MDH Minnesota
Department *of* Health
COMMUNITY AND FAMILY HEALTH

Mental Well-being and Resilience Learning Community

OVERVIEW

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

This is an interactive monthly statewide webinar and local discussion.

- Last Tuesday of each month, 10:00-12:00.
- The first hour is a webinar about an innovative strategies to promote mental well-being and resilience from a community or organization.
- The second hour includes time for local community discussion about local resources and needs relevant to the presentation.

Counties or communities where there is interest in the Learning Community, will have a host who can access and broadcast the webinar. **Webinar links are only provided to hosts.** To participate you can go to the learning community location nearest you.

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.

People from all sectors could be encouraged to participate. Those with interest may include: libraries, schools, police, youth organizations, faith, hospitals, corrections, senior services, and others. Citizens with no formal ties to a particular sector can also participate.

Benefits and Commitment?

There is no formal commitment to participate. However, individual and community benefits will expand with consistent participation. Potential benefits include an opportunity to:

- Learn about innovative strategies, funding opportunities, and other tools
- Grow and strengthen the local network
- Understand and inform community resources and needs
- Engage leaders across sectors (libraries, police, youth)
- Contribute to local planning; Explore opportunities to apply strategies locally
- Inform state policy, training and data needs Interested in Hosting?

The goal is to have a host in each county, with some exceptions (e.g. size, demand, geography, etc.) where a county may have more than one host location.

Local public health and family service or mental health collaborative leaders will be given hosting priority, since convene people across sectors is a traditional role. If they are unable or uninterested in participating, others are welcome to host. Also, in many cases, there are co-hosts in a county if someone outside of these designated hosts expresses interest.

Host Responsibilities

Logistics

- Email participants about the location of the learning community meeting

- Conform site availability each month; if the site changes email anna.lynn@state.mn.us
- Arrive 30 minutes before the session (or a delegate)
- Ensure technology to project webinar and telephone speaker
- (computer, internet access, projector, telephone)
- Welcome participants, provide name tags (if needed)
- Collect list of participants and email it to anna.lynn@state.mn.us
- Recruit someone if you cannot provide support for that month
- Email participants for your site if anything changes
- Encourage people to register online if they have not (to track participation)

Discussion

- Facilitate the discussion (questions are provided)
- Identify a volunteer note-taker to take notes
- Send notes or discussion summary to anna.lynn@state.mn.us

Contact Information

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