Mental Health Collaborative

Theory of Change

Strategies

Provide evidence-based education on the 4 components of mental health literacy:

1. Decreasing Stigma

2. Understanding Mental Illnesses & Their Treatments

3. Obtaining & Maintaining Good Mental Health

4. Enhancing Help-Seeking Efficacy

Indicators

Decreased stigmatizing attitudes toward mental health

Improved recognition of signs & symptoms of mental illnesses

Increased confidence having conversations about mental health and supporting others

Increased use of mental health promotion strategies

Increased awareness of resources for mental health treatment

Outcomes

Increased empathy towards and understanding for people with mental illnesses

More open conversations about mental health

Earlier identification and treatment for mental illnesses

Better outcomes for those with mental illness

Improved overall mental health and resilience

Moderators

Healthcare Access, Social Determinants of Health, Prevalence of Stigmatic Attitudes/Cultural Barriers, Limited School Capacity to Adopt New Curricula