MENTAL HEALTH: YOURS, MINE AND OURS

Discussion Questions: Starting a Practitioner Conversation

These questions are meant as discussion starters following viewing of the video “Mental Health: Yours, Mine and Ours” that can be found at z.umn.edu/cmhpbh. This is not meant as a comprehensive list; rather, it provides a variety of starter questions that facilitators may choose from and, as appropriate, add in additional questions specific to the field in which they work.

MENTAL HEALTH PRACTITIONER QUESTIONS

1. Have your thoughts about mental health and mental illness changed from watching the video? If so, how?

2. What are your thoughts on approaching children’s mental health as a public health issue?

3. In what ways can we work to promote optimal mental health and reduce stigma associated with mental illness in different ethnic communities?

4. What are some of the barriers/challenges to reducing the stigma associated with mental illness?

5. What does optimal mental health look like for you?

6. How can your own personal mental health influence your practice?

7. In what ways do you currently promote optimal mental health when working with clients? How does this differ when you are working with clients that have been diagnosed with a mental illness?

8. What are some positive aspects of your work that make promoting optimal mental health possible?

9. What are some challenges of your profession that make promoting mental health difficult?

10. How do you maintain your own personal mental health in the midst of helping individuals in families maintain theirs?