



Minnesota Thrives and Mental Well-Being in Minnesota

October 2022

Land Acknowledgement

- Every community owes its existence and vitality to generations from around the world who contributed their hopes, dreams, and energy to making the history that led to this moment. Some were brought here against their will, some were drawn to leave their distant homes in hope of a better life, and some have lived on this land for more generations than can be counted. Truth and acknowledgment are critical to building mutual respect and connection across all barriers of heritage and difference.
- We begin this effort to acknowledge what has been buried by honoring the truth. We are standing on the ancestral lands of the Dakota people. We want to acknowledge the Dakota, the Ojibwe, the Ho Chunk, and the other nations of people who also called this place home. We pay respects to their elders past and present. Please take a moment to consider the treaties made by the Tribal nations that entitle non-Native people to live and work on traditional Native lands. Consider the many legacies of violence, displacement, migration, and settlement that bring us together here today. Please join us in uncovering such truths at any and all public events.*
- *This is the acknowledgment given in the USDAC Honor Native Land Guide – edited to reflect this space by Shannon Geshick, MTAG, Executive Director Minnesota Indian Affairs Council

Agenda

- **Overview Mental Well-being**
 - *Reflection on your work*
- **Overview and tour MN Thrives**
 - *MN Thrives Bingo*
- **How and why to share your work?**
 - *Begin your submission, and recommend others*
- **Please Help!**



What do we mean by “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.

