

**PUBLIC HEALTH APPROACH TO
MENTAL WELL-BEING**



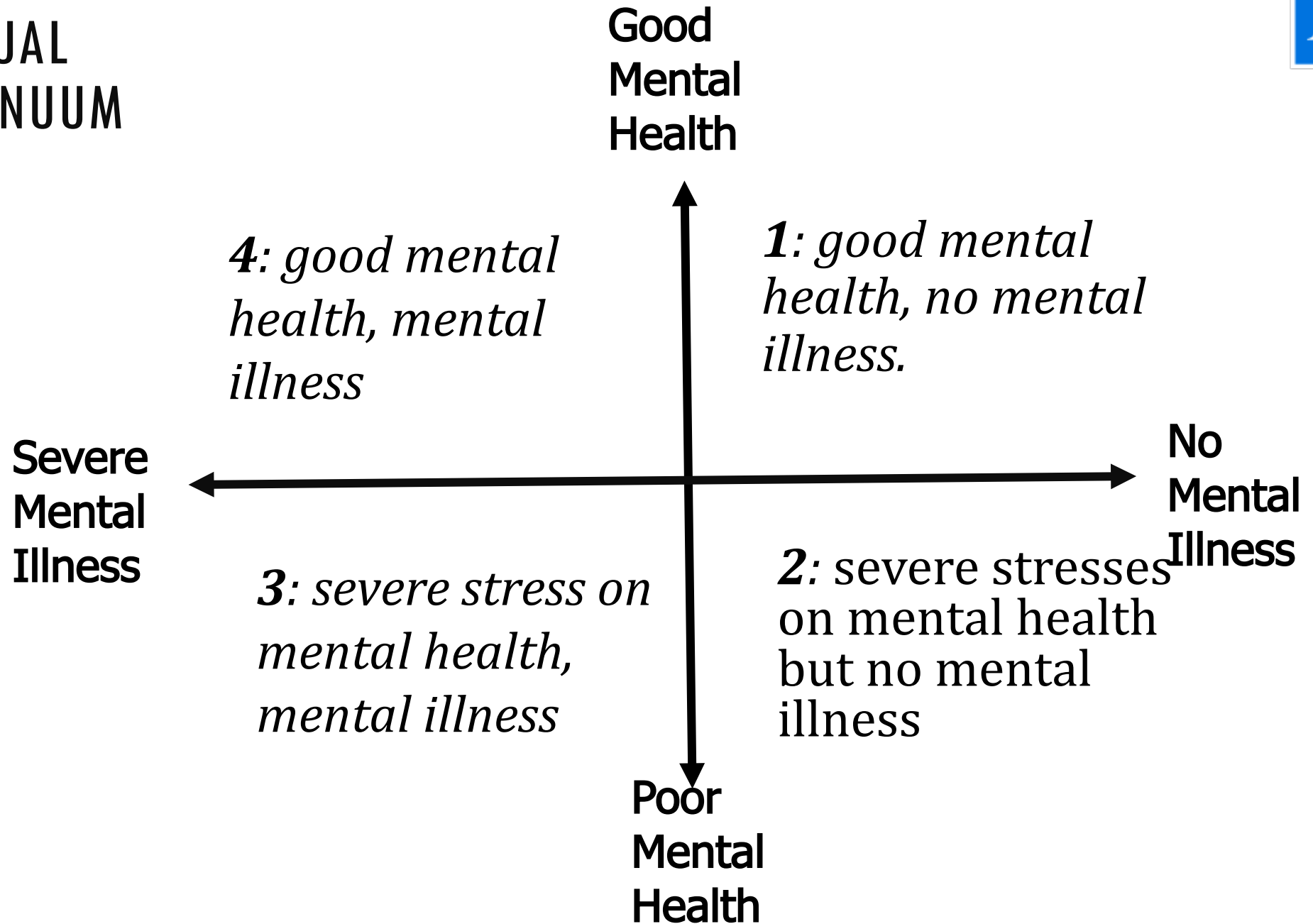
Minnesota
Department of Health

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



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

Major Depression	Flourishing	Moderate Mental Health	Languishing	TOTAL
NO	(17%)	(57%)	(12%)	(86%)
YES	(1%)	(9%)	(5%)	(14%)
TOTAL	(18%)	(65%)	(17%)	(100%)

Keyes, C. (2002). The Mental Health Continuum: From Languishing to Flourishing in Life. *Journal of Health and Social Research*, Vol 43 (June) 207-222.

SUPPORTING MENTAL WELL-BEING ACROSS THE LIFESPAN



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)
- Paid Family Leave
- Zoning for