

# Next Steps for Kansas Rotary – Club Level

- Ideas to get clubs **organized** around the issue:
  - Identify a club champion to lead the local committee and recruit other interested members
  - Incorporate into the club strategic plan
  - Organize a COMET (Changing Our Mental and Emotional Trajectory) training for the club

# Next Steps for Kansas Rotary – Club Level

- Ideas to get clubs started on ways to learn about the issue:
  - Connect with a Kansas **NAMI** representative
  - Hear from **Rotaract or Interact** members about what mental health looks like for them and their peers
  - Review available **data** through sources like Mental Health America, County Health Rankings, Kansas Health Matters, etc.
  - Invite the **local community mental health center** to make a presentation about their data, experiences, and hopes for the future
  - Organize a **Mental Health First Aid** class for the club
  - Learn more about the **988 suicide prevention hotline**
  - Conduct a **survey with club members** to solicit their thoughts on how to best leverage a mental health initiative locally

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- Ideas to get clubs started on ways to **take action** on the issue:
  - Use [NAMI Stigma-Free](#) to educate clubs on how to be places that are stigma-free
  - Take the [Stigma-Free Mental Health Pledge](#)
  - Raise awareness about teen suicide (Kansas had the 10<sup>th</sup> highest suicide rate in the nation for youth ages 15-24 in 2016-2020)
  - Spread awareness about the 988 crisis hotline
  - Increase access for parents and peers to Question, Persuade, Refer (QPR) training
  - Organize adult and/or teen Mental Health First Aid course for clubs and local partners, like schools
  - Help create new or promote existing youth-centered community spaces where teens can gather safely while promoting connection

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- Ideas to get clubs started on ways to **take action** on the issue:
  - Encourage participation in existing or create new mentoring opportunities for Rotarians to support youth
  - Advocate to raise awareness about the impact of social media on youth and policies to support healthy engagement, for example, in the school setting
  - Invite presentations from organizations who can speak to the behavioral health career ladder to raise awareness about these career opportunities
  - Raise awareness about the need for more behavioral health professionals and help build a pipeline for youth or adults into those roles