—World Health Organization



Mental Health- *Living Well*



**Feeling
Good**

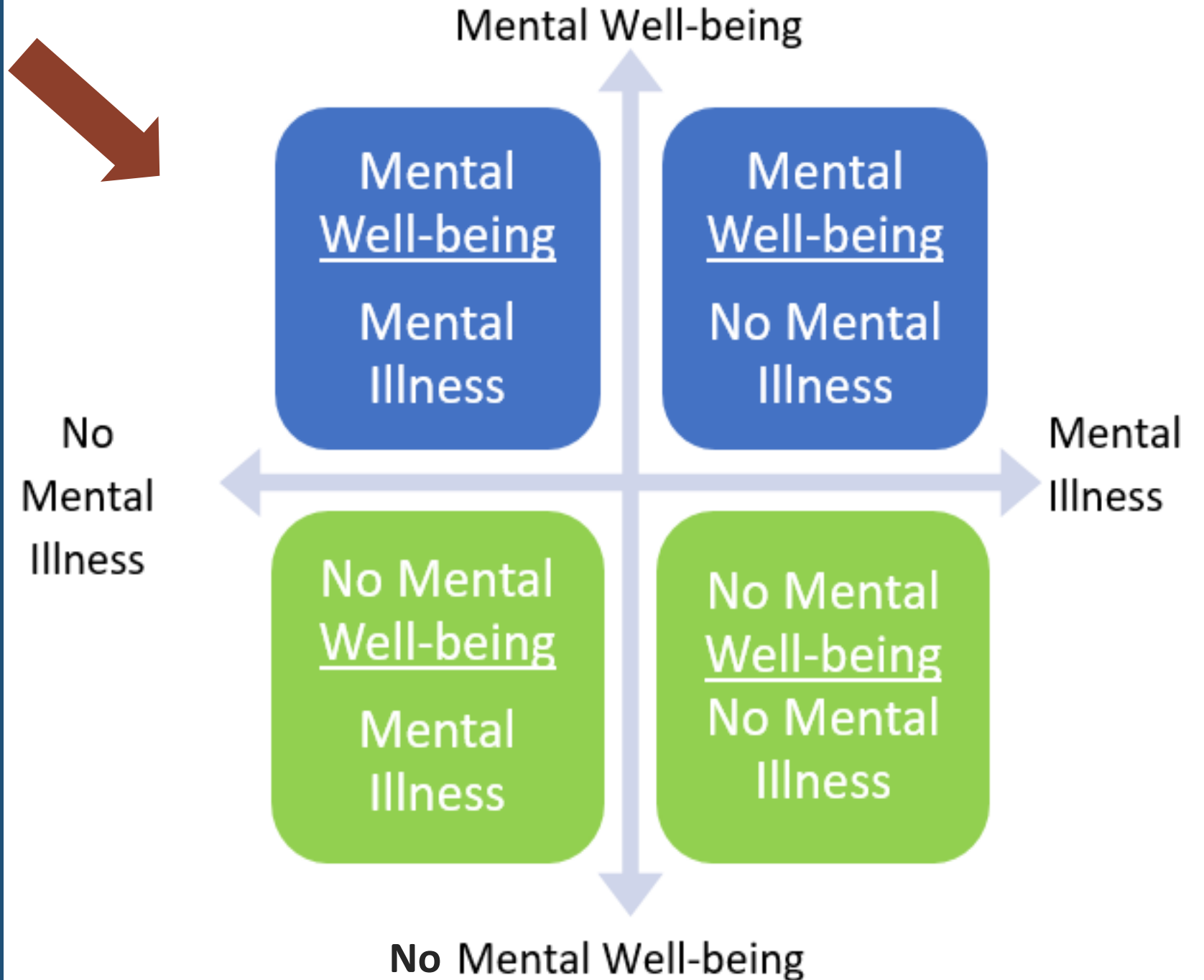


**Functioning
Well**



**Socially
Connected**

The Dual Continuum



What helps us live well?

Relationships,
Connectedness
and Belonging

Social,
Emotional and
Life Skills

Community,
Culture, and
Faith

Healthy Lifestyle

Equitable Social
and Health
Policies

Opportunities to
Heal from
Trauma

Basic Needs
(Housing, Food)

Positive
Environments
(built & natural)

COMMUNITY CAPACITY: Communities that have the power to create the above.

Fast Facts about Mental Well-being

Social isolation is a greater risk factor for mortality than smoking, obesity, exercise, and air pollution.

Holt-Lunstad, J., Smith, T.B., & Layton, J.B. (2010). Social relationships and mortality risk: a meta-analytic review. *PLoS Medicine*, 7(7), <http://journals.plos.org/plosmedicine/article?id=10.1371/journal.pmed.1000316> . Accessed on June 6, 2018.

Fast Facts about Mental Well-being

If you **volunteer at least once a week**, the increase to your happiness is like moving from a yearly income of \$20,000 to \$75,000.

If you **have a friend that you see on most days**, it's like earning \$100,000 more each year.

Simply seeing your neighbors on a regular basis gets you \$60,000 a year more.

