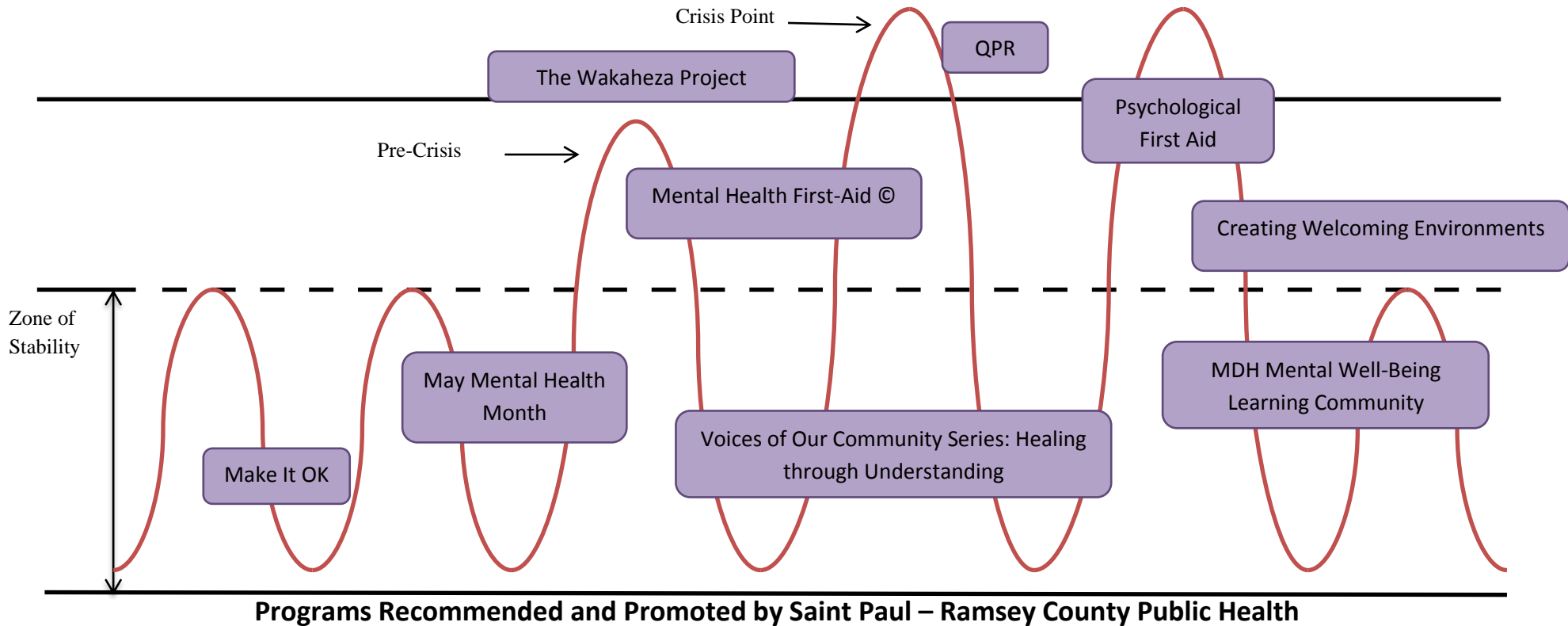


Saint Paul – Ramsey County Public Health Mental Health Zone of Stability

The model below depicts the “Zone of Mental Health Stability” (the Zone). All people, with and without a mental illness diagnosis, experience emotional ups and downs within the course of daily life. Many people maintain and function well within the Zone of Stability even when experiencing these ups and downs through the support of family, friends, colleagues, or other social connections. When someone peaks outside the Zone, for example in the Pre-Crisis area, the model also shows where recommended programs *may fit or be applied* in response to a friend, coworker or family member. The Zone was developed by the Center for Community Health (CCH) Collective Action Making a Collective Impact (CACI) committee. The Center for Community Health is a public/private initiative for health improvement which brings together health plans, hospitals/health systems, and local public health agencies in the seven-county metro area of Minnesota. **Visit the CCH website for more information: mnmetroCCH.org**



The Zone is to reduce stigma, promote awareness of and increase support for mental health programs to engage staff and increase community capacity in using these resources as needed. These programs focus on increasing awareness and support among community members so that they are comfortable having conversations about mental health, able to identify the signs of psychological distress, and know how to refer a person to appropriate resources when they are experiencing pre-crisis and crisis situations. Trainings in MHFA, Psychological First Aid, and QPR are available through resource links listed below; note there may be costs involved with these programs. Ramsey Count Public Health is a member of Center for Community Health (CCH) Collective Action Making a Collective Impact (CACI) committee, also participate in May is Mental Health Month which focuses on reducing stigma and promoting mental health wellbeing.

