stability”*

## Stigma

- Mental health vs. mental illness
- Shouldn't be a different bucket than overall health
- Blame and perceptions of what others will think
- Speaking from a parent lens, *“stigma if my child has mental issues, its my fault, I am embarrassed, people will talk about it”*

*“Lack of education puts the stigma in your head; more education increased the understanding”*

*“Stigma is huge, realize all humans suffer from same thing in different degrees”*



## Strategies Identified

Build Community Connections

Easier to Access to Supports & Services

Education