



# 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
- Minnesotans have a comprehensive picture of current well-being strategies statewide



# A Comprehensive Picture of Well-being

Relationships,  
Connectedness  
and Belonging

Skill  
Development

Community,  
Culture, and  
Faith

Healthy  
Lifestyle

Equitable  
Social and  
Health Policies

Trauma,  
Adversity, &  
Healing

Basic Needs

Building  
Community  
Capacity

# MN THRIVES SURVEY

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

# SHARE

## **Organization benefits**

- ❖ Promote and grow your work
- ❖ Find new partners
- ❖ Share with funders participation in MN Thrives
- ❖ Become part of a network that shares progress
- ❖ Understand your unique role

## **Community Benefits**

- ❖ Reduce silos and gaps in knowledge
- ❖ Shine a light on your community
- ❖ Contribute to a comprehensive approach
- ❖ Improve your well-being
- ❖ Help create a dynamic learning space

# MN THRIVES CONTENT



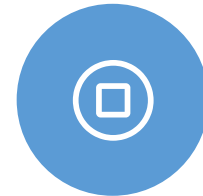
**General Contact Information**



**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

Entries can include promotion and prevention activities implemented by clinical providers or have a clinical component (ex. wellness training).

### Primarily marketing focused

Not based on current initiatives or experiences, but only marketing types of things that a person or organization could offer.

# HOW TO SUBMIT

## Submission Steps

1. [www.health.state.mn.us/communities/mentalhealth/mnthrives.html](http://www.health.state.mn.us/communities/mentalhealth/mnthrives.html)
2. Go to [Submit an Entry](#)
3. Download the MN Thrive questions for review if needed.
4. Take 30-60 minutes to complete the questions.

## Submission Details

- One entry per initiative.
- 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.

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# Using MN Thrives

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## 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)

# MN THRIVES EXAMPLES

<https://www.health.state.mn.us/communities/mentalhealth/mnthrives.html>

Live More  
Screen Less

<https://livemoretoday.org>

## Addressing Healthy Use of Technology

- Purpose is to inspire healthy and balanced use of tech.
- Create and implement plans that schools, families, and workplaces can use to recalibrate and reclaim our time, attention, and focus and to maximize the good technology offers.
- Educate, build capacity, guide decision makers, inspire advocates, foster intentional use of technology.

# Reach Mentoring & Youth Leadership Program

[Reach website](#)

- Cloquet High School students partnered with REACH Mentoring
- Created "Students Offering Support (SOS), a youth leadership, peer mentoring program to address suicide.
- Youth spreads suicide prevention skills, destigmatizes mental illness, supports positive mental health, connects peers, educates on risk factors, unhealthy relationships, bullying, and mental illnesses.
- SOS model builds youth leadership by cultivating peer



**1000 Petals**  
[info@1000-petals.com](mailto:info@1000-petals.com)

## **Educators Trauma and Stress Workshop**

This workshop enables participants to deepen their understanding of the impact of trauma and stress on both educators and students. Includes practical interventions to assist youth with self-regulation, focus, de-escalation, and community connection. Through hands-on learning, reflection and discussion participants will apply breathing exercises, simple regulated-movement, relaxation techniques and social/emotional skill development activities into the CASEL SEL Domains: Self-Awareness, Self-Management, Social Awareness, Relationship Skills, and Responsible Decision-Making.

Healthy  
Together  
Wilmar, BCBS  
[healthytogetherwillmar.org](http://healthytogetherwillmar.org)

An initiative, to create a future where all members of the Wilmar community have access to the resources and opportunities needed to achieve their best possible health.

- Multi-faceted Initiative
- Deep community engagement
- Investing in diverse leadership development
- Community-driven solutions,
- Creating spaces for cross-cultural connections and relationship-building
- Developing more equitable systems and approaches.

Grace Place  
Collaborative:  
Coffee Connection

- **Coffee Connection** is a Thursday morning weekly gathering of folks in and around the community of Montrose. It offers conversation and connection in a relaxed welcoming atmosphere.

Clay Family  
Service  
Collaborative:  
*The Longest  
Table event*


- Residents reported that they were not connected to their neighbors and had no one to turn to in moments of crisis.
- ***The Longest Table*** event:
  - Residents assigned to a table
  - Placed with people they did not know.
  - A table facilitator guided conversation
  - Focus: community strengths and challenges, what brought them to this area and what keeps them there.
  - Information from the event will be used to build connectedness among our community members.

# Help Build MN Thrives!

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# #MN Thrives Campaign 1,000 Well-being Ideas



- ❖ *Launch Session ~ January 2022*
- ❖ *Mapping sessions*
- ❖ *Community champions initiative*
- ❖ *Community presentations*
- ❖ *Building content now thru January*
- ❖ *More*



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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