

PRESS RELEASE

Mental Health Awareness on the Hi-Line

(October 8th, 2018)- I deleted because the date confused me, thinking that the program was on October 8. What is Thrive? What is YAM? What are the Mental Health Resources in my area?

The Montana State University (MSU) Center for Mental Health Research and Recovery (CMHRR) will be visiting the Hi-Line to address the topic of mental health as well as report on results of research projects in Montana. One of those research projects is Thrive, which is a sophisticated interactive digital cCBT (computer-administered Cognitive Behavior Therapy) program using a largely video format platform to help with depression. The second research project is Youth Aware of Mental Health (YAM). YAM is taught in high school settings to make youth aware of mental health and role-play situations and discuss consequences of choices.

The MSU CMHRR will be in the Hi-Line on Tuesday, October 9th, 2018. The informational meeting in Chinook will be at 1:00pm at the Library Meeting Room (94 4th St.); the meeting in Havre will be at 5:00pm at the HRDC Fireside Room (2229 5th Ave). The informational event is free and light refreshments will be provided. If you have any questions, you can contact Blaine County Extension Agent Kendra Seilstad at 406.357.3200 or Hill County Extension Agent Jasmine Carbajal at 406.265.5481 ext. 2335.