

# More Resilient Minnesota

## *Collaboratively Honoring & Healing Communities*

### Frequently Asked Questions (FAQs)

#### 1. What are the phases of More Resilient Minnesota?

##### **Phase 1: *Understanding ACEs: Building Self-Healing Communities* ACE Interface presentations**

Once an active applicant in More Resilient Minnesota, Collaboratives can work with FamilyWise Services to set up **3-5 *Understanding ACEs: Building Self-Healing Communities*** presentations in their communities. The goal of this initiative is to share this information widely and reach a diverse cross-section of parents and caregivers, community members, professionals, and Collaborative partners living and/or working in communities served by Children's Mental Health and Family Services Collaboratives.

The *Understanding ACEs: Building Self-Healing Communities* presentation is presented in three sections:

- 1) **Neurobiology & Epigenetics** focuses on how our brains adapt to our environment during childhood & introduces some basic concepts related to how toxic stress can impact healthy development
- 2) **The Adverse Childhood Experiences (ACE) Study** highlights key findings from the ACE Study
- 3) **Resilience & Core Protective Systems** provides a framework for thinking about resilience, & focuses primarily on attachment & belonging, supporting individual capabilities, culture, community, & spirituality

Addressing intergenerational and historical trauma takes creative solutions and approaches – so while a short presentation does not provide all the answers, the key goal of the presentation is to build a common language and understanding about ACEs and the related research ***as a starting point***. After hearing the presentation, community members, parents/caregivers, and providers often reflect on how this information could be applied within their own “sphere of influence” (family, workplace, school, and/or community).

##### **Phase 2: Regional ACE Interface Presenter Training**

FamilyWise Services will offer regional ACE Interface Presenter Trainings that will train **3 or more** local presenters from each Collaborative to deliver the *Understanding ACEs: Building Self-Healing Communities* curriculum to Collaboratives' communities. ACE Interface Presenter Training applicants should represent a diverse and inclusive group of people who are committed to sharing the ACE Interface presentation widely throughout their communities. ACE Interface Presenters can help expedite the spread of ACEs and resilience research by offering presentations to audiences of parents and diverse sectors.

##### **Phase 3: Community Resilience Conversations and/or 100 Cups of Coffee**

FamilyWise Services will provide Collaboratives with technical assistance and support for up to two Community Resilience Conversations in a Collaborative's community, and/or technical assistance for implementation of [100 Cups of Coffee interviews](#). FamilyWise Services will work with the Collaborative Coordinator and local Community Resilience Planning Team (at least 3 members) to advise and assist with the facilitation of these conversations and/or interviews.

These activities will help Collaboratives' communities move from understanding neuroscience, epigenetics, ACEs, and resilience research to action planning for possible community responses. The conversations and interviews will allow time for community members, parents, and practitioners to discuss ways to develop resilience, guided by community wisdom and local data. The Collaborative must hear from **at least 50** unique community members during this phase through Conversations and/or interviews. Our hope is that these Conversations will lead to the development of a [Community Resilience Plan](#) that will be guided by local data and community wisdom.

## Phase 4: Community Resilience Plans and Initiatives

Community Resilience Plans and Community Resilience Initiatives are guided by community input during Phase 3, which will inform the Collaborative's community resiliency planning efforts. The Community Resilience Plans may include ideas for innovative initiatives, programs, and services for enhancing community collaboration and capacity and/or implementing strategies to increase resilience and decrease ACEs. As part of Phase 4, eligible Collaboratives can apply for seed funds from DHS to support the Community Resilience Initiatives that are outlined in their Community Resilience Plans.

### 2. How can Collaboratives be a part of More Resilient Minnesota?

Collaborative Coordinators are invited to opt into More Resilient Minnesota by submitting an [application](#) to Ann Boerth ([ann.boerth@state.mn.us](mailto:ann.boerth@state.mn.us)). Applications can be found on the [project website](#) in the **More Resilient Minnesota Documents** section. Once active in the project, Collaboratives will be eligible to begin planning *Understanding ACEs: Building Self-Healing Communities* presentations (Phase 1) with their designated FamilyWise Services regional staff person. Presentations will be scheduled according to presenter and local meeting space availability in the Collaborative's community.

### 3. Who is the FamilyWise Services representative for my region?

**North Central MN** – Linsey McMurrin | [lmcmurrin@familywiseservices.org](mailto:lmcmurrin@familywiseservices.org) | 218-270-7997

**Northeast, Northwest, Central & Western MN** – Jenna Zmyslony | [jzmyslony@familywiseservices.org](mailto:jzmyslony@familywiseservices.org) | 218-461-0292

**Metro** – Emily Clary | [eclary@familywiseservices.org](mailto:eclary@familywiseservices.org) | 612-877-7847

**Metro** – Lisa Deputie | [ldeputie@familywiseservices.org](mailto:ldeputie@familywiseservices.org) | 612-877-7810

**Southern MN** – Barb Sorum | [bsorum@familywiseservices.org](mailto:bsorum@familywiseservices.org) | 507-383-8842

### 4. How long is this project funded?

This project is currently funded until June 30<sup>th</sup>, 2022.

### 5. What does it cost to host an *Understanding ACEs: Building Self-Healing Communities* presentation?

While the presenter and material fees are covered through the DHS grant, there may be other costs associated with a presentation, such as food and beverages for participants, room rental, child care, etc. FamilyWise Services has a modest fund per Collaborative to support presentation-related costs (food, child care, etc.), but it is also expected that Collaboratives contribute resources to support these presentations, such as an in-kind space for presentations.

### 6. Who should attend an ACE presentation?

We encourage the following representation:

- Populations most affected by ACEs – especially adults who are currently parenting and/or receiving services
- Representation from various sectors, such as Social Services, Education, Criminal Justice, Health Care, etc.
- People who are interested & engaged in becoming part of ongoing community conversations

### 7. How can I learn more about More Resilient Minnesota?

For more information about this project, visit the [project website](#). We will post more information and updates as this project evolves. We are very excited to be doing this work together with Collaboratives across the state. We are working hard to be as clear as we can with this process and know there will be questions that we might not anticipate in advance! We appreciate your patience as we navigate this co-creative process together.

