

# LET'S PUT MENTAL HEALTH AND ADDICTION ON THE TABLE

**MAY 8, 2018**

#BreakTheSilence

#OnTheTable2018



**MAY IS MENTAL HEALTH  
MONTH**

## FREQUENTLY ASKED QUESTIONS

### On The Table 2018: Reducing Stigma Associated with Mental Health and Addiction

#### Why May 8th?

The Kennedy Forum Illinois partners with The Chicago Community Trust in the *On The Table* initiative, a regional civic engagement day that takes place May 8th, 2018. We are asking you to host your conversation on that day, or if not on that day, during that week. By hosting a conversations on that day, you'll be part of an exciting, statewide initiative with thousands of others.

#### What does a host do?

We want to make it easy for you! The first step is to pick a place and time on May 8 where you would like your invitees to gather for a conversation. Gatherings are typically about 60 minutes over a meal (but can be anytime and we recommend inviting 8-12 people). Ideas for facilitating and focusing the conversation can be found [here](#).

#### How do I sign up?

Follow this link to register: [Click here](#). You will enter your name, email, and location of conversation.

#### Where and when can I host a conversation?

You determine a location for folks to meet on May 8th at any time of day. The conversation can take place during a meal (but does not have to). It can be coffee and doughnuts, a picnic, pot-luck - whatever works best. The conversation can be at *any time of day* and *any location* you choose (e.g., home, workplace, restaurant, church). In some cases, it may be appropriate to host a virtual conversation. Meeting software such as GoToMeeting, Skype, or Google Hangouts can make this easy and fun.

#### Who do I invite to my conversation?

You are the host, you set the table. You decide who you would like to invite – friends and family, neighbors, colleagues, community members, etc. With conversation at the heart of this event, we recommend keeping it small - 8-12 guests at each gathering. We also strongly encourage you to have an individual at the table with personal experience with mental health or addiction challenges.

### **How should I invite my guests?**

You can contact them via email, phone, text, social media, or face-to-face conversation. We have drafted a template email to get you started. We can work directly with you to draft specific language and discuss strategies to connect you with guests. [Click here for template language.](#)

### **Do I have to Host my conversation on May 8th?**

No, you don't have to host your conversation on May 8th. We want to find a date and time that is convenient for you and those participating in the conversation. If the day after, day before, or week before work better for schedules, we still want you to participate.

### **What should we talk about?**

Within the general frame of mental health and addiction, you can determine if you would like to have a specific focus. You can talk generally or hone in on a particular question. [Click here](#) for one-page toolkits that cover the following topics:

- ACA Repeal
- Community Violence and Childhood Trauma
- Employment and Mental Health
- Mental Health and Addiction on Campus
- Mentally Healthy Workplace
- Opioid Crisis
- Parity
- Suicide

For more tips about how to open a dialogue with those you love and with those around you, please visit: <http://www.mentalhealth.gov/talk>

### **Can I host more than one conversation?**

Yes – the more the better! When [registering](#), simply add the amount of people you will host over the course of the day. If you plan to host a large event at your institution, or many conversations throughout the day, simply add up the number of people you expect to participate.

### **How do I get my entire organization involved?**

We encourage large scale efforts by people and organizations, whether it's school, church, workplace, or non-profit. The Kennedy Forum can help you plan for these conversations and help you find an appropriate topic of conversation. [Contact us for more information.](#)

### **How are you keeping track of hosting commitments?**

When you [register](#), it helps us keep track. The registration system will track participants and The Kennedy Forum will internally track registrations, host commitments, conversation topics, time and location.

### **How will my contact information be used once I sign up to host or participate in a conversation?**

Contact information submitted via the *On the Table* registration form will not be shared outside of The Kennedy Forum. Hosts and participants will receive emails providing additional information, resources and opportunities to share stories, provide feedback and get involved. You can unsubscribe from these communications at any time.

### **How will the Chicago Community Trust track outcomes from the conversations?**

Every *On The Table* host and participant will be asked to complete a short follow up survey that helps us learn more about the impact and outcomes of the conversations. The survey is anonymous, and your responses remain confidential. Only aggregate results will be shared publicly.

We encourage you and your guests to complete this survey - with a critical mass of conversations around mental health, we can demonstrate that this is an issue of importance to our State and gain important feedback about what is being done and what more we need to do. We ask that you [share guest email information](#) with us or share the surveys with your guests following the conversation.

### **What social media tags will be used for the event?**

**Twitter:** @KennedyForum

**Facebook:** @KennedyForumIllinois

**Hashtags include:** #BreakTheSilence; #OnTheTable2018; #MentalHealth

### **Why are conversations about mental health so important?**

Talking about mental health is both a means and an end. Conversations themselves help to fight stigma by increasing understanding, awareness, and acceptance. Discussions across stakeholders can help identify pathways to solutions and create new partnerships to drive progress.

Last May, more than 50,000 people participated in the *On The Table* conversations - generating new ideas, new partnerships, and new solutions. The *On The Table* initiative is a valuable opportunity for Illinoisans to gather in safe spaces with families, colleagues, friends and community members to talk about issues of importance to them and identify collaborative opportunities to make a positive difference. At The Kennedy Forum, we believe this is a perfect platform to support and encourage more dialogue—and more solutions—on issues related to mental health.

### **What happens after the conversation is over?**

All those who have registered as a host will receive an email with a brief survey. We use this survey to capture the feelings and solutions people uncovered through the course of their conversation. Additionally, we will deliver resources and simple steps people can take to eliminate stigma in their life as they move forward. Finally, The Chicago Community Trust offers [Acting Up Awards](#) - an opportunity for conversation participants to apply for a grant. Grants will be rewarded to people who wish to implement actionable solutions created through their *On the Table* conversation. [Click to view](#) winning submissions from 2017.

### **What is The Kennedy Forum Illinois?**

The Kennedy Forum Illinois is a united campaign to end the stigma against mental health and substance use disorders. You can learn more about our work [here](#).

### **I need help! How can I reach someone at Kennedy Forum Illinois?**

We are here to help you. Please feel free to contact [James](#). We can help you identify possible discussion topics, match you with guests who are looking for conversations, provide you with resource materials, and support your outreach efforts.



