

# STATE OF MIND

TOURING MONTANA  
2024 - 2026



★ STATE OF MIND TOUR SITES.  
THE LIST IS GROWING!

A **FREE** 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.

## PUBLIC PERFORMANCES

WORKSHOPS FOR HIGH SCHOOL  
STUDENTS, TEACHERS AND  
SCHOOL STAFF, HEALTH PROVIDERS  
AND LOCAL PUBLIC HEALTH OFFICIALS

## A COMMUNITY MEETING

*"ONE OF THE **BEST CONVERSATIONS** I'VE HAD WITH BOTH STUDENTS AND STAFF. THIS WORKSHOP NOT ONLY ADDRESSED IMPORTANT ISSUES BUT ALSO **EMPOWERED US** TO SUPPORT ONE ANOTHER IN OUR COLLECTIVE JOURNEY TOWARD EMOTIONAL WELL-BEING WITHIN OUR SCHOOL AND OUR COMMUNITY. I HIGHLY RECOMMEND STATE OF MIND TO ANYONE."*

- RAYMOND DEBRUYCKER, PRINCIPAL,  
CONRAD HIGH SCHOOL



*"A **POWERFUL, HOLISTIC EXPERIENCE** THAT BRINGS A COMMUNITY TOGETHER AROUND MENTAL HEALTH. IT'S A STUNNING BLEND OF STORYTELLING, VULNERABILITY, AND CARE - CRAFTED AND DELIVERED WITH **EXTRAORDINARY COMPASSION**. THE STATE OF MIND TEAM DOESN'T JUST VISIT - THEY LEAVE COMMUNITIES STRONGER, MORE OPEN, AND MORE CONNECTED. **EVERY COMMUNITY DESERVES THIS KIND OF HEALING AND HOPE.**"*

- CASSIE WEIGHTMAN,  
ABILITY MT, BUTTE



## PROGRAM GOALS

**STATE OF MIND AIMS TO ENHANCE MENTAL AND BEHAVIORAL HEALTH IN MONTANA, PARTICULARLY FOR ITS MOST VULNERABLE RESIDENTS BY:**

- MAKING LOCAL BEHAVIORAL HEALTH RESOURCES MORE VISIBLE
- STRENGTHENING LOCAL NETWORKS OF ADVOCATES, PROVIDERS, EDUCATORS, AND LEADERS
- TACKLING STIGMAS AROUND SEEKING MENTAL AND BEHAVIORAL HEALTH SUPPORT
- ACTIVATING YOUTH VOICES IN THE IDENTIFICATION OF LOCAL NEEDS AND VISIONS
- EXPLORING AND NORMALIZING CARE STRATEGIES FOR FRIENDS, FAMILY, AND NEIGHBORS
- LISTENING. BRINGING LOCAL PERSPECTIVES INTO STATEWIDE CONVERSATIONS.

**"THIS EVENT BROUGHT OUR COMMUNITY TOGETHER IN CONVERSATION AND INSPIRED US TO THINK OUTSIDE THE BOX WHEN IT COMES TO GENERATING SOLUTIONS AND PREVENTION EFFORTS THAT ARE RESPONSIVE TO THE SPECIFIC NEEDS IN OUR COMMUNITY."**

- CASEY DRISCOLL, FLATHEAD COMMUNITIES THAT CARE, KALISPELL

**"FROM START TO FINISH, STATE OF MIND IS A VERY MEANINGFUL EXPERIENCE. THIS PROGRAM WILL BE AN ASSET TO ANY SCHOOL AND COMMUNITY THAT TAKES ADVANTAGE OF THIS FREE OPPORTUNITY!" "**

- GINA LAMB, EASTERN MT COMMUNITY MENTAL HEALTH CENTER, MALTA



## IMPACT

**HERE ARE JUST A FEW WAYS SOME COMMUNITIES ARE EXPERIENCING STATE OF MIND.**

- **BIG SKY** - AFTER ATTENDING OUR STUDENT WORKSHOP AND THE SHOW, A STUDENT ATHLETE/LEADER STARTED A PEER SUPPORT MENTAL HEALTH GROUP ON CAMPUS.
- **HELENA** - HIGH SCHOOL STUDENTS ARE STRUGGLING WITH THE SUICIDE OF A BELOVED TEACHER. WE HELPED THEM, ALONGSIDE TEACHERS, SCHOOL LEADERS AND PARENTS, EXPLORE STRATEGIES FOR CONNECTION AND COMMUNICATION. THEY ATTENDED THE SHOW WITH THEIR FAMILIES AND THANKED US.
- **BAKER** - AT THE COMMUNITY MEETING WE CO-HOST, A PUBLIC HEALTH OFFICIAL DESCRIBED THE NEED FOR A SECOND COMMUNITY HEALTH WORKER (CHW) IN TOWN; A PROBATION OFFICER IN THE COUNTY REALIZED IF SHE DEFINED A CHW AS A LOCAL PREVENTION EFFORT, SHE COULD ALLOCATE YOUTH COURT DOLLARS TO THIS NEED; THIS NEW COLLABORATION IS NOW IN PROCESS.
- **MALTA** - AFTER OUR FREE PERFORMANCE WAS STAGED IN A NEW RETIREMENT COMMUNITY, THE COMMUNITY MEETING WE CO-HOST IS LEADING TO A NEW INTERGENERATIONAL SUPPORT PROGRAM BRINGING ELDERS AND YOUTH INTO RELATIONSHIP AND ACTIVITY TOGETHER.

**MORE INFORMATION, INCLUDING A VIDEO TRAILER, PRESS, AND TESTIMONIALS VISIT:**

[WWW.UMCIVICIMAGINATION.COM/STATE-OF-MIND-1](http://WWW.UMCIVICIMAGINATION.COM/STATE-OF-MIND-1)

**"THE PERFORMANCE SUCCESSFULLY DECONSTRUCTS MONTANA'S OVERWHELMING MENTAL HEALTH CRISIS INTO MANAGEABLE PIECES THAT ARE ACCESSIBLE AND ACTIONABLE."**

- MIRANDA ZENT, SW MONTANA PREVENTION, DILLON

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