

WARNING SIGNS OF MENTAL ILLNESS

WITHDRAWAL

Recent social withdrawal and loss of interest in others.

DROP IN FUNCTIONING

An unusual drop in functioning at school, work or social activities.

PROBLEMS THINKING

Problems with concentration, memory or logical thought.

INCREASED SENSITIVITY

Heightened sensitivity to sights, sounds, smell or touch.

APATHY

Loss of initiative or desire to participate in any activity.

FEELING DISCONNECTED

A vague feeling of being disconnected from oneself or one's surroundings.

MOOD CHANGES

Rapid or dramatic shifts in feelings.
(American Psychiatric Association)

Always contact a professional

IN CASE OF A MENTAL HEALTH CRISIS: EMERGENCY NUMBERS911

Suicide Prevention Line800-273-8255 (TALK)

Valley Behavioral Health Park City.....435-649-8347

University of Utah Crisis Line801-587-3000

"Peace House" for Domestic Violence800-647-9161

Domestic Violence Information Line800-897-5465 (LINK)

Veterans Crisis Line.....800-273-8255



THANK YOU

CONNECT has received an outpouring of community support. Thanks to our program partners who make Mental Health Awareness month events possible:



COSMICDESIGN llc



WHY CONNECT? IT'S TIME TO START TALKING ABOUT MENTAL ILLNESS

WHO WE ARE

CONNECT brings together Summit County residents who are concerned about mental health issues facing our community. We are family members, loved ones and friends of people struggling with mental illness. We are mental health service providers in Summit County. And we are people not directly affected by mental illness who recognize the serious challenge facing our community. All of us want to see improved mental health services with greater accessibility in Summit County.

OUR MISSION

CONNECT was formed to de-stigmatize mental illness, to increase awareness of existing behavioral health services and to build public support for increased spending on behavioral health in Summit County.

CONNECT WITH US

connectsummitcounty@gmail.com
facebook.com/ConnectSummitCounty
We welcome you to join us!



HAVE YOU OR A LOVED ONE USED MENTAL HEALTH SERVICES IN SUMMIT COUNTY?

Summit County Community Mental Health Survey

Summit County is striving to improve behavioral health services for individuals and families in our county. To do this, we need to identify potential gaps and barriers to service through this community-wide survey. Based on information gathered through the survey, priorities will be set and a strategic plan will be developed to focus on better meeting community needs.

Your help is critical in spreading the word about this survey so that we may have high participation and a representative sample from our community. Please share the survey link with your organizations and others you know in the community by posting it to your websites, sharing on social media and emailing out to employees, staff and others. Also please complete the survey yourself.

www.surveymonkey.com/r/summit-health

If you have additional questions, please contact:

Katie Mullaly
Summit County Health Department
kmullaly@summitcounty.org
435-333-1503

THERE IS NO HEALTH WITHOUT MENTAL HEALTH.



MAY CALENDAR OF EVENTS Open to the general public. Admission is free unless noted. Visit facebook.com/ConnectSummitCounty for more information

DATE	TIME	LOCATION	EVENT
May 3	7:00 p.m.	Jim Santy Auditorium	Talk on "Brain Science, Brain Health: Reframing Mental Illness" by Jon-Kar Zubieta, MD, PhD, Chair and Professor, University of Utah School of Medicine, Dept. of Psychiatry, and University Neuropsychiatric Institute
May 3	3:30 p.m.	Jim Santy Auditorium	Talks for mental health professionals/service providers on "Identification and Management of Cognitive Problems in Primary Care Settings," by Sara Weisenbach, PhD. Assistant Professor, Adult Psychiatry, University of Utah; "Treatment of Mood and Anxiety Disorders in Park City" by Perry Renshaw, MD, PhD, MBA, Professor, Research, Psychiatry, University of Utah; and "Oxytocin and Social Behavior: A New Treatment Option for Substance Abuse Disorder," by Tiffany Love, PhD, Assistant Professor, Adult Psychiatry at the University of Utah
May 5	6:30 p.m. - 8:30 p.m.	McPolin Elementary	Talk on "La salud emocional lo es todo," by Jacqueline Gomez-Arias, Latino Behavioral Health Services, with Nora Buchanan, Latino Affairs Specialist, Park City School District (435.645.5600, Ext. 1435) (child care & refreshments provided)
May 5	7:00 p.m.	People's Health Clinic	NAMI Summit County Family Support Group (regular meeting)

BRAIN STORM FILM FESTIVAL ... REWRITING THE SCRIPT ON MENTAL ILLNESS

May 6-7	8:00 p.m.	Jim Santy Auditorium	"Infinitely Polar Bear," starring Mark Ruffalo, (admission charge) (Park City Film Series), Rated R
May 8	6:00 p.m.	Jim Santy Auditorium	"Touched with Fire," starring Katie Holmes, Q & A with director Paul Dalio (admission charge) (Park City Film Series), Rated R
May 10	6:30 p.m.	South Summit School Dist.	"On the Edge: Mental Health in Utah" followed by panel discussion: "How Can We Rewrite the Script About Mental Health?" (free) (refreshments served)
May 12	7:00 p.m.	Jim Santy Auditorium	"The Dark Side of the Full Moon," postpartum depression documentary followed by panel discussion (free) (Park City Film Series), Parental Discretion Advised
May 16	6:30 p.m.	Jim Santy Auditorium	"No Letting Go," introduced by Liza Long, author of "The Price of Silence: A Mom's Perspective on Mental Illness," followed by Q & A (free) (not for children under 13)
May 18	6:30 p.m.	Jim Santy Auditorium	"On the Edge: Mental Health in Utah" followed by panel discussion: "How Can We Rewrite the Script About Mental Health?" (free)

May 10	6:30 p.m.	The Christian Center	Provo Canyon Behavioral Hospital program on "Mental Health and Substance Abuse: How to Help Those Who Have Been Dual Diagnosed"
May 11	6:00 p.m.	Intermountain LiVe Well	Talk, "Life Elevated? The Ups and Downs of Living at Altitude," by Shami Kanekar, Center Research Assistant Professor of Psychiatry at the University of Utah RSVP 435-333-3535 or Melissa.chauvin@imail.org
May 11	6:00 p.m.	Kimball Junction Library	Book to Film Club: "Silver Linings Playbook" showing, Rated R
May 16	9:00 a.m.	Parley's Park Elementary Sch.	Liza Long, author of "The Price of Silence" meeting with parents
May 16	4:00 p.m.	Parley's Park Elementary Sch.	Liza Long Q & A with local teachers and mental health counselors
May 19	6:30 p.m.	The Christian Center	Program on Suicide Prevention
May 23	4:00 p.m.	Summit Co. Dept. of Health	"Question-Persuade-Refer (QPR)" training on suicide prevention RSVP 435-333-1508
May 24	5:00 p.m.	Park City High School	Mental Wellness Talk on "The Power of Mindfulness" by Rebecca Brenner, Park City wellness author (refreshments served)
May 25	10:00 a.m. - 4:00 p.m.	Valley Behavioral Health	Valley Behavioral Health Open House (refreshments served)
June 11	3:00 p.m - 7:00 p.m.	National Ability Center	CONNECT Family Day at the National Ability Center for Veterans and First Responders RSVP evite.me/s2Fu25Ur9w

MONTH OF MAY
Visit your Summit County
or Park City Libraries
for books on mental health.

ADDRESSES FOR EVENT LOCATIONS

Christian Center of Park City 1283 Deer Valley Drive, Park City
 Intermountain LiVe Well Center ... 900 Round Valley Drive, Park City
 McPolin Elementary School..... 2270 Kearns Blvd., Park City
 National Ability Center..... 1000 Ability Way, Park City

Park City High School..... 1750 Kearns Blvd., Park City
 Park City Library..... 1255 Park Avenue, Park City
 Parley's Park Elementary Sch. 4600 Silver Springs Drive, Park City
 People's Health Clinic..... 650 Round Valley Drive, Park City
 Jim Santy Auditorium 1255 Park Avenue, Park City
 South Summit School District..... 285 East 400 South, Kamas

Summit Co. Health Dept. 650 Round Valley Drive, Park City
 Summit County Library
 Coalville Branch 10 North Main Street, Coalville
 Kamas Branch..... 110 North Main Street, Kamas
 Kimball Junction Branch..... 1885 W. Ute Blvd., Park City
 Valley Behavioral Health 1753 Sidewinder Drive, Park City

