



Mental Well-being and Resilience Learning Community

PURPOSE

The purpose is to expand understanding about a public health approach to mental health by profiling current community initiatives across a continuum of public health aligned strategies.

Through this effort we hope to:

- Expand understanding about what creates mental well-being
- Learn about effective strategies to build mental well-being and resilience
- Grow local and state leadership and networks
- Identify policies important to mental well-being
- Support local planning and increase local initiatives

Local communities may use this to opportunity to:

- Grow and strengthen the network of people who understand well-being and resilience
- Ongoing assessment of current resources and needs
- Explore opportunities to apply strategies in your community
- Engage citizens and community leaders across sectors (libraries, police, youth)
- Develop action steps.

A PUBLIC HEALTH APPROACH

The [Minnesota Mental Health and Well-Being Narrative](#) outlines core values about mental well-being from a public health perspective and will serve as a guide for selecting initiatives.

STRUCTURE

Address practical questions

Presentations will address the practical questions to facilitate local planning, including:

- How the initiative started;
- Evaluation efforts;
- Cultural considerations or adaptations;
- Funding mechanisms; and
- Steps to navigate the political climate.

Apply Mental Health Framework for Action

Supporting mental well-being requires a diverse and comprehensive set of strategies.

Core health equity practices are foundational for mental well-being including:

- Expanding understanding what creates health
- Building community capacity- (leadership and community engagement); and
- Including health in all policies.

Keys arenas of opportunity include:

MENTAL WELL-BEING AND RESILIENCE LEARNING COMMUNITY

1. Addressing trauma-including historical trauma
2. Social, emotional, and life skills
3. Supportive relationships
4. Community, faith, and/or cultural connections
5. Environment- natural and built environment
6. Concrete economic supports (income, education, employment, housing)
7. Living a healthy lifestyle
8. Policies- such as policies that reduce trauma and support inclusion.

The focus of profiled initiatives will rotate each month across these arenas of opportunity, to the extent possible, to support a diversified portfolio of strategies. All of these are highlighted in the [Mental Health and Well-Being Narrative](#) and supported through research as influential for our mental well-being and resilience.

Long Term Vision for This Learning Community

This community may provide an opportunity to:

- Inform statewide mapping of strategies
- Inform state policy, training and data needs
- Identify gaps and interests, to seek funding to grow specific strategies statewide
- Support a statewide conference on mental well-being and resilience
- Identify and grow innovative funding examples at the local and state level
- Grow and share measurement strategies
- Define a minimum set of actions to build community mental well-being.

Discussion about mental health services, clinical best practices, and access issues are very important, but is not the focus in this space.

Contact Information

Anna Lynn

Anna.lynn@state.mn.us

651-201-3627