PUBLIC HEALTH APPROACH TO MENTAL WELL-BEING
Mental Health:

“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)
THE DUAL CONTINUUM

1: good mental health, no mental illness.

2: severe stresses on mental health but no mental illness.

3: severe stress on mental health, mental illness.

4: good mental health, mental illness.
MENTAL WELL-BEING MEASURES

- **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
## MENTAL WELL-BEING RATES

<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>
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</tbody>
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### Supporting Mental Well-Being Across the Lifespan

#### Capacity
- Public Understanding
- Health In All Policies
- Community Capacity

#### Change
- Safe, Stable, Nurturing Relationships, and Environments
- Social & Economic Security

#### Well-Being
Minnesotans will have what they need to flourish and reach their full potential within their families and communities.
CAPACITY

Understanding
- Public
- State and Local government
- Business

Health in All Policies
- HIA examples
- Identify program and policy links to mental health (e.g. WIC, breastfeeding)

Community Capacity
- Expand leadership
- Identify needs and community driven solutions
ARENAS OF OPPORTUNITY

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

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

Environment
- Access to nature
- Housing

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

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

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

Lifestyle
- Exercise
- Sleep
- Nutrition

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TOXIC STRESS

• Adverse Childhood Experiences offers framework for understanding impact of toxic stress pile-up

• Other Powerful Sources of Toxic Stress
  • Historical trauma and racism
  • Community Violence
  • Social determinants-context of person during childhood (poverty, homelessness, toxic exposures)
Virtually everything needed to support well-being happens in community.

Essential skills- (self-determination, self-efficacy) cannot be achieved in isolation.

Greater unequal distribution of resources, less mental health and well-being
  E.g. Income is a determinant of mental health

Policies that promote exclusion/ inclusion
PUBLIC HEALTH LEADERSHIP

- Comprehensive Approach—includes policy
- Inclusive—includes multiple stakeholders
- Community Driven—includes community