Previous Learning Community Topics
If you would like further information on the previous topics, contact 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 Ndosi, 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)
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 Sleep Facts.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
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. Shlafer, 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
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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