



## Purpose and Vision

- 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

## Ways local communities can use this:

- 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 serves as a backbone for a Minnesota Framework for Action.

## Mental Health Framework for Action

Supporting mental well-being requires a comprehensive set of strategies. Keys arenas of opportunity include:

1. Addressing trauma
2. Social, emotional, and life skills
3. Supportive relationships
4. Community, faith, and/culture
5. Environment- natural and built
6. Concrete supports (education, employment, housing)
7. Healthy lifestyle
8. Policy and Systems Change

Expanding understanding about what creates mental health and building community capacity are ongoing, foundational efforts.

## Contact Information

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# MENTAL WELL-BEING AND RESILIENCE LEARNING COMMUNITY



## What is the Mental Well-being and Resilience Learning Community?

An interactive monthly statewide webinar and local discussion.

- **Last Tuesday Each Month**  
**10:00-12:00**
- **First hour** is a webinar about an innovative strategy to promote mental well-being and resilience.
- **Second hour** is for community discussion about local resources and needs.

Counties or communities interested in the Learning Community, will have a host who can access and broadcast the webinar.

**Webinar links are only provided to hosts.**

## Who can participate?

Everyone is welcome! Anyone who is interested or already engaged in building resilience and mental well-being in their community is invited to participate. Those with interest may include: libraries, schools, police, youth organizations, faith, hospitals, corrections, senior services, and others.

## How do I Participate?

1. [Register](http://www.health.state.mn.us/divs/cfh/topi/c/mentalhealth/community.cfm) here.  
[www.health.state.mn.us/divs/cfh/topi/c/mentalhealth/community.cfm](http://www.health.state.mn.us/divs/cfh/topi/c/mentalhealth/community.cfm)
2. Find the location nearest you on the registration page.
3. Join the conversation!

Consistent participation is not required, but is helpful for best results.

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### *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.*

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## 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



## Long Term Vision

This community may provide an opportunity to inform or identify:

- Statewide mapping of strategies
- Policy, training and data needs
- 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.