



Learning Community – October 2017

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Learning Community Purpose

- *To expand understanding about a public health approach to mental health by profiling current community initiatives across a continuum of public health aligned strategies.*

A Public Health Approach to Mental Health:

“A state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.”

Herman, H, Saxena, S, Moodie, R (2005). Promoting Mental Health-Concepts, Emerging Evidence, Practice. World Health Organization [WHO website](#)

Benefits of Participation

- Learn about innovative strategies
- Learn about funding opportunities
- **Grow the local network**
- Identify local needs and resources
- Engage leaders across sectors
- Contribute to local planning
- Inform state policy

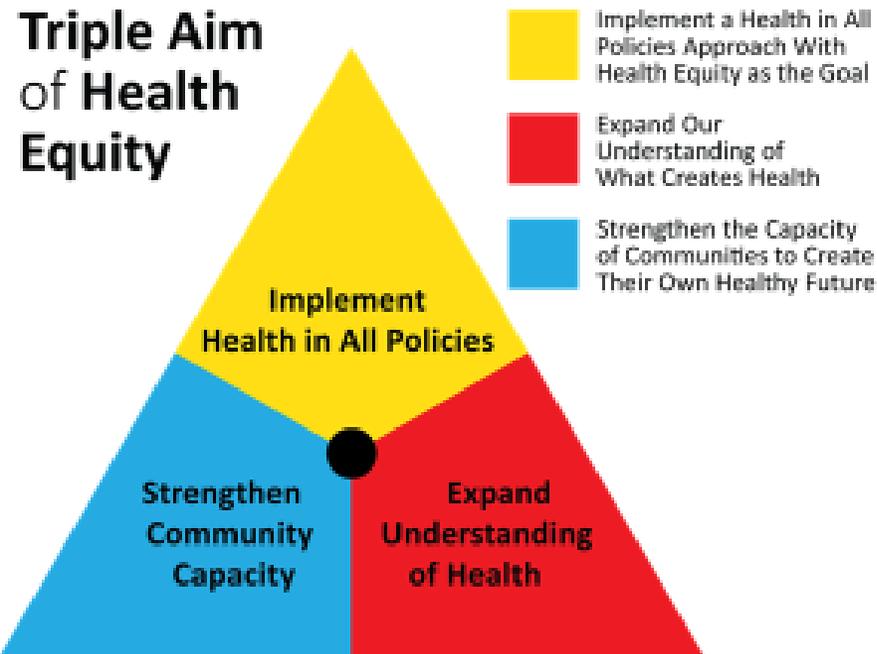
NARRATIVE: Emerging Public Health Narrative Mental Health and Well-Being

Mental Well Being happens in and through community. We can spread and protect Mental Health and Well-Being by building positive relationships, social connections, and drawing on community and cultural assets.

www.health.state.mn.us/divs/cfh/topic/mentalhealth/content/document/pdf/mhwb narrative.pdf

Triple Aim of Health Equity

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Arenas of Opportunity

Policy

- Exclusion (e.g. LGBTQ)
- School (suspension)
- Paid Family Leave
- Zoning for cultural practices

Trauma

- Trauma informed systems
- Healing practices
- Discussions about historical trauma

Concrete Supports

- WIC
- Income
- Food
- Legal
- Economic
- Housing

Healthy Environment

- Access to nature
- Quality housing
- Exposure to toxins

Supportive Relationships

- Community
- Family
- School
- Mentoring
- Parent Support

Social, Emotional & Life Skills

- Social and emotional
- Positive psych (e.g. gratitude)
- Life skills
- Job/ employment

Community, Culture, Faith

- Offers hope, purpose, belonging
- Preserving culture

Healthy Lifestyle

- Exercise
- Sleep
- Nutrition

Announcements and Opportunities

AJPH Special Section

- ***American Journal of Public Health (AJPH)*** Special Section on improving population mental health in the 21st century.
 - submissions of innovative research...to identify appropriate levers for prevention and efficacious treatments
 - Can include: **descriptive epidemiology; causal inference approaches; implementation and program evaluation;** and how local, state, and national **policy changes influence mental health.**
- The special section plans to publish 5-6 empirical papers, as well as a series of invited editorials, on topics related to population mental health.
- Due by January 2, 2018 to AJPH.MentalHealth@mcgill.ca
- *AJPH* website ([APHA website](#))
- Anticipated publication date is Fall 2018

National Health Outreach Conference

Engaging in a Culture of Health Making Waves in the Land of 10,000 Lakes

May 2-4, 2018

Bloomington, MN

[National Health Outreach Conference](#)

The goals of this conference include:

- Fostering a culture of health through community-based strategies.
- Encouraging health equity.
- Creating improvement in health through disruptive change and innovation.
- Promoting co-creation with communities to ensure relevance and reduce barriers to positive change

Star-Lite Training

- **STAR-Lite Training: Learning Strategies Awareness and Resilience in a Single Day**
- Wednesday, November 15, 2017, 8:30am-4:30pm in Saint Paul.
- A single-day evidence-based training integrating neuropsychology, trauma healing and resilience, restorative justice, nonviolent conflict transformation, and broadly defined spirituality.
- **Free thanks to generous grants from The Saint Paul Foundation and the F. R. Bigelow Foundation.**
- **Space is limited to 60.** (CEs and CLEs available for a small fee.)
- Registration required: [STAR Lite Registration](#)
- [MN Peace Website](#)

RWJ Social Isolation Solutions RFP

Nov 9th webinar (The webinar will be recorded and a link posted to the funding opportunity page [RECORDED RWJ WEBINAR](#), once available.

December 21 deadline

[RWJ Funding Information](#)

PURPOSE:

...Across the globe, countries are taking steps to improve health and well-being in their communities. RWJF is eager to learn from those countries. We are collaborating with people and organizations around the world to uncover insights that can inspire us all to imagine new possibilities and to surface practical solutions that can be adapted here in the United States.

RWJF is looking for the best ideas from around the world that address social isolation and promote positive, healthy social connections, and well-being.

UMN Funding Opportunities

- **Community Health Connections**

- to support community groups organizing around a broad range of health concerns
- **Up to \$2,000** -. Due first of each quarter.

[UMN link for Community Health Connections](#)

- **The 'U' is for You: Supporting Community Engagement with the UMN**

- to foster community/university research engagement, address community-identified needs for capacity building,
- to support initiatives (focused on) sharing and discussing information about any aspect of health research
- Up to \$5,000 Due first of each quarter.

[UMN Link for Community Engagement application](#)