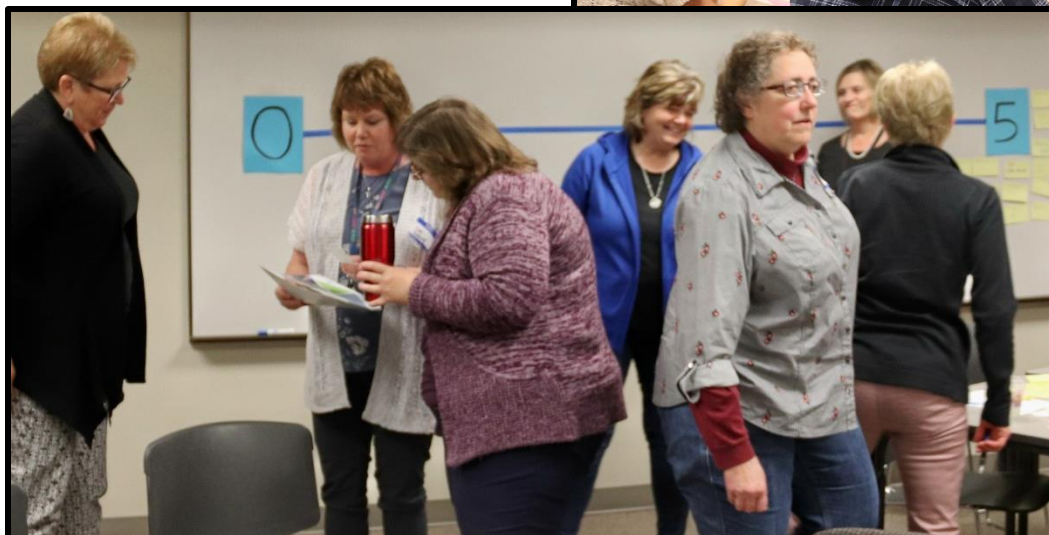


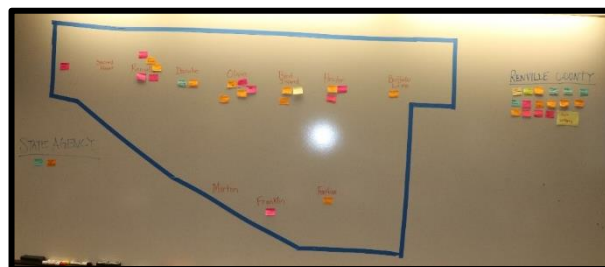
Welcome

Thank you all for engaging in the our Community Health Assessment meetings for Renville County. As a reminder, the focus of our most recent conversation was to set the 2nd community health priority, determine a focus population, and begin to brainstorm ideas that will help improve mental health and overcome Adverse Childhood Experiences (ACEs) in our community.



Introductions

In the room, residents and professionals from across Renville County worked side-by-side with health advocates from across Minnesota. Everyone brought a passion for community wellness, healing and hope as a means to more effectively collaborate and design solutions for a healthier tomorrow.



Stories & Data

Pastor Jackie Cook shared with us her passion for supporting community in mental health through spirituality. She spoke frankly about concerns for the wellbeing of our farm community and grounded us all the faith of growth and resilience when we are unified as an inclusive and caring community

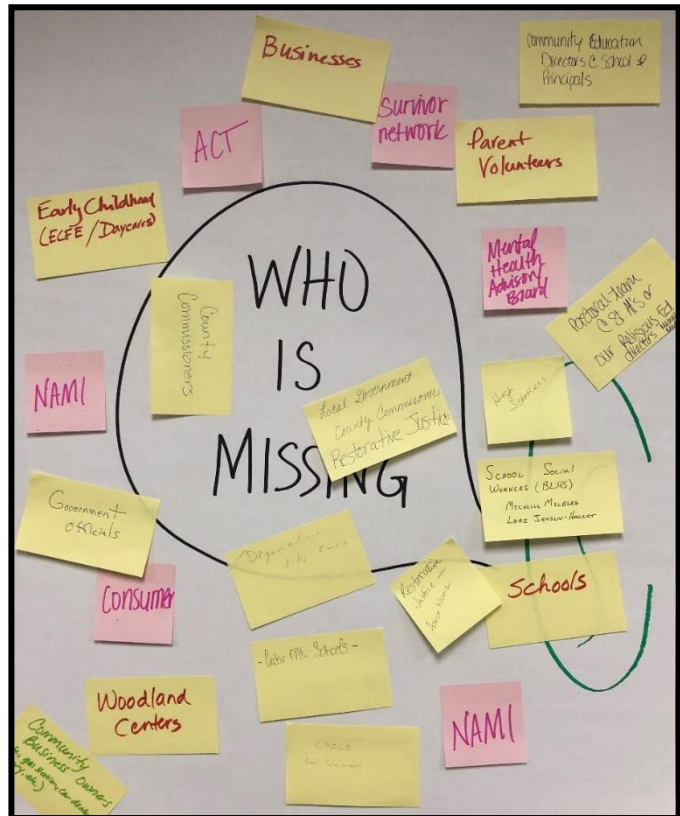
Ned Wohlman, our local jail administrator shared stories about amazing individuals he has met through the jail – both employees and individuals who have been incarcerated. His perspective on ACEs demonstrates the importance of compassion and collaboration in our community work no matter what!

