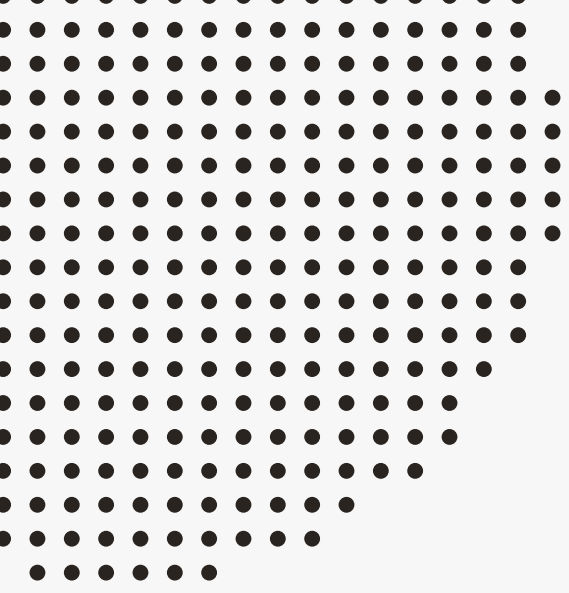


Hutchinson County Mental Health Taskforce



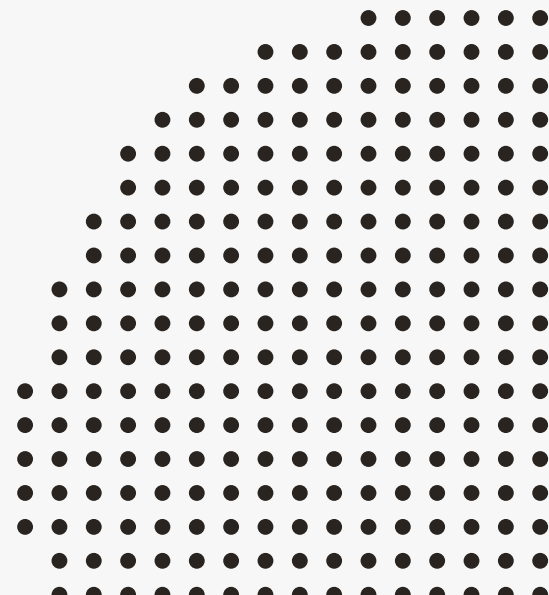
Presented by:

Amber Buchanan, Jen Cobos, Alex Gowdy and Julie Winters



How the MHTF was formed...

Community outcries for help
United Way asks how they can help
Reach out for help from PBHA
Brainstorming table
Community meetings



Efforts to date



Events to date



Community Needs Assessment



Tea and Me

Community Needs Assessment

117 English
3 Spanish
total responses

Adults (98):
61% anxiety
46% depression
40% stress management

87%- Support Groups (Grief, Family Support, Peer, Substance use information, etc.)

79%- Individual therapy

74%- Classes (Parenting, Substance use Information, Healthy Relationships, ETC.)

Children under 18 (69):
38% anxiety
25% self esteem
19% planning for the future/goal setting
19% behavioral issues

Tokai Carbon CB

and Hutchinson County United Way
invite you to the inaugural

TEA AND ME

What is in the TEA HUTCH on...

GRIEF



GUEST SPEAKER

JAMIE GILLISPIE

May 1st, 2021

11:00am-1:00pm

First United Methodist Church

200 N. McGee St. | Borger, TX 79007

DOOR PRIZES

\$500 per table

All proceeds will benefit Hutchinson County mental health needs

Call (806) 274-5662 by April 26th or visit

www.hutchinsoncountyunitedway.org to RSVP!

Tea and Me

The first Saturday of May every year (Mental Health Awareness Month)

Speakers/topics chosen from Community Needs Assessment

Volunteer based

Fundraiser for Spring/Summer Events

Kicks off the start of new group sessions

Allows connections to be made within community (new providers, support, sponsors, etc.)



Through our eyes...



Amber
Juvenile Probation
Officer (JPO)
Intensive Supervision
Officer (ISP)



Jen
Director of Title IV, TRiO
Student Support
Services Program /
Foster Alumni Liaison
at Frank Phillips College



Alex
LMFT-A
Owner of Twelve
Roots Therapy





What is next?

HC's Got Talent – February 26 & 27

Tea and Me – May 7

Mindful Miles 5K Walk/Run-May 11

