



Thrive for Montana: Moving Forward

Dear Eastern Montana Community Members and Healthcare Providers,

The Center for Mental Health Research and Recovery (CMHRR) and Miles City community leader, Sandra Anderson invites you to a mental health services and information event and dialogue that will highlight compelling current and future efforts regarding *Thrive for Montana*. There will be a brief update on Youth Aware of Mental Health (YAM)'s implementation in Eastern Montana and early trending results.

Our goal is to have an open discussion about the Thrive program. We plan to address the successes and challenges of the *Thrive for Montana* research trials as well as future research studies.

What will be discussed at the meeting:

- ❖ Results from a previous *Thrive for Montana* trial showing a statistically significant reduction in depression and anxiety
- ❖ Discussion of the current Department of Public Health and Human Services funded trial for Thrive for Montana.
- ❖ Addressing future directions in developing a similar *Thrive* program for youth.
- ❖ A brief update on YAM in Eastern Montana

When: April 24th, 2019 from 11:30am-1:00pm

Where: Sleep Inn, 1006 S. Haynes Ave., Miles City, MT

Lunch will be provided. Please RSVP to Julia Love by April 18th at Julia.love@montana.edu; or 406-994-1603

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