Wendell Vruewink brought the story of a local mentee to our group. This story brought the image of the strength and courage that we can find through mentorship and a consistent and caring relationship. For kids, one compassionate adult can make the difference.



Who is missing?

- Early childhood development
- ACT
- NAMI
- Consumers
- Woodland Centers
- Businesses
- Survivor Network
- Parent Volunteers
- Mental Health Advisory Board
- More Schools
- Community Education
- Principals
- County Commissioners
- Restorative Justice
- School Social Workers
- Students and Youth
- Pastoral Teams



Focus Population

As a group, we had difficulty reaching consensus around a focus population. In reflection on the data, the group left feeling comfortable focusing mental health and ACEs solutions on Renville County youth. The understanding of the need for intergenerational solutions moved our conversation forward knowing that while our primary focus may be on youth, we must touch the lives of all people (regardless of age) to ensure that equitable and inclusive interventions are used.

Factors that Decrease Mental Health	Factors that Increase Mental Health
<ul style="list-style-type: none"> • Unsupervised social media • Unsafe play areas • Lack of food, shelter, healthcare • Parents not understanding the priority of kids • Adults not engaged “being a good neighbor” • Negative peer pressure • Bullying • Money • Poor parenting • Stigma and preconceived notions • Culture of behaviorally acceptable behaviors • Not embracing diversity • Not teaching mental health • Not having FACS and life skills in school • People don’t know all the great resources in their community • Families being overscheduled • Lack of coping skills • Lack of understanding • Isolation • Screen time • Lack of mental health services • Farming family • Lack of moral values • No traditional family life • “Keeping up with the Jones’s” • Substance Abuse • Divorce • ACEs (current and generational) • Stress • Idleness • Hearing negative references • Shaming 	<ul style="list-style-type: none"> • Routines • Resources available (contacts and brochures) • Library / Reading • Safe outdoors • 4-H, Girl Scouts, Boy Scouts, Etc. • Church-Faith • Parents involved • Peer pressure to get involved • Strong families and role models • Strong faith • Responsibilities and accountability • Positive village • Mental health coping skills are easy to teach • Embracing acceptance • Parenting skills / ECFC • Family meals • Stability • Communication • Sense of community • Outdoor time • Exercise • Openness • Mentors • Sleep • Family Unit • Physical Health • Quality Food • Parent / Youth Boundaries • Caring adults • Organizational partnerships • Community events • Social-Emotional Learning (SEL) opportunities • Interdisciplinary discussions
<p style="text-align: center;">Additional factors that may influence either way...</p> <p>Genes Parents Sports Social Media Extended Family School Friends Time Faith community Extra Curricular Activities Religion Income Technology Finances</p>	

Solution Brainstorm

<p>Evidence- Based</p> <p>Longitudinal Trainings (6)</p> <p>Teach mental wellness (5)</p> <p>ACEs education (5)</p> <p>WRAP (1)</p> <p>Bounce Back</p> <p>ACEs in Agencies</p> <p>Mentors</p> <p>Family Meals</p>	<p>Promising Practices</p> <p>Restorative Justice (4)</p> <p>Social Visits (4)</p> <p>ACEs Education (sustain/grow) (2)</p> <p>Community Schools (1)</p> <p>Parenting Classes</p> <p>Professional Grandparents</p> <p>Collaboration of County Resources</p> <p>Daily Highs & Lows</p>
<p>No Cost. Low Cost.</p> <p>Family Meals (6)</p> <p>No Judgement (5)</p> <p>Mentoring (4)</p> <p>Sharing Resources (1)</p> <p>Open Eyes – Open Heart</p> <p>Bonfires</p>	<p>Off the Wall.</p> <p>Show up. All of us! (5)</p> <p>Regional Treatment Centers (2)</p> <p>Community Day in Counry Parks (2)</p> <p>Youth Center (1)</p> <p>Total Family Engagement (1)</p> <p>Regulate Social Media</p> <p>Funding. Recognition. Affordability.</p> <p>Family Gatherings</p>





Renville County | Community Health Assessment Follow-Up