Make it OK <http://makeitok.org> Make It OK is a program aimed at increasing public awareness of positive mental health practices. The Make It OK campaign is designed to encourage people to talk more openly about mental illness and ask for help. In addition to raising awareness about the need to improve conversations about mental health and wellbeing, the Make It OK initiative provides concrete steps on how to effectively discuss these issues in a productive and non-confrontational way. The resource-rich MakeltOK.org website aims to normalize discussions of mental health, and to examine why mental health is still treated differently than traditional medical disorders. Make It OK also features its three part documentary series online, which won an Upper Midwest Emmy.

Creating Welcoming Environments teaches agencies, businesses, and communities to use principles and strategies that prevent or de-escalate stressful situations in public to create more welcoming environments for children, youth people, families, and adults. All are working to achieve a vision of promoting peaceful, healthy relationships; creating more welcoming and inclusive communities, and preventing violence.

Voices of Our Community: Healing through Understanding <https://ramsey.net.us/content/voices-our-community-series-healing-through-understanding> is a monthly discussion series designed to provide insight into what mental health means in multiple diverse communities. Speakers from various cultural communities will present their perspectives on mental well-being, resiliency and resource in the African American, Native American, Hispanic/Latino(x), Hmong, East African, LGBTQIA, Karen, and Youth communities. The discussions, sponsored by Public Health and Social Services.

Mental Well-Being and Resilience Learning Community <http://www.health.state.mn.us/divs/cfh/topic/mentalhealth/community.cfm> the Minnesota Department of Health leads a monthly learning opportunity for anyone who is interested in building resilience and promoting mental well-being. This is an interactive monthly statewide webinar and local discussion. Webinars profile innovative strategies to promote mental well-being and resilience, emphasizing community-based and community-driven initiatives. Gatherings will include practice discussions, sharing similar efforts in your location, relevant research or resources, networking, and planning next steps.

Mental Health First Aid (MHFA). <http://www.mentalhealthfirstaid.org/cs> Mental Health First Aid is an in-person training that teaches individuals how to assist people who are in crisis or are at risk of developing a mental illness. This eight-hour course teaches individuals to identify signs of addiction and mental illness, and to implement a five-step action plan to assess the situation and provide timely assistance. MHFA connects trainees to local resources and professionals who can help in severe situations. MHFA has separate training programs for adults and youth.

The Wakankheza Project <https://www.ramseycounty.us/residents/health-medical/public-health-initiatives/wakanheza-project> developed by Saint Paul – Ramsey County Public Health in partnership with the community, is a nationally recognized approach to reducing harsh treatment of children and isolation of teens in public places. While originally designed as a child abuse prevention strategy, this unique approach has been found to increase employee morale and improve customer service in a wide range of organizations, many of which serve adults largely or exclusively.

Psychological First Aid <http://www.health.state.mn.us/oep/responsesystems/pfa.html> Psychological First Aid is an evidence-informed approach used by first-responder personnel to assist children and adults experiencing immediate mental and emotional trauma as the result of a traumatic event, public health emergency, or other disaster. PFA is sponsored by the Minnesota Department of Health Office of Emergency Preparedness, and is available as an online manual and a six-hour interactive online course that can teach individuals their recommended post-disaster interventions.

Question, Persuade, Refer (QPR) <http://www.qprinstitute.com> QPR is a one-hour presentation sponsored by National Alliance on Mental Illness (NAMI) Minnesota and open to the public. QPR covers the three steps anyone can learn to help prevent suicide. Just like CPR, QPR is an emergency response to someone in crisis and can save lives and is available at low-cost. QPR is the most widely taught gatekeeper training program in the United States, and more than one million adults have been trained in classroom setting in more than 48 states

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