



RICE COUNTY MENTAL HEALTH COLLECTIVE

A Public Health Model for Mental Health Promotion

HISTORY OF MENTAL HEALTH COLLECTIVE

- Born out of community session on systems change
- 2011 researched existing system and identified challenges
- Proposed Georgetown's public health model as potential solution

PUBLIC HEALTH MODEL FOR MENTAL HEALTH

No mental illness

Prevention

- Core social emotional competencies
- Resilience building
- Focus on school-age population

Promotion

- ???

Poor mental health

Crisis

- Protocol for crisis intervention
- Coordinating response with hospitals, law enforcement, etc.

Care/Advocacy

- Wellness Recovery Action Plan
- Peer Support Model
- Advocacy and stigma reduction

Good mental health

Mental illness

HOW DO WE PROMOTE MENTAL WELL-BEING?



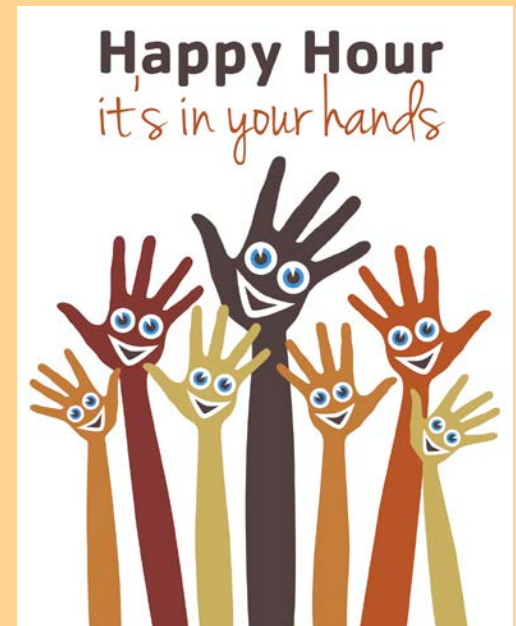


What is Positive Psychology?

- Scientific study of what makes life most worth living
- Study of the strengths and virtues that enable individuals and communities to thrive
- Founded on belief that people want to lead meaningful and fulfilling lives, to cultivate what is best within themselves, and to enhance their experiences of love, work, and play

WHAT IS HAPPY HOUR?

- 10 Session workshop series rooted in Positive Psychology
 - Positive Emotions
 - Neuroplasticity
 - Learned Optimism
 - Gratitude
 - Strengths and Virtues
 - Engagement
 - Meaning and Purpose
 - Positive Relationships
- Research based
- Emphasis on skill building
- Balance between didactic, media, and activities/discussion
- Implemented with groups
- Works in a variety of settings



RICE COUNTY'S EXPERIENCE

Work Place Wellness – County employees

Schools – staff development, parents

Target Populations - Senior Center, Friendship House

Y – fitness for the brain

Community – especially winter

EVALUATION RESULTS

First round was a convenience sample of community participants who completed pre and post surveys

Second round was a randomized, control-trial study conducted with St. Olaf College students

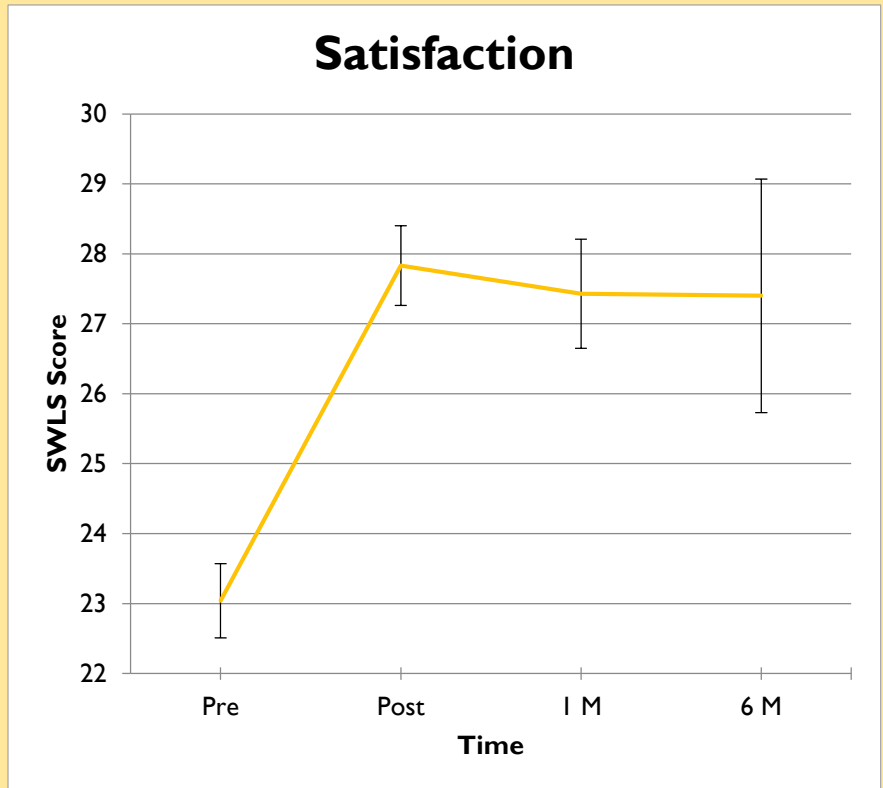
COMMUNITY RESULTS: HAPPINESS

- Happiness = AHI score, 0-5
- 7% increase in happiness before and after program ($p=.000$)
- No significant difference in happiness between post-program times ($p=.926$)