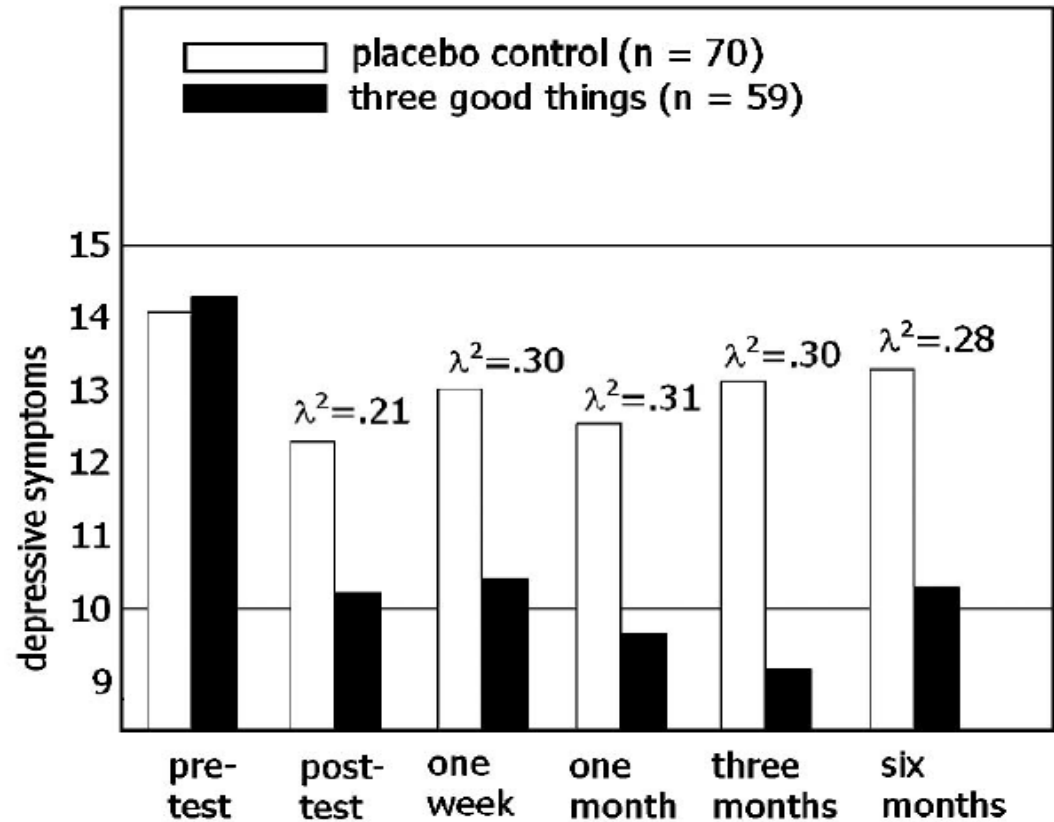
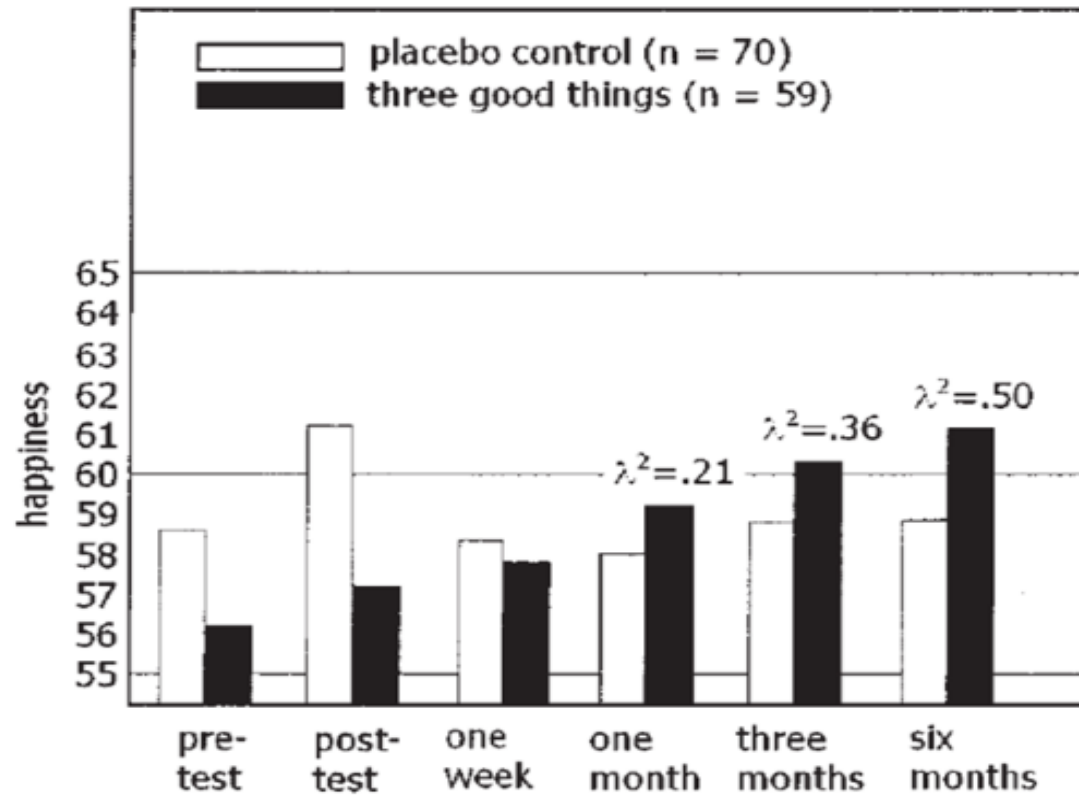
[Smith, Emily Esfahani \(2013\) Social Connection Makes a Better Brain. The Atlantic: October 29, 2013. Accessed on October 14, 2022](https://www.theatlantic.com/health/archive/2013/10/social-connection-makes-a-better-brain/280934/)
<https://www.theatlantic.com/health/archive/2013/10/social-connection-makes-a-better-brain/280934/>

Involvement in a faith community is linked with improved mental health and reduced rates of anxiety, depression, substance use and suicide, as it prompts social connections, trust, and opportunity to help others.

