

Rural Mental Health Project

Overview of Backbone Organizations Commitment to RMH Project

We would like to provide an overview of what the Rural Mental Health project will require from local community-based offices that are supporting the project. This outline provides insight on the process and what it will entail. This is not an exhaustive list – it captures our current understanding of what the project will involve.

1. Identify and connect a local community Animator to the project (See *Animator Role Description*)

- Through your networks and expertise, find an interested individual. If there is an additional 'plus one' that would like to attend training for free, share person's contact information as well.
- Provide initial information about the project and Animator's role to potential candidates.
- Select a local individual that most closely connects to the role.
 1. Local offices may work across multiple communities. If there are multiple communities that are located in your area, each community/municipality can identify an Animator.
 2. A combination of approaches to recruit Animators is needed, relying on the insight of local experts. For instance, some communities may have one Animator that works across two communities that are already closely linked, while in other communities a single animator will be better suited given the distance or nature of community relationships between communities.
- Connect Animator with CMHA AB Staff.

2. Choose a path, prepare and maintain project administration

- Choose a funding path:
 1. Training & coalition facilitation compensation to Animator(s)' + Reimburse travel costs associated for in-person training
 - OR
 2. A micro-grant that can be used support the Animator and coalitions' success and increase participation + Reimburse travel costs associated for in-person training
- Review and sign a *Letter of Understanding* with CMHA AB that outlines the relationship and accountability pieces between the indigenous organization's office and CMHA AB.
- Dedicate one organizational contact to the RMH project.
- Build a path to receive funds from CMHA and spend fund based on the arranged pathway.
- Submit a project summary report to CMHA at the end of the pilot year, reflecting the Animator(s)' training and facilitation journey
- If available, support coalition to submit, manage, and report back on potential micro-grants provided (through CMHA or a third-party) to support the success of community-generated activities and reducing barriers to participation.
- Support the Animator(s) in their role, as necessary. This will vary but includes:
 1. Assisting in connecting chosen Animator(s) with community stakeholders
 2. Providing in-kind donations (e.g. meeting space, refreshments, technological support)
 3. Relational support to Animator(s) and coalition members.

3. Support Animators and Coalitions Overtime

- As connectors and local experts, local community-based organizations can provide valuable backbone support to the Animators and coalitions by fostering relationships and amplifying community efforts.
- Organization characteristics that will support Animators & coalitions include:
 1. Maintain a broad view of mentally health, wellness, and mentally healthy communities.
 2. Amplify and uphold the coalitions' visions for a mentally healthy community, roadmaps direction, actions, and activities.
 3. Assist in preserving the social infrastructure of the coalition for ongoing community-led discussions.
 4. Avoid becoming prescriptive in coalition meetings to ensure equal voices amongst community members and professionals.
 5. Encourage the maintenance of roadmaps and connections to the Rural Mental Health Network.
 6. Support a culture of respect and collective learning.
 7. Build supportive relationships, which will look different across communities but encourage ongoing participation and community-led leadership.
 8. Share information on the project to interested stakeholders.

4. Additional support (Not Required)

- Support coalition transformational activities in throughout implementation
- Ongoing in-kind support
- Funding of community-led activities

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