

Catalyst Initiative at The Minneapolis Foundation

2018 BUILDING RESILIENCE: PREVENTING DISEASES OF DESPAIR

Tuesday, September 18, 2018 | 10 a.m. – 4 p.m.

*Facilitated by Marnita's Table, hosted by
St. Mary's Lake Calhoun Event Center*

Overview

On Tuesday, Sept. 18, 2018, approximately 121 participants with a vested interest in preventing diseases of despair came together at the St. Mary's Lake Calhoun Event Center in Minneapolis for an engaged conversation on primary prevention and integrative strategies for preventing diseases of despair, including suicide, alcoholism and other chemical dependency disorders.

The all-day unConference was divided into morning sessions focusing on "Naming the Issue," an afternoon luncheon Mindstorm (focused discussion) section designed to support participants in "Making the Connections" necessary to produce systemic and intra-systemic change, and afternoon strategic planning activities geared toward "Catalyzing Action."

Participants included community members and organizational representatives from a variety of fields, including community corrections, healthcare, foundations and nonprofits, academic research, human services, politics and public policy, journalism, business, library services and the arts from across Minnesota.



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Demographics

Total Participants | Approx. 121

Indigenous or people of color | Approx. 58

Indigenous/
People of color:



Panels & Workshops

The event featured pop-up testimonial presentations providing a wide range of lenses highlighting community impacts of despair and its associated diseases. Perspectives were shared from Jeanne Ayers, Assistant Commissioner of the Minnesota Department of Health; Paul Riedner, Iraq Veteran and Founder of Shadow Culture; Dr. Helen Kim of the Hennepin County Medical Center; Chanda Smith Baker, Senior Vice President of Community Impact for the Minnesota Foundation; and Donna LaChapelle of the Native American Community Clinic. Participants who wished to weigh in with their own brief observations, relevant stories and data were encouraged to participate in open mic-style pop-up sharing opportunities that were offered throughout the day.

Cultural & Integrative Healing Practices

Facilitator Marnita Schroedl led several “mindful moment break-ins,” including a minute of gratitude and a physical activity for releasing tension, in addition to guiding participants through the afternoon’s collaborative planning session. A Quiet Room staffed by local practitioners Ayo Clemons, Rowan Fakhoury and Awana Moye was also made available to all guests.

Collaborative Action Planning

We asked: How can communities, organizations (public or private) and collaborative initiatives help prevent diseases of despair?

- *Paid family leave*
- *Leadership demonstrates social, inclusive, vulnerable, cross-cultural behavior*
- *Pay for prevention [care], not only illness*
- *Insurance companies promote community wellness, especially within communities of poverty*

We asked: What should systems do to help prevent diseases of despair?

- *Support and invest in positive mindfulness for self, staff and community*
- *Protect voter rights and access*
- *Make sure marginalized voices are at the table when decisions are made*
- *Involve leaders – if they experience and buy into change, it can happen*
- *Identify clear lines of accountability to decisionmakers*



Breakfast, desserts and a luncheon feast – appropriate for all dietary needs, from vegan to carnivore – were prepared by Fabulous Catering.



Mindstorm Small Group Discussions

During the lunch table conversations, the following key themes arose:

- The importance of being able to meet basic needs
- The centrality of social connections as a preventive measure and safety net for those suffering in silence
- A variety of proposed approaches to combatting the issue from the perspectives of the individual, the family, the community, public policy, and public and private systems or agencies

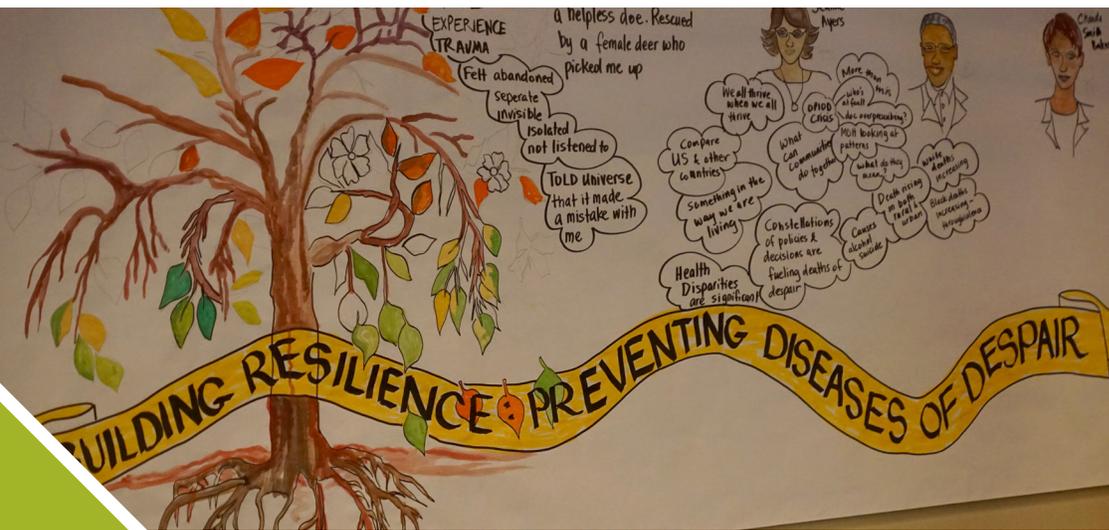
Participants explored a range of approaches to address despair and work toward primary prevention, with a special eye to issues of:

- Equity and trauma-informed responses: “Recognizing the role of white supremacy and capitalism”
- Public education and norms development: “Educate adults and children at [the] same time”
- The implementation of holistic care policies by doctors and systems, such as narrative medicine
- Emphasizing the “human-to-human” connection and preventive measures

We asked: How do you define “primary prevention”? What does (or would) primary prevention look like in practice? And who should be involved in these efforts? Does anything come to mind when you think of “diseases of despair”?

We asked: What does it mean to be resilient as individuals? As a community? Is there anything we as a society should be doing to support resilience and healing from addiction, depression and other mental health issues? Is there anything we as individuals and community members can do to better support resilience?





Circle Share-in

For this Circle Share-in, we asked participants to say one word summarizing their experience during the day and share one action you have been inspired to commit to as a result of today's unConference. Here is a small sample of what was offered:

Grounded | *I'm going to reflect and notice how I'm feeling, continue to take that energy forward.*

Emotional | *I want to be better at acknowledging the pain of the people I work with.*

Community | *I haven't been feeling very connected, but this is a space where I've been feeling connected to community.*

Hopeful | *I came in not knowing what to expect. Being military myself, I am familiar with resilience and I love social justice – so thank you to everyone here.*

Empowered | *I'll go back to my community and continue to work to promote lifestyle-medicine education and self-care.*

Inspired | *Do what is good and what is life affirming.*

Connectedness | *When community shows up, cares for one another and maximizes that connection – that's healthy power.*





During the lunch Mindstorm session, guests were invited to join a group with the fewest familiar faces and engage in a set of exploratory questions, selecting the questions most relevant to the group's interest.



Check out the video of this event on Catalyst's YouTube channel.

Heard in the Hall!

Here's what participants had to say about their experience:

"I enjoyed the facilitation that brought people the safety to share freely."

"Every time I attend a Marnita's Table event, it never ceases to amaze me with all the wonderful conversation and interactions that occur. Events like these are essential to the healing of our communities."

"I am grateful to be in the room speaking and learning about resources to combat trauma, depression and mental illness."

"This was one of the first experiences of a safe place for all members of community regardless of race, religion, ethnicity, sexual orientation, ability or even dietary. Truly a shift, a challenge and a hope to me moving forward."

"Thank you for creating a safe place to engage others who are different than ourselves and the freedom to be vulnerable and learn from each other."

Presentations

Click these links to check out two of the presentations from the event:



Deaths of Despair – A Prevention Response by Jeanne Ayers



Building Resilience Sticky Stats



RESOURCES FOR THE PRIMARY PREVENTION OF DISEASES OF DESPAIR

Participant-generated recommendations for resources relevant to the prevention of diseases of despair.

Web, Phone and Video Resources:

1. LevelUp Fargo | LevelUpFargo.org
2. Center for Mind-Body Medicine | www.cmbm.org
3. Youthprise | www.youthprise.org
4. Suicide awareness and intervention training | www.LivingWorks.net
5. Suicide prevention hotlines | National: 1-800-273-8255 | Metro: (612) 379-6363
6. Homeless Youth: Finding Home documentary | www.TPT.org
7. Everyday Trauma documentary | www.TPT.org
8. Reclaiming Sacred Tobacco documentary | www.TPT.org

Books:

1. “Start with Why” | Simon Sinek
2. “Living Deeply” | Institute of Noetic Sciences
3. “My Grandmother’s Hands” | Resmaa Menakem
4. “Your Body Keeps the Score” | Bessel van der Kolk
5. “The Chemistry of Calm” | Henry Emmons, M.D.
6. “Becoming Mrs. Burton” | Susan Benton and Cari Lynn

7. “Beloved Child: A Dakota Way of Life” | Diane Wilson
8. “Rescuing Little Roundhead: A Childhood in Stories” | Syl Jones
9. “A Mind of Your Own” | Kelly Brogan, M.D.
10. “The Wellness Alchemist” | Jean Nelson

Individuals/Organizations:

1. Dr. Neil Nedley, M.D. and other integrative/functional medicine physicians
2. Lotus Health Foundation and Rochester Clinic | 2019 Community of Wellness promoting lifestyle medicine to empower people for self-care
3. White Earth Nation Treatment Program
4. Native American Community Clinic (NACC) | 1213 E. Franklin | Medical, dental, behavioral health, spiritual care
5. Renewing Life | Pathways Minneapolis
6. “Facing the Sun Campus” Healing Center | Grand Rapids, Minnesota | Community building and healing
7. Listening House | St. Paul, Minnesota
8. Centered Spaces Healing & Wellness | Healing and equity, diversity and inclusion (EDI) | www.centered-spaces.com
9. Minnesota Transgender Health Coalition

10. Penny George Institute for Health and Healing at Abbott Northwestern Hospital | Minneapolis
11. Minnesota Personalized Medicine
12. Mill City Kids at the Collective Action Lab
13. Cultural Wellness Center | Minneapolis
14. PRIDE Program at The Family Partnership | Minneapolis
15. World Pratt Association | Transgender health
16. Bounce Back Project at Allina Hospital | Buffalo, Minnesota
17. Kente Circle Mental Health Services | Minneapolis
18. Lawyers Concerned for Lawyers
19. Boneshaker | Grand Rapids, Minnesota
20. Face It TOGETHER | Sioux Falls, South Dakota
21. North Market | Minneapolis

Practices/Trainings:

1. Healthy workplace pieces:
 - Staff-led yoga
 - Nutrition information in break areas
 - Healthy-food potlucks
2. Dialectical Behavior Therapy (DBT) in grade schools
3. 7 Ways of Knowing, Being, Seeing | idownwind1@gmail.com | Medicine wheel teaching
4. Story circles
5. STAR – Strategies for Trauma Awareness and Resilience | www.mnpeace.org
6. Enhanced Central Nervous System Technology | www.voxxlife.com

7. Evenpulse (Stephen & Elizabeth Robinson) | Trauma, resiliency and tools (military and high-stress settings)
8. Oasis of Love | Domestic violence intervention/prevention
9. New Journey at Hennepin Health | Syl Jones
10. GONA (Gathering of Native Americans)
11. Prema Yoga Studio | Northfield, Minnesota
12. Qoya | Through movement we remember our essence is wise, wild and free
13. St. Paul Community Acupuncture
14. Bravo New Choices Therapy

Needed:

1. Free yoga for people of color
2. Coalition for Communities of Color providers, specifically racial-ethnic communities
3. Workplace wellness: modeling from leadership that family is first and supporting staff in a variety of ways with caring, loving-kindnesses
4. Certifying young people as meditation and yoga instructors