DeGruy, J., Kjellstrand, J.M., Briggs, H.E., & Brennan, E.M. (2011). Racial Respect and Racial Socialization as Protective Factors for African American Male Youth. *Journal of Black Psychology*, 1-26.

Brokenleg, M. (2012). Transforming Cultural Trauma into Resilience. *Reclaiming Youth Journal*, 21(3) 1-13. www.reclaimingjournal.com

Fast Facts about Mental Well-being



Seligman, M, Park, Steen, T., Park, N., and Peterson, C., (2005). *Positive Psychology Progress: Empirical Validation of Interventions*. American Psychologist, Vol 60 (5), 410–421.

Fast Facts about Mental Well-being



- Residents in public housing with green space nearby compared to housing with no green space
 - Knowing more neighbors,
 - Feeling closer and more likely help neighbors,
 - Stronger sense of belonging
- **Proximity to nature** is linked to lower rates of violence, increased social connectedness. (Coley & Kuo, 1997)

What's Happening in Your Neighborhood?



- Where does your work fit in this comprehensive community approach to promoting mental health and well-being?
- What initiatives are happening in your community across these domains?

MN Thrives

WHAT IS MN THRIVES?



A collectively sourced



Interactive database



Current Minnesota based efforts



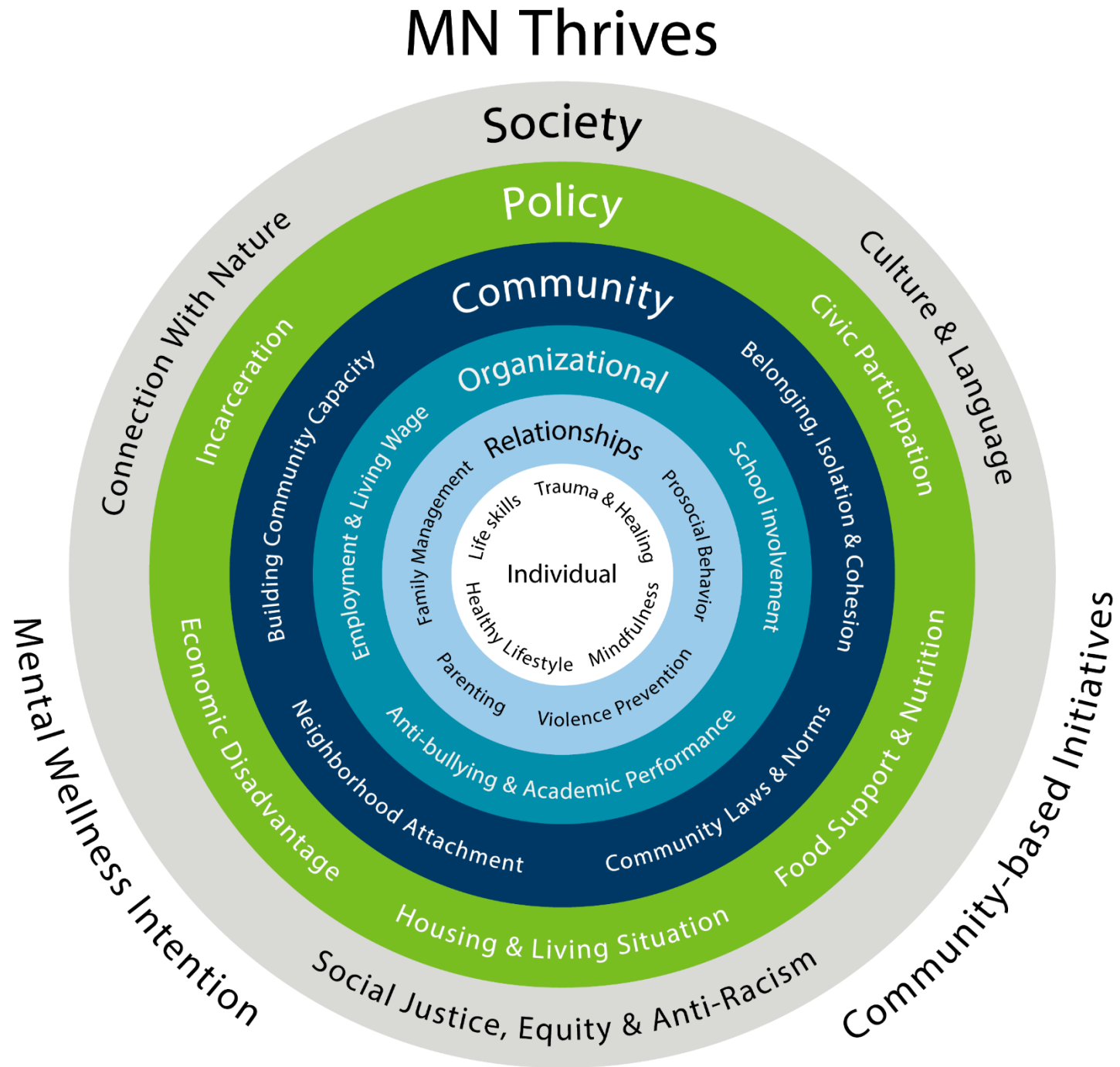
Promoting mental well-being &
resilience

