

County Health Rankings & Roadmaps

Building a Culture of Health, County by County



WEBINAR RESOURCE GUIDE

Innovative partnerships to address mental health

July 18, 2023

Tools and Resources

- Explore these tools and resources on the County Health Rankings & Roadmaps website:
 - [What Works for Health](#): Searchable database of evidence-informed strategies, policies, programs and systems changes.
 - [Webinars](#): Live, monthly presentations showcasing equity-centered approaches and examples with a post-webinar discussion group. Webinars can also be viewed on demand.
 - [Podcast "In Solidarity"](#): Conversations with some of our nation's brightest minds connecting power, place and health.
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Webinar Guest Resources

Shamaila Khan, PhD, Boston Medical Center

- The [Center for Multicultural Mental Health at Boston Medical Center](#) provides culturally competent training, support and clinical mental health services.
- Boston Medical Center established the [Partnership for Behavior Health and Racial and Social Justice](#), which offers antiracist and implicit bias training for law enforcement officials, first responders and school safety officers.
- Staff at Boston Medical Center adopted the [buddy system model](#) for workers in crisis settings to have a daily peer with whom they can share their experiences of a high-stress work environment.
- [The Confess Project of America](#) engages barbers to change the narrative around mental health stigma for men of color and their families.

Guidance

The [Surgeon General's Advisory on the Healing Effects of Social Connection and Community](#) calls attention to the public health crises of loneliness, isolation, and lack of connection in the U.S. It offers recommendations for governments, health systems, and community organizations to increase connection in their communities and improve health.

The CHR&R webinar [Making social connections for community health](#) offers strategies to foster healthy social connections in communities.

Healthy Places by Design's [Socially Connected Communities: Solutions for Social Isolation](#) is a report that provides recommendations to address social isolation.

Kini-Ana Tinkham, RN, Maine Resilience Building Network

- The [Maine Resilience Building Network's](#) mission is to promote resilience in all people by deepening understanding of the impacts of Adverse Childhood Experiences (ACEs) and positive relationships.
- The [Adverse Childhood Experiences \(ACEs\): Preventing early trauma to improve adult health](#) report from the Centers for Disease Control and Prevention provides strategies to address early childhood trauma.
- [Positive Childhood Experiences \(PCEs\) and Adult Mental Health](#) describes how PCEs can buffer against the health effects caused by exposure to ACEs.
- [Maine Youth Thriving](#) is a resource that provides tools to empower and support youth.

Discussion Group Session Resources

- [3 Realms of ACEs](#) from [PACEs Connection](#) shows the compounding effect of household, community, and environmental trauma.
- [Racism is an Adverse Childhood Experience \(ACE\)](#) is an informative post by Dr. Paul Lanier of The University of North Carolina at Chapel Hill School of Social Work.
- [Estoy Aquí](#) is a nonprofit organization that connects the dots between mental health, suicide and social justice. They utilize [Community Care Circles](#) as a tool for creating spaces where individuals engage in storytelling and dialogue. The organization also offers the [Cultura Sana \(Culture Cures\) Responder Training and Outreach Program](#) to provide professional support to mental health providers.

Healthy Places by Design Resources

- [Healthy Places by Design](#) facilitated the post-webinar discussion group session. Their [Community Action Model](#) was developed with insights from more than a dozen years supporting successful community health initiatives and a deep understanding of the community change process.
- Follow Healthy Places by Design on Twitter [@HPlacesbyDesign](#)