

# 2019 Behavioral Health IVN for Your Family and Community

## Public Value Statement

Improving behavioral health saves lives. North Dakota has a high rate of substance use and, in many areas, limited access to mental and behavioral health services. Prevention efforts improve quality of life and also save on health care, law enforcement and related costs for North Dakotans.

## The Situation

The NDSU Extension Community Listening Forums held in 2015 prioritized the need to address mental and physical health concerns in the state. Extension Family and Community Wellness responded with the Behavioral Health 101 for Your Community workshop delivered by Interactive Video Network (IVN). In 2019 the workshop, now in its fourth year, engaged 227 individuals at 23 sites across the state.

## Extension Response

Extension Family and Community Wellness collaborated with Prairie St. John's, a mental health provider, to offer its fourth IVN workshop titled Behavioral Health 101 for Your Community on March 28, 2019. The training session included topics on trauma and addiction, common childhood mental health concerns, and working with difficult behaviors and youth.

## Impacts

In March 2019, 23 sites hosted 227 participants, including social workers, educators, public school teachers, youth development workers, health care workers, law enforcement professionals, social service and faith community workers, counseling professionals and others. Surveys indicated:

- 84.3% felt the workshop was useful for them.
- 86% felt the workshop shared information and ideas that will be helpful to them.

A workshop evaluation showed a significant difference in knowledge gain for these topics:

- Ability to recognize common childhood mental health diagnoses.
- Understanding of practical interventions for working with difficult behaviors and youth.

- Ability to apply awareness of trauma and Adverse Childhood Experiences (ACEs) to substance misuse/abuse prevention.
- Understanding of how childhood trauma (ACEs) affect health, behavior and life potential.

Participants further reported that the workshop allowed them to make connections with other professionals, share resources, and pursue joint efforts in their local communities.

## Feedback

- *"I plan to bring awareness to those dealing with substance use about ACEs and what they can do now."*
- *"Thank you to Prairie St. John's and NDSU. I so appreciate having easy access to this kind of education."*
- *"This was a good resource to have available for our local professionals. Please continue to bring awareness and knowledge."*

## Primary Contact

Kim Bushaw, MS  
NDSU Extension Family Science Specialist  
701.231.7450  
[kim.bushaw@ndsu.edu](mailto:kim.bushaw@ndsu.edu)

Sean Brotherson, PhD  
NDSU Extension Family Science Specialist  
701.231.6143  
[sean.brotherson@ndsu.edu](mailto:sean.brotherson@ndsu.edu)

## Non-Extension Collaborators

Prairie St. John's Psychiatric Hospital; local community professionals and site hosts.

## Resource Link

<https://www.ag.ndsu.edu/cff/resources-for-emotional-and-mental-health>