MN Thrives: Growing Ideas

- Communities actively connect and learn from each other
- Facilitate the spread of mental well-being strategies across communities and sectors; and
- Minnesota have a comprehensive picture of current well-being strategies statewide



Layers



MN Thrives

SURCHABLE DATABASE



SURVEY



Using MN Thrives

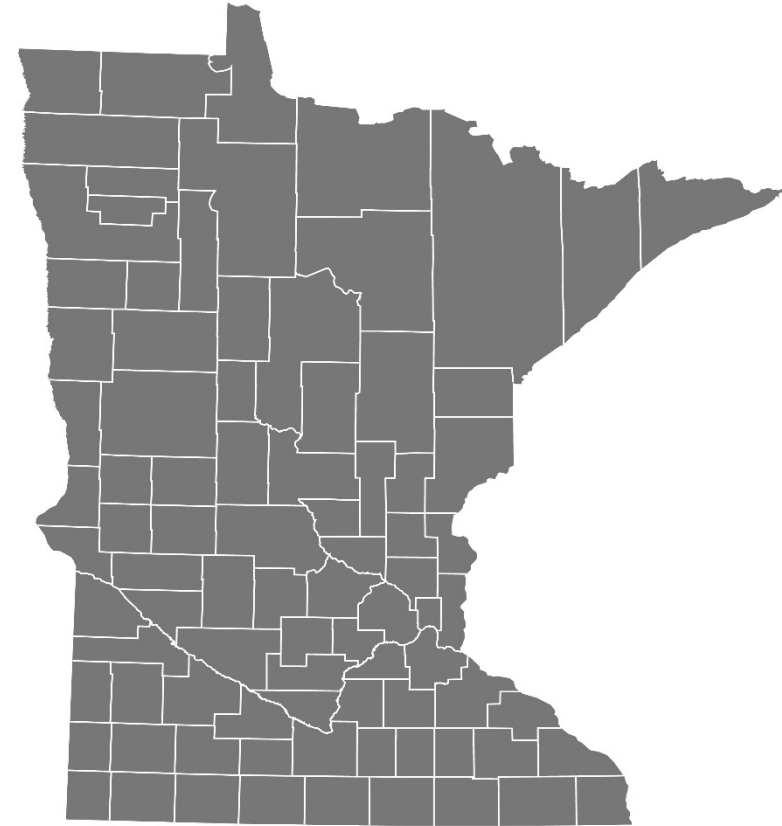
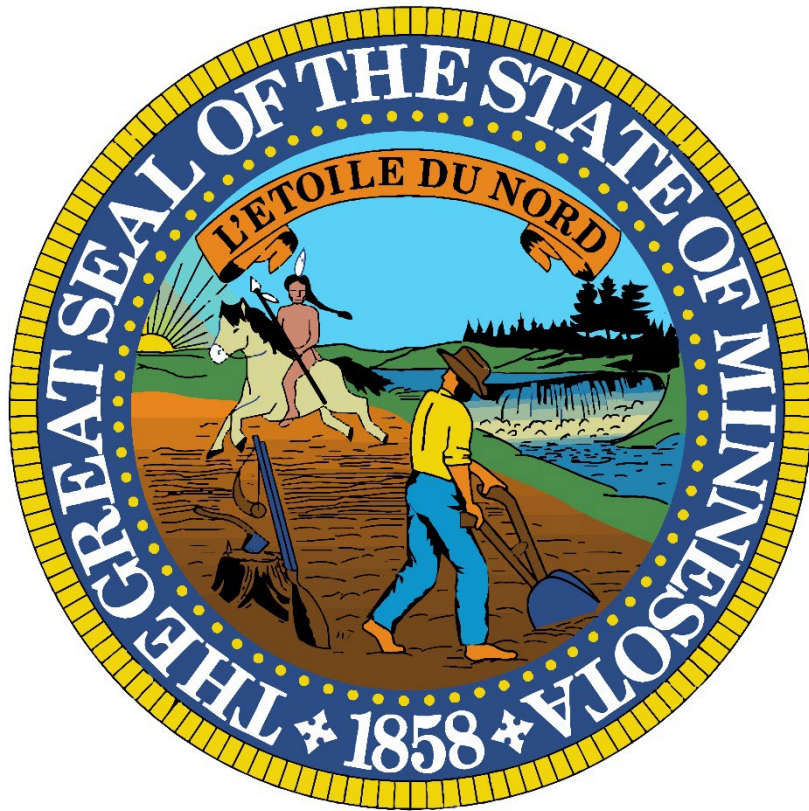
A Comprehensive Picture of Minnesota Well-being Initiatives



