

**WHAT CAN HELP
MONTANANS TACKLE
THE MENTAL HEALTH
CRISIS IN OUR STATE?**

**MAKING IT OK
TO TALK ABOUT
MENTAL HEALTH
IN MONTANA!**

**SEPTEMBER 2024 -
JUNE 2025**

STATE OF MIND

▼ **PUBLIC PERFORMANCES**

▼ **WORKSHOPS FOR HIGH SCHOOL STUDENTS,
TEACHERS, AND HEALTH PROVIDERS**

A STATEWIDE THEATRE AND PUBLIC DIALOGUE TOUR AIMED AT COMMUNITY LISTENING, TACKLING STIGMAS AROUND MENTAL AND BEHAVIORAL HEALTH, SHARING RESOURCES AND EXPLORING STRATEGIES FOR CARE ACROSS OUR COMMUNITIES.

 UNIVERSITY OF
MONTANA
Co-Lab for Civic Imagination



**JOIN THE
CONVERSATION!**

WWW.UMCIVICIMAGINATION.COM

STATE OF MIND



"HONESTLY, THE COOLEST PROJECT I'VE COME ACROSS IN A LONG TIME! WE ARE SO EXCITED TO BE A PART OF IT."

**-MARIA MULVAUGH,
LESPRIT MONTANA**

"THIS PROJECT WILL SAVE LIVES BY INFORMING PEOPLE HOW TO ACCESS BEHAVIORAL SERVICES"

**-SYDNEY BLAIR,
MANY RIVERS WHOLE HEALTH**

"STATE OF MIND IS AN INNOVATIVE WAY TO BEGIN THAT [MENTAL HEALTH] CONVERSATION AND WE URGE YOUR SUPPORT AND PARTICIPATION IN THIS EXCITING PROJECT."

**-MARY WINDECKER,
BEHAVIORAL HEALTH ALLIANCE OF MONTANA**

THIS TOURING PROJECT IS STATEWIDE PUBLIC ENGAGEMENT—A LISTENING AND VISIONING FORUM CO-CREATED WITH COMMUNITY MEMBERS ACROSS THE STATE AND A SMALL GROUP OF MONTANA-BASED ARTISTS/FACILITATORS AND MENTAL & BEHAVIORAL HEALTH PROFESSIONALS.

"MORE PARENTS, FAMILIES, CO-WORKERS AND FRIENDS WILL FEEL LESS STIGMATIZED AND MORE EMPOWERED TO STEP INTO HARD SITUATIONS INSTEAD OF LOOKING AWAY."

STEVE BALIKO, PONDERA COUNTRY MENTAL HEALTH ADVISORY BOARD

"A UNIQUE APPROACH TO BRINGING COMMUNITIES TOGETHER AND ENGAGING IN DIALOGUE TO ADDRESS STIGMA, POINT TO RESOURCES, AND IMAGINE NEW POSSIBILITIES FOR CARE."

**-ALEXIS FREYDENFELT,
YELLOWSTONE BOYS AND GIRLS RANCH**

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