

Mental Health for All



Mental Health for All Team Shares about Community-Engaged Research



Brendan: Hi! My name is Brendan and I am part of a team of community research partners and people who work at universities working together to do research. Our team is called Mental Health for All. Because we work together doing research, we are all researchers. We are teaching you because you are also a community research partner.



Micah: My name is Micah. I am a community research partner. I have a disability.

Brendan: And I have Down syndrome and worry sometimes.



Ariel: My name is Ariel. I am an academic research partner. I work at a university and want to find ways to help people with disabilities who also have mental health conditions like anxiety and depression feel better.



Katie: My name is Katie. I am also an academic research partner. Since we all have different experiences, we have different jobs on the research team. We all work together to make our research study the best it can be.

We have a great team!

Brendan: My job is to help make sure research asks questions that are important to people with disabilities. I help make sure that we stay focused on how to improve mental health services for people with disabilities and that the answers we find can help people with disabilities feel good and live the lives they want to live.

Micah: That's right! We use our experience with taking care of our mental health to make the research better. Our experiences can help make sure the way we do the research is respectful and accessible.

Katie: As academic research partners, Ariel and I use what we know about doing research to find ways to gather information that will answer our research question. We also do the paperwork at the university. I am a project leader or principal investigator which means I am responsible for the research project going well.

Brendan: Without us, Katie and Ariel might miss important information or not look at what is most important to people with disabilities. We know what it is like to have a disability and can use our experience and ideas to make the research stronger.

Micah: The first thing we did together was figure out our research question. A research question is what you want to learn about. A research question is the first step in a research project.

Brendan: Micah and I know how much people with disabilities need mental health support, but they often don't get them. We talked with Ariel and Katie about ways we could make sure everyone had mental health support.

Ariel: I knew that most people with disabilities who live in group homes don't have mental health services as part of their individual support plans.

Brendan: That idea got us excited because we knew people's support plans were really important and we thought adding mental health services to the plans might help them.

Micah: So, we worked together to write our research question: Does adding mental health services to an individual's support plan help adults with disabilities living in group homes get mental health support and feel better?