LEARN

- ❖ Inform a needs assessment
- ❖ Identify potential gaps by strategy, population, sector, or outcomes.
- ❖ Get new ideas & insights
- ❖ Search for specific types of strategies
- ❖ Identify potential partners
- ❖ Consult others doing similar work
- ❖ Identify outcome measures and language
- ❖ Identify funding strategies
- ❖ Identify unique/common programming (funding information)

Search Features: County



Search Features: **Activity Domain**

- Relationships, Social Connectedness, Belonging
- Skill Development (Social, Emotional, Life Skills)
- Community, Culture, Faith
- Trauma, Adversity and Healing
- Healthy Environments (Built & Nature)
- Basic Needs (Housing, Employment, Child-Care)
- Equitable Social and Health Policies
- Building Community Capacity
- Other

Search Features: Population

- All Population
- Multiple Age Groups
- Parents
- Child care providers
- Low Income
- BIPOC
- Rural
- Immigrant and Refugee
- Farmers
- Homeless
- LGBTQ+
- Employees
- Veterans
- College Students
- Justice Involved Families
- Other

Search Features: Evidence & Funding

Evidence

- Innovative
- Culturally Informed
- Evidence-Based
- Research-Informed or Promising Practice
- Not Sure

Funding

- Under \$1,000
- \$1,001-\$5,000
- \$5,001-\$20,000
- \$20,001-\$50,000
- \$50,001-\$100,000
- Over \$100,000
- Unknown

- MN Dept. of Health: Minnesota Thrives
(state.mn.us)



MN Thrives BINGO!

How and why to share your work in MN Thrives



**General Contact
Information**



**Description of
Initiative**



**Goals and Intended
Outcomes**



Focus Areas



**Process (~Business
details)**

WHO CAN ENTER

- ❖ Individuals
- ❖ Community Organizations
- ❖ Coalitions or Collaboratives
- ❖ Government
- ❖ Business
- ❖ Coalitions
- ❖ Health Plans
- ❖ Hospital
- ❖ Library
- ❖ Public safety (police, jails)
- ❖ Universities

WHAT IS AN INITIATIVE?

Any project, program policy effort, training series, communications campaign, community process or other activity that contributes to mental well-being and thriving communities.

WHAT IS NOT INCLUDED?

- Marketing general individual expertise and consultation
- Clinical services
 - Can include promotion and prevention activities implemented by clinical providers or have a clinical component (ex. wellness training).
- Primarily marketing focused
 - E.g. only marketing a product or training that they could offer, no current initiative.
- No intentional or specific mental well-being connection (e.g. basic needs- food shelves)

An Example: Intentional Connection to Well-being

Basic Need Supports

- Food Shelf A.

