

Presented by CCTSI Community Engagement and Health Equity and
ACCORDS Education:

Community Engagement Forum

From Principles to Practice: Engaging Underserved Communities
for Multilevel Impact

Rural Mental Health: Changing our Mental and Emotional Trajectory (COMET)

Wednesday, July 24, 2024

12:00 pm – 1:00 pm via Zoom

This forum will focus on mental and emotional health in rural Colorado. Join us to hear from partnership in eastern Colorado that created Changing our Mental and Emotional Trajectory (COMET) - a program which aims to activate community members by providing them with language, tools, and confidence to intervene when they notice someone around them is unwell and before a mental health crisis occurs.

COMET is a direct response to community members' concern about mental health needs, and works to fill a gap in rural communities, where mental healthcare resources are scarce. By engaging lay community members in initiating conversations, communities are connected and empowered to act on mental health in way that is authentic to local community culture.

Learn how this partnership developed this program, overcame challenges, created a sustainable resource for community, and how you can engage in their work moving forward.

We encourage audience questions and will have time for discussion.



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