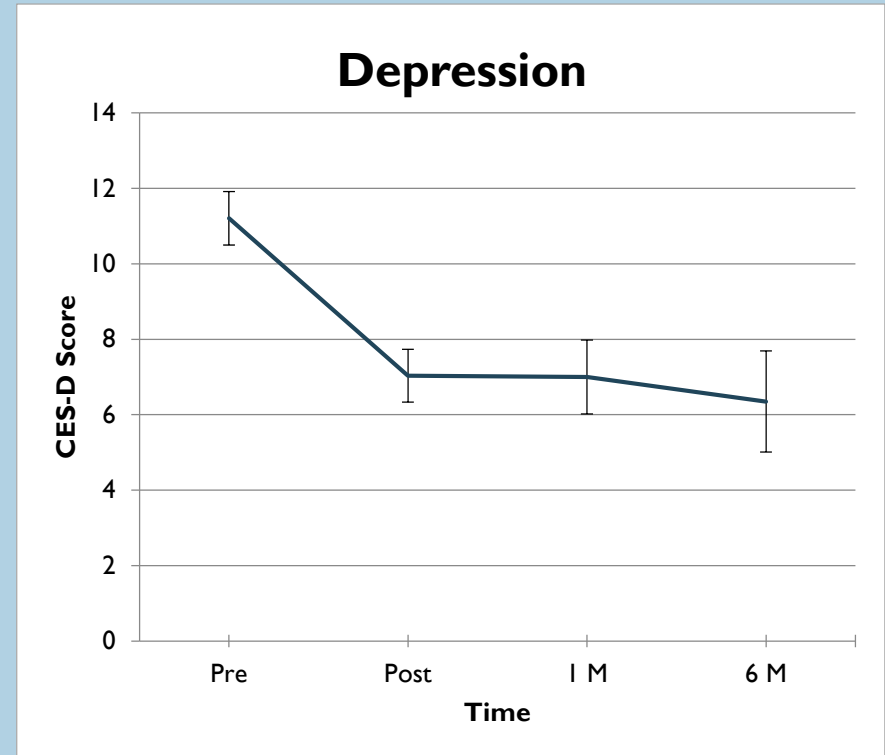
COMMUNITY RESULTS: SATISFACTION

- Satisfaction = SWLS score, 0-30
- 10% increase in satisfaction before and after program ($p=.000$)
- No significant difference in satisfaction between post-program times ($p=.912$)



COMMUNITY RESULTS: DEPRESSION

- Depression = CES-D score, 0-30
- 9.7% decrease in depression before and after program ($p=.000$)
- No significant difference in depression between post-program times ($p=.711$)



ST. OLAF RESULTS

- **Gratitude Questionnaire (GQ-6)**
measures tendency & frequency of expressing gratitude
- **Positive and Negative Affect Scale (PANAS)** measures how much participants felt 20 different emotions
- **Life Orientation Revised (LOT-R)**
measures optimistic or pessimistic tendencies
- **Center for Epidemiologic Studies Depression Scale (CESD-R)**
screens for depression and depression symptoms

	Control Group	Happy Hour Group	Statistical significance
Gratitude (GQ-6)	-0.31	0.34	p<.001
Depression symptoms (CESD-R)	0.12	-0.12	p<.01
Optimism (LOT-R)	-0.01	0.26	p<.01
Positive Affect (PANAS)	-0.29	0.00	p<.01
Negative Affect (PANAS)	0.01	-0.50	p<.001
Affect Balance (PANAS)	-0.30	0.50	p<.001

WHAT IT ALL MEANS

- Happy Hour is an effective program that increases well-being
- Happy Hour appears to buffer against the natural progression of stress in college students
- Data from 5 month follow up show that positive changes stay in place
- Primarily implemented with white participants (one cohort was implemented in Spanish – too small to evaluate)

CONTEXTUALIZATION

- Positive psychology is a subfield of psychology, so the focus is inward
- Aspects of mental well-being are impacted by social connections and community context
- As with other areas of public health, upstream factors still need to be addressed

HOW CAN WE DO HAPPY
HOUR?

FACILITATOR TRAINING

- Comprehensive training being offered July 24-28 at Carleton College in Northfield, MN
- Commuting or in-residence options available
- Registration fee includes:
 - 35 hours of training
 - 6 reference books
 - Facilitator's manual
 - Access to digital materials
- Working on evaluation study
- Working on web-based professional community
- Registration online: <https://apps.carleton.edu/events/happyhour/>

QUESTIONS?

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