- Offers healthy foods- supports mental well-being.
- Offers range of foods that meet different cultural groups- supports sense of belonging and inclusion.
- Provides a welcoming environment.

- Food Shelf B.

- Providing education and awareness for participants about the connection between healthy foods and mental well-being.
- Developing plan to engage participants to identify culturally specific food needs, engaging families to discuss cultural practices and mental well-being.
- Incorporated trauma informed training and have shifted welcoming practices and environment to promote healing.

HOW TO SUBMIT

Submission Steps

- www.health.state.mn.us/communities/mentalhealth/mnthrives.html
- Go to [Submit an Entry](#)
- Download the MN Thrive questions for review if needed.
- Take 20-40 minutes to complete the questions.

Submission Details

- Only include Minnesota projects.
- Updates made monthly starting in 2022.
- Does not imply MDH endorsement.
- MDH maintains the right to withhold content not suitable for these purposes.
- Content will be shared as provided.

SUBMISSION FAQs

Don't know the answer

- Save and return later!
- Other response category
- Best estimates are ok
- Leave blank

➤ **Can I change my response?**

- Yes! Revisions: submit another entry with updated content and select “Yes” to Q8. Have you entered information about the initiative in MN Thrives previously?
- Minor changes: reach out to MDH.
Anna.lynn@state.mn.us or John.Eshun@state.mn.us

PROMOTE

- Promote your work across Minnesota.
- Shine a light on your community
- Find new partners and funders
- Become part of a network that shares updates and progress
- Share your unique contribution with partners and funders
- Reduce silos and gaps in knowledge
- Contribute to a comprehensive community approach to mental well-being.
- Improve your well-being knowing you contributed to growing knowledge.
- Help create a dynamic learning space.

How MDH Promotes MN Thrives Initiatives

- Mental Well-being and Resilience Learning Communities
- MN Thrives monthly spotlights- Gov.Delivery list serve 7,000+ people
- Videos on MDH website
- Social media posts
- MN Thrives Program Sharing Workshops
- Other ideas?

Program Sharing Time! Join Us!

1. MN Thrives Survey: Submit an Entry



2. Refer a Program

- a. Share a postcard
- b. Refer a Program- online form
- c. Add Name and Contact information to Ideas Page

Help Build MN Thrives!



Can you help the MN Thrives movement?

- ❖ *Submit an entry*
- ❖ Personal invitations
- ❖ Refer a program to MDH (see link online)
- ❖ Host a presentation
- ❖ Share on social media (see toolkit online)
- ❖ Introduce it to a community coalition
- ❖ Host a mapping session in your community
- ❖ Share it with local media
- ❖ Connect with an initiative listed in MN Thrives

www.health.state.mn.us/communities/mentalhealth/mnthrives.html



So many of our dreams at first seem impossible, then they seem improbable, and then, when we summon the will, they soon become inevitable. - Christopher Reeve

Thank you

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Minnesota Thrives

**BUILDING CONNECTIONS FOR MENTAL
WELL-BEING & RESILIENCE**



Minnesota Thrives

**BUILDING CONNECTIONS FOR MENTAL
WELL-BEING & RESILIENCE**

What is happening in your community to promote mental well-being and resilience?

Creating thriving communities takes everyone. Despite our connected world, silos and information gaps remain. MN Thrives is a collectively sourced interactive database to share information about Minnesota based mental well-being and resilience strategies. MN Thrives can be a valuable resource to help spread strategies across communities.

Check it out! Learn about other initiatives and amplify your work by adding it to MN Thrives today.

Additional Details

www.health.state.mn.us/communities/mentalhealth/mnthrives.html

Questions?

Contact Anna Lynn by emailing anna.lynn@state.mn.us or John Eshun john.eshun@state.mn.us.

Submit an Entry



<https://redcap.health.state.mn.us/redcap/surveys/?s=C4ADKRT8LH>



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Submit an Entry



<https://redcap.health.state.mn.us/redcap/surveys/?s=C4ADKRT8LH>



A comprehensive community approach to promoting mental health



Where does your work fit? What projects or initiatives are you supporting in these domains?	What initiatives are happening in your community across these domains?
Name and email	