

## Previous Learning Community Topics

If you would like further information on the previous topics, contact [anna.lynn@state.mn.us](mailto:anna.lynn@state.mn.us).

### 2019 Learning Sessions

#### DECEMBER 2019

No Learning Community Center.

#### NOVEMBER 2019

##### **Cultivating Social Connection in Rural Communities**

Carrie Henning-Smith, PhD, MPH, MSW, Assistant Professor, Health Policy and Management, School of Public Health Minnesota, Deputy Director, University of Minnesota Rural Health Research Center

Meg Moynihan, MS, Senior Advisor, Minnesota Department of Agriculture Dairy Farmer  
Doris Mold, Past Present American Agri-Woman (AAW), President Sunrise Agricultural Associates, LLC

#### OCTOBER 2019

##### **Healing Illuminated: Promoting Self-Care in our Families, Schools, and Communities**

<https://www.alifeinpractice.com/>

Rebeka Ndosu, Healing Justice Coach & Consultant, Health Practitioner, Yoga & Meditation Teacher, Speaker, Film Producer

#### SEPTEMBER 2019

##### **Healthy Bodies, Healthy Minds, Healthy Learners: Building a Trauma-sensitive learning environment in an urban elementary school**

Judy Myers, MS, RN (former U of MN Extension Educator, Children, Youth, and Family Consortium)

#### AUGUST 2019

##### **Irreducible Grace Foundation: A healing journey through education and arts**

[Irreducible Grace Foundation \(IGF\)](#)

## PREVIOUS LEARNING COMMUNITY TOPICS

Dr. Darlene Fry

Jan Mandell

### JULY 2019

The July session was CANCELLED.

### JUNE 2019

#### **Addressing Outstanding Warrants: Reducing Stress on Systems and Families**

Katrina Mosser, Integrated Health and Justice Administrator, Ramsey County

### MAY 2019

#### **SLEEP: Clinic and college-based strategies to improve sleep**

Visit [SleepFacts.org](http://SleepFacts.org) for more information.

Janet Lewis-Muth, MPH, Director of Health Promotion, Carleton College

Kalsey Stults, Community Health and Wellness Specialist, Crow Wing Energized

Beatrice Comty-Charnock, MA, LMFT, LACD, Crow Wing Energized, Mental Fitness Goal Group

### APRIL 2019

#### **Wellness Recovery Action Plan (WRAP): An evidence-based model for prevention and wellness**

Jode Freyholtz-London, Wellness in the Woods, Executive Director

Angela Watts, Hennepin County Public Health, Family Health Area Manager

### MARCH 2019

#### **Restorative Practices: Healing Youth, Family and Community**

Laraine Mickelson, Mickelson Consulting, LLC

Sharon Hendricks, Yellow Medicine Restorative Justice

### FEBRUARY 2019

#### **The Vital Aging Network: Empowering Seniors and Building Community Capacity**

<http://www.vital-aging-network.org/>

Mark Skeie, Executive Director

### JANUARY 2019

#### **Mental Health and Wellbeing: A Framework for Promotion with a Role for Everyone**

Cari Michaels, MPH, Extension Educator U of M Extension Children, Youth & Family Consortium (CYFC)

Anna Lynn, MPP, Mental Health Promotion Coordinator, MDH

## 2018 Learning Sessions

DECEMBER 2018

No meeting.

NOVEMBER 2018

### **Giving Voice to Well-Being: Building Choral Communities of Joy**

Mary Lenard, Co-Founder & Executive Director Giving Voice Initiative

Eyleen Braaten, Director of Community Engagement Giving Voice Initiative

OCTOBER 2018

### **Reducing Isolation and Promoting Connection between New Immigrants and Minnesota Women**

*Erin Hart, Reconciliation Project*

*Shaymaa Jakjook, Women's Friendship Group Participant*

[Iraqi and American Reconciliation Project](#)

SEPTEMBER 2018

### **The Quest for Resiliency: Moving from Stressed Out to Chill**

*Susan Nygaard, RN, BSN, PHN, Manager, Community Health Improvement, Allina Health*

[Change to Chill](#)

