

Listening Sessions: Recommended Components

- 1) **Train the Facilitators** – Review “Facilitator Guide” and “Conduct” in advance with facilitators (facilitators can be mental/behavioral health agency staff, or individuals from the community organization)
- 2) **Room(s) that can accommodate small group conversation(s)** (ideally no more than 6 people per conversation group).
- 3) **Opening remarks** from Organizational Leadership & Mental/Behavioral Health Staff, that includes
 - **Description of objectives**, such as: To learn people’s personal experience (“stories”) related to mental/behavioral health, including issues/gaps/barriers and successes in order to identify ways to increase effective mental/behavioral health offerings to the community, including community practices known to the particular group to be beneficial to mental wellness.
 - **Explain “Listening Session” Format:** Explain that we will break down into small groups of 6 people for ½ hour listening sessions. Each group will have a facilitator (facilitator could be behavioral health staff or individuals from the community organization)
- 4) **Closing Remarks** - Reconvene everyone for closing remarks from Organizational Leadership and Mental/Behavioral Health Staff.