

Collaboratives Addressing ACEs Gathering: Growing Resilient Communities

1st Breakout Session 11:00 a.m. – 12:00 p.m.

Mississippi Room Winona Collaborative Community's ACEs Response

Beginning in December 2016, an eclectic group of people came together to address the social problems in our community. We will tell our story of how an outstate small town of 25,000 has been able to make progress in raising awareness on ACEs and making policy change. We're eating the whale one bite at a time. *Presented by* Margaret Schild, Winona Collaborative Coordinator, Dr. Ruth Charles, Professor at Winona State University) & Dr. Anne Vande Berg, Assistant Professor at Winona State University (Winona Collaborative ACE Interface Presenter Cohort). For more information, contact **Ruth Charles** at RCharles@winona.edu.

Bremer Room Tribal Wisdom Project: What Building Self-Healing Communities Can Look Like

Ms. McMurrin will share about the efforts of five tribal communities across the state as they utilize community wisdom to build a self-healing model based around capacity building and sustainable efforts to address intergenerational trauma and begin breaking the cycles of toxic stress and adversity. *Presented by* Linsey McMurrin, Social Emotional Learning Specialist at Peacemaker Resources & Regional ACE Training Coordinator at Minnesota Communities Caring for Children. For more information, contact **Linsey McMurrin** at lmcmurrin@pcamn.org.

Array Room: Next Steps in Improving Your ACE Interface Presenting Skill.

This presentation will explore resilience tools and practices to share with audiences, activities and exercises that could be included with presentations, and questions from the audience. Please come prepared not only to ask your questions, but also to share what you have learned and ideas you have that address the previous topics and more! This session is exclusively for those who have participated in a 2-day ACE Interface Training of Presenter or Training of Trainer workshop. *Presented by* Becky Dale, Chief Program Officer at Minnesota Communities Caring for Children. For more information, contact **Becky Dale** at BDale@pcamn.org.

2nd Breakout Sessions 12:50 – 1:50 p.m.

Mississippi Room: Using Minnesota Student Survey Data to Inform Community Action

Ms. Adolfson will share findings from the 2016 Minnesota Student Survey, to include data on protective factors which can buffer the risks of substance use and suicidal ideation among youth experiencing ACEs. She will also provide tips for interpreting and prioritizing the data, and steps to accessing your community's data. Ms. Laughlin will describe how Wadena County's CHAMP coalition has used the MSS data on ACEs to inform prevention efforts. She will describe how ACEs data and research have been shared with community stakeholders from a variety of sectors, including the promotion of ACEs and resilience in schools. *Presented by* Melissa Adolfson, Epidemiologist, EpiMachine LLC and Laure Laughlin, Community Health Promotion Specialist, Wadena County Public Health. For more information, contact **Melissa Adolfson** at mboeke@epimachine.com or **Laure Laughlin** at Laure.laughlin@co.wadena.mn.us.

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Bremer Room: A Public Health Approach to Mental Health

Mental health is “as fundamental to public health as it is physical health”. As is increasingly described in research and practices from many disciplines and cultures, mental health is essential to daily functioning, supportive relationships, economic stability, community engagement and many other indicators of well-being. Yet, stigma, fear and misunderstanding impede movement toward a preventive approach; dominant beliefs about mental illness define our service systems, funding, media, and everyday conversations. Clearly, we cannot create a culture of health without first redefining and changing our approach to mental health and well-being. This facilitated discussion will review dominant beliefs about mental health that shape our collective actions, and explore ways to shift our understanding and actions toward a preventive public health approach. Using Minnesota examples, we will discuss a framework for action and a simple tool for evaluating current initiatives. *Presented by* Anna Lynn, the Mental Health Promotion Coordinator at Minnesota Department of Health. For more information, contact Anna Lynn at anna.lynn@state.mn.us.

Array Room: Lessons from Two Communities: St. Cloud & Brainerd

St. Cloud and the Brainerd Lakes Area have been organizing around ACEs awareness and resiliency building for the last 3-4 years. Join us for a conversation in which each community will provide an overview of their organizational development, along with a summary of current issues and possible directions going forward. *Presented by* Lowell Johnson, co-chair of the ACEs Resilience Coalition & Renee Frauendienst, the Public Health Division Director/CHS Administrator at Stearns County Human Services in St. Cloud.

For more information about the St. Cloud ACEs Resiliency Coalition work, contact Pam Beckering, Coordinator of the Central Minnesota ACEs Collaborative at BeckeringP@centracare.com or Steve Vincent, Ph.D., LP, Collaborative Steering Committee and Executive Committee member, at VincentS@centracare.com

For more information about Brainerd’s Central Minnesota ACEs Collaborative, contact Lowell Johnson johnsonlowells@gmail.com, Tony Oltmann at Tony.Oltmann@lssmn.org, Tom Gonzales at tomgonzales007@gmail.com. For more information on Crow Wing Energized in Brainerd, contact; Cassie Carey Cassie.Carey@essentiahealth.org or visit the website at www.CrowWingEnergized.org