AUGUST 2018

### **Gay Straight Alliance: A Critical Community Resource for LGBTQ Mental Well-Being**

*Joseph Rand, M.Ed, Extension Educator, Youth Development U of M Extension (he/him/his)*

*Blaine Kelley, Youth & Schools Coordinator OutFront Minnesota (he/him/his)*

[Outfront Minnesota](#)

JULY 2018

### **Happiness: A Mental Health and Business Strategy**

*Nancy O'Brient, Co-founder Experience Happiness*

*Linda Saggau, Co-founder Experience Happiness*

*Guest Speaker: Sara Rose, Hennepin Healthcare/Hennepin County Medical Center*

[Experience Happiness](#)

JUNE 2018

### **One Garden at a Time: Creating Healthy Environments and Community**

*Melvin Giles, Peacemaker and Co-coordinator for Urban Farm and Garden Alliance*

*Megan Phinney, Master Gardener and Co-coordinator for Urban Farm and Garden Alliance*

## PREVIOUS LEARNING COMMUNITY TOPICS

*Kiersti (KP) Phenow, LSW and Urban Farmer*

[Urban Farm and Garden Alliance](#)

MAY 2018

### **Enhancing Trauma-Sensitive and Compassionate Practices in Schools**

*Sharleen Zeman-Sperle, M. Ed, SEL Specialist*

*Stacy Bender-Fayette, M. Ed, SEL Specialist*

APRIL 2018

### **Building Mentoring Relationships throughout Minnesota**

*Carolyn Scherer, MSW, Director of Program Services, MENTOR Minnesota*

MARCH 2018

### **Building Community Coalitions for Resilience**

*Pam Beckering MS, LPCC Adverse Childhood Experiences Coordinator; Centra Care Health*

*Roger Green Chair of the Woodbury Thrives Leadership Team*

*Mary Sue Hansen, Suburban Ramsey Family Service Collaborative Coordinator*

*Julie Hatch, Olmstead County SHIP Coordinator*

FEBRUARY 2018

### **Creating Family Friendly Jail Visitation Spaces**

*Rebecca J. Schlafer, PhD, MPH, Assistant Professor, Division of General Pediatrics and Adolescent*

*Health, University of Minnesota*

JANUARY 2018

### **Building Capacity in 2018**

## **2017 Learning Sessions**

DECEMBER 2017

No Meeting.

NOVEMBER 2017

### **From Hollering to Healing: Using Community Coaches to Address Trauma**

*Dr. Joi Lewis, Founder and CEO of [Joi Unlimited](#) Coaching & Consulting and the Orange Method*

## PREVIOUS LEARNING COMMUNITY TOPICS

OCTOBER 2017

### **Gathering of Native Americans (GONA) Process: Wellness and Strength Based on Actions**

*CoCo Villaluz, Consultant*

*Lori New Breast (Amskapikuni/Blackfeet), Consultant, American Indian Mentorship Initiative*

*Clearway Minnesota*

[Gathering of Native Americans \(GONA\)](#)

SEPTEMBER 2017

### **Red River Resilience: Expanding Community-Wide Understanding about Resilience**

*Ellie McCann, MS, CFLE Associate Professor, Family Resiliency Center for Family Development, University of Minnesota Extension*

*Mark Ellingson, Board Certified Chaplain, Altru Health System*

[Red River Resilience](#)

AUGUST 2017

### **The Bounce Back Project - Building Individual and Institutional Resilience**

*Dr. Corey Martin, Former Director of Clinical Services, Buffalo Hospital*

[The Bounce Back Project](#)

JULY 2017

### **St. Paul Youth Services YouthPower organizing hub**

*Dr. Tracine Asberry, Executive Director St. Paul Youth Services*

[St. Paul Youth Services](#)

JUNE 2017

### **Happy Hour: Promoting Positive Mental Well-Being**

*Janet Lewis Muth, MPH, Director of Health Promotion, Carlton College*

[Happy Hour](#)

MAY 2017

### **Living Life to the Full, a Pilot Program in the Somali Community**

*Dr. Rebekah Pratt, University of Minnesota Assistant Professor, Department of Family Medicine and Community Health*

**For more information**

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