Discussion Objectives

• Understand reasons why we must expand conversation about mental health (model conversation)

• Discuss difference between mental health and mental illness- reasons for addressing mental health (way to map you work)

• Framework for assessing opportunities to promote mental health and well-being (framework for thinking about work)
What are some of the dominant beliefs about mental health and well-being?
Dominant Beliefs about Mental Health

• Mental illness is exclusively a brain disorder, determined at birth (genetics).

• Mental health = mental illness (or the absence of disease)

• Mental illness is a medical condition and can only be addressed by a medical professional.

• Mental well-being = happiness.

• Mental well-being is a choice.

• Mental well-being is only for those who have the time and resources.
What response or strategies does this view of mental health offer?
Mental health is more than the absence of illness.
Mental health for everyone matters!
Determinants of Mental Health and Well-Being
Public Health Approach

- Whole population
- Promoting well-being and preventing illness
- Comprehensive set of strategies
- Policy oriented
- Community driven, cross systems solutions (education, transportation, housing, economic policy)
“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)
- Integral part of health; no health without mental health
- More than the absence of mental disorders
- Determined by socioeconomic, biological and environmental factors
- Can be created

(World Health Organization)
The Dual Continuum

**Quadrant 1:** good mental health, no mental illness. (FLOURISHING)

**Quadrant 2:** severe stresses on mental health but no mental illness (LANGUISHING)

**Quadrant 3:** severe stress on mental health, mental illness (MENTAL ILL, LANGUISHING)

**Quadrant 4:** good mental health, mental illness. (secure income, strong support -family/friends, home/job/ purpose (RECOVERY)

(Keyes, C. 2005; Westerhof, G. and Keyes, C (2010).)
Emotional well-being – (FEELING) positive emotions, life satisfaction, happiness, peacefulness.

Psychological well-being – (FUNCTIONING) Self-acceptance, positive relationships, optimism, resilience, hopefulness, purpose in life, control of one’s environment, environmental

Social well-being – (FUNCTIONING. How you feel about and function in society) Social acceptance, sense of community, social contribution
FLOURISHING

HAPPY
INTERESTED IN LIFE
SATISFIED WITH LIFE

SELF ACCEPTANCE
ENVIRONMENTAL MASTERY
POSITIVE RELATIONSHIPS
PERSONAL GROWTH
AUTONOMY
PURPOSE IN LIFE

SOCIAL CONTRIBUTION
SOCIAL INTEGRATION
SOCIAL GROWTH
ACOAIL ACCEPTANCE
# Rates of Mental Well-Being

<table>
<thead>
<tr>
<th>Major Depression</th>
<th>Flourishing</th>
<th>Moderate Mental Health</th>
<th>Languishing</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>NO</td>
<td>17%</td>
<td>57%</td>
<td>12%</td>
<td>86%</td>
</tr>
<tr>
<td>YES</td>
<td>1%</td>
<td>9%</td>
<td>5%</td>
<td>14%</td>
</tr>
<tr>
<td>TOTAL</td>
<td>18%</td>
<td>65%</td>
<td>17%</td>
<td>100%</td>
</tr>
</tbody>
</table>


http://www.health.state.mn.us/divs/cfh/topic/mentalhealth/
Poor Mental Well-Being Matters

- Injury
- Disability
- Chronic Disease
- Drug/Alcohol Abuse
- Smoking
- Crime
- Delinquency/truancy
- Reduced productivity

Everyone and every system has a **role**

Happens in and through **community**.

Requires sense of **purpose and power**

**Positive relationships** are central

**Culture** shapes our understanding, and is a source of healing

Need opportunities to learn and practice **skills**

www.health.state.mn.us/divs/cfh/topic/mentalhealth/content/document/pdf/mhwbnarrative.pdf
Emerging Public Health Narrative
Mental Health and Well-Being

- Negatively impacted by fear, isolation, trauma and toxic stress
- Impacted by where we live, learn, work and play
- Resilience is not enough in the face of oppression
- Physical and mental health are intertwined
What response or strategies does this view of mental health offer?
Arenas of opportunity: A Framework For Action

Supportive Relationships
- Community
- Family
- Parent supports
- *School
- *Mentoring

Social, Emotional and Life Skills
- Social and emotional
- Positive psych (e.g. gratitude)
- Life skills
- Job/ employment

Community, Culture, Faith
- Offers hope, purpose, belonging
- Preserving culture

Healthy Lifestyle
- Exercise
- Sleep
- Nutrition

Policy
- Incarceration
- *Exclusion
- School (suspension) (e.g. LGBTQ)
- Paid Family Leave
- Zoning for cultural practices

Trauma
- Trauma informed systems
- Healing practices
- Discussions about historical trauma

Concrete Supports
- WIC
- Income
- *Legal
- *Economic
- *Housing

Healthy Environment
- Access to nature
- Quality housing
- Exposure to toxins

5/7/2018
http://www.health.state.mn.us/divs/cfh/topic/mentalhealth/
“At the heart of the process is the empowerment of communities, their ownership and control of their own endeavors and destinies” p. 236

WHY: Diffusion of information, relationships, collective problem solving, builds leadership skills, access to services, cultural norms, cross-cultural understanding, sense of belonging, collective-power

Triple Aim of Health Equity

- **Implement Health in All Policies**
  - Implement a Health in All Policies Approach With Health Equity as the Goal

- **Strengthen Community Capacity**
  - Strengthen the Capacity of Communities to Create Their Own Healthy Future

- **Expand Understanding of Health**
  - Expand Our Understanding of What Creates Health

MDH
Minnesota Department of Health
How does your work connect to this framework?
How can we work smarter together to create a complete continuum of mental health care and promotion of mental well-being?
• **WHEN:** Last Tuesday of each month 10:00 AM - 12:00 PM

• **WHO:** anyone interested in building resilience and promoting mental well-being.

• **WHAT:** Profile innovative strategies to promote mental well-being and resilience, emphasizing practical implementation and community driven initiatives.

• **HOW:** An interactive monthly statewide webinar and local discussion. Each location has a host; webinar links are only provided to hosts. Registration link identifies locations near you.

• **MORE INFO:** [www.health.state.mn.us/divs/cfh/topic/mentalhealth/community.cfm](http://www.health.state.mn.us/divs/cfh/topic/mentalhealth/community.cfm)
HEALTH EQUITY & MENTAL WELL-BEING
Thank you!

Anna Lynn, M.P.P.
Mental Health Promotion Coordinator
Anna.lynn@state.mn.us
651-201-3627