

# Mental Health Policy Fellowship

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# 10 Year Mental Health Plan

- Improvement of mental health and well-being for all Tulsa residents
- Five action areas
  - Prioritize Children and Youth
  - Strengthen community-based services and supports
  - Integrate mental health into the healthcare system
  - Work with criminal justice settings
  - Collaborate with existing initiatives
- Goal of Fellowship is to attract and develop policy expertise needed to improve mental health systems
- Healthy Minds Initiative



# The Fellowship

- Create effective, lifelong advocates from diverse professional backgrounds
- Core components
  - Fellow education
  - The Mine partnership
  - Healthy Minds/OK Policy projects
    - Policy, data, and grant writing
    - Mentorship
  - Advocacy and work with community partners
- 2 year paid position with assistance for relocation if needed



# How to be a Fellow

- Applications open in late March/early April
- Need to have completed a degree program in the last two years
- Looking for applicants from all types of educational backgrounds with a demonstrated interest in mental health or substance use issues or in policy advocacy
- Position begins in August



# Key Experiences and Favorite Opportunities

- Project Blue Streets
- Equal Access to Medication
- MAT in Jail Plan Development
- Visiting MH facilities across the state
- Observing a competency evaluation
- Auditing psychiatry and addiction medicine courses
- Speaking with NAMI families
- Working with a mentor and partner organizations
- Attending conferences, hearing from experts
- Attending community meetings and helping connect people working in other areas to relevant mental health and substance abuse treatment research
- Having access to medical journals!



# Skills Gained and Looking to the Future

- Furthered community coalition/collaboration building
- Further built advocacy skills
- Further developed research skills
- Learning/developing epidemiology knowledge and skills
- Learning/developing historical knowledge of mental health and substance abuse policies, research/research changes, and intervention options
- Shaped my area of expertise in research and policy
- Developed contacts and have knowledge of resources
- Shaped my 'next step'
- Added an additional lens by which I examine policies, services, and programs



# What I've Learned...

## Issue Areas:

- Diversionary Courts
- Parity
- Early Onset Psychosis
- Competency
- Mental Health and the Law

## Opportunities:

- Visiting MH facilities across the state
- Working with people of different professional backgrounds
- Going to conferences/meetings
- Experiencing legislative session/bill tracking
- Attending classes to expand knowledge
- Getting to know Tulsa MH community



# How I'll use what I've learned...

## Skills Gained:

- Expertise in mental health/substance use policy with emphasis on criminal justice
- Honing legal and policy research skills
- Working on agency/administrative advocacy
- NETWORKING (Most of us hate it, still have to do it.)
- Institutional knowledge in the healthcare field
- Working with multiple agencies to collaborate on complex projects

## Future Impact:

- Using new found expertise to work in advocacy, research or legal field
- Developed new network in different fields
- Helped to shape career and personal aspirations in the future
- Informed my perspectives on criminal justice through a mental health lens





# Questions?

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