Mental Health Town Hall—November 20, 2021  
Facilitator Guiding Questions/Script

**Facilitator**: Wow! Those young women had a powerful message. We are here now to reflect on what we just heard and figure out what comes next. Why is this important? What can we do about it? But, before we get started, let’s talk about some community guidelines.

1. Acknowledge
   1. Acknowledge that the members of this group all have individual experiences that are their own and do not represent a group they may belong to.
   2. Acknowledge that this topic can be uncomfortable, and it is OK to feel discomfort.
2. Use “I” Statements
   1. Your feelings are your own.
   2. Use “I” statements to acknowledge that you are the person who has this feeling.
   3. Using “you” statements can feel accusatory to others.
3. Respect
   1. Be respectful to those speaking and those listening.
4. Trust
   1. Trust that the other people in this room are here to learn more and do more.
5. Listen
   1. You can lean a lot just by taking a minute to listen to others before reacting.
6. Share the Mic
   1. We want all voice to be heard here and want everyone to have the same opportunity to speak
   2. I may call on those who have not had an opportunity to speak, but please do not feel like you must speak.
7. Confidentiality
   1. What’s said here, stays here; what’s learned here, leaves here.
8. No Experts
   1. None of us, including me, is an expert on this topic.
   2. We are here to have a respectful conversation about what was said during the panel discussion.

Now that we’ve set some community boundaries, let’s start by discussing how we were impacted by the panelists.

* As they were speaking, what stuck out to you the most?
* What resonated with you?

*Give the group time to speak. As conversation dies down, move on to the next set of questions.*

Thank you for sharing; those are all good insights. The next step of the conversation is figuring out how to take this information and push forward. Ask yourself, “what now?”

* Thinking about how things have been in the past and what these young women have shared today, along with your own personal experience, what can YOU do to make a better future?
* How can YOU be a part of making it a reality?
* What do you think you can take from their examples to build YOUR OWN work?

Remember, change can happen in both small ways and big ways!

*Give the group time to speak. As conversation dies down, move on to challenge them and close out.*

Thank you all for being brave in this space today and speaking truth to power. I challenge you to take the things we just discussed and push forward to make the world a better place. Let’s wrap up by watching this short video.