This forum will focus on mental and emotional health in rural Colorado. Join us to hear from partnership in eastern Colorado that created Changing our Mental and Emotional Trajectory (COMET) - a program which aims to activate community members by providing them with language, tools, and confidence to intervene when they notice someone around them is unwell and before a mental health crisis occurs.

COMET is a direct response to community members’ concern about mental health needs, and works to fill a gap in rural communities, where mental healthcare resources are scarce. By engaging lay community members in initiating conversations, communities are connected and empowered to act on mental health in a way that is authentic to local community culture.

Learn how this partnership developed this program, overcame challenges, created a sustainable resource for community, and how you can engage in their work moving forward.

We encourage audience questions and will have time for discussion.