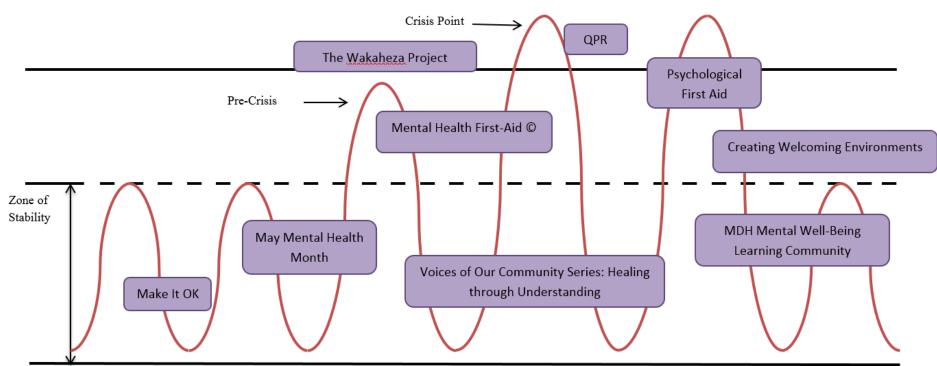


Mental Health Promotion



"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." -The World Health Organization

Saint Paul – Ramsey County Public Health Mental Health Zone of Stability



Programs Recommended and Promoted by Saint Paul – Ramsey County Public Health

Socio-economic conditions have positive or negative impacts.

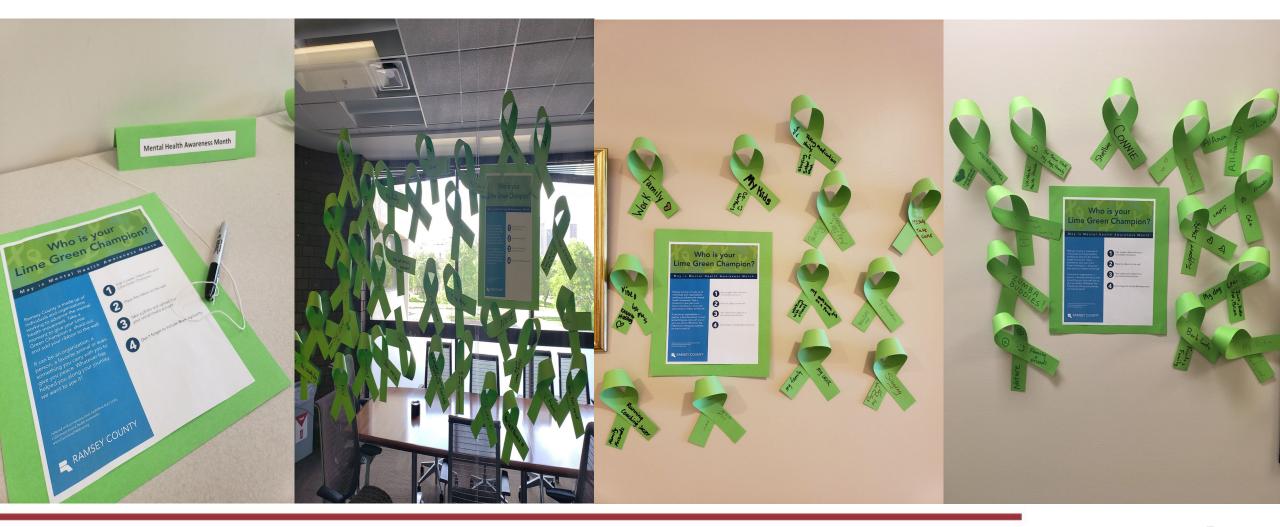
1







May is Mental Health Awareness Month - Wall Activity

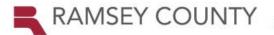




A unique cultural perspective of what mental well-being and healing means:



"What do we mean when we talk about mental well-being, resiliency, and resources in our community?"





May Speaker: Brandon Jones M.A. Psychotherapist, Professor, & Behavioral Health Consultant



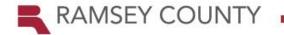
July Speaker: Pheng Thao works at the intersections of building community



June Speaker: Irreducible Grace Foundation "Fostering Health and Wellness"



August Speaker: Moses Moe With Karen Organization of Minnesota



Brandon Jones M.A - Presentation





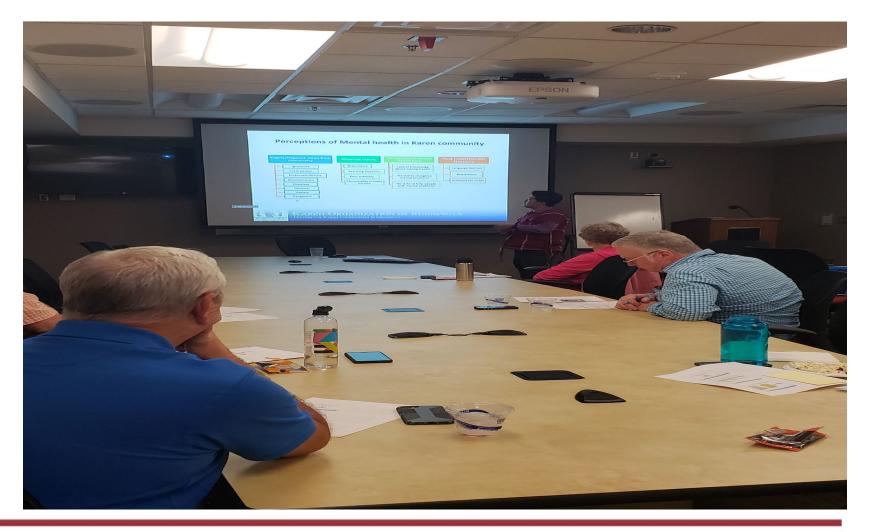
Irreducible Grace Foundation - Presentation

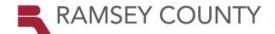


https://drive.google.com/drive/u/0/my-drive?ogsrc=32



Moses Moe - Presentation





Pheng Thao – Presentation



https://youtu.be/Dmhv6QyLJFg





September Speaker: Liz Franklin, MSW, LICSW, is a supervisor & outpatient therapist at CLUES



September Speaker: Jesus Calzas Millán, MA, Hispanic and Latino community Cultural Broker



October Speaker: June Blue Cultural Broker - American Indian Family Center



November Speaker: Dr. Felicia Washington Sy Executive Director at RECLAIM



HEAL

Mental Health First Aid Course

ALGEE, the Mental Health First Aid Action Plan

Assess for risk of suicide or harm
Listen nonjudgmentally
Give reassurance and information
Encourage appropriate professional help
Encourage self-help and other support strategies



Next Steps for Mental Health Promotion

- Evaluate Voices of the Community Series.
- Host 4 World Café events with Hispanic/Latinx youth and parents.
- Continue being a host site for MDH Mental Well-Being Learning Community
- Promote Question, Persuade, Refer (QPR) with our Community Partners and RC staff.
- Mental Health and Wellness Action Team Hosting a Convening in November
- Planning for 2019 Mental Health Awareness Month.
- Launch Mental Health and Wellbeing Ramsey County Webpage in October.





Contact Information: Kari Baha, Mental Health Promotion Health Educator Saint Paul - Ramsey County Public Health Healthy Communities Division O: 651.266.2469 C: 612.703.8778 Email: <u>kari.umanzor@co.ramsey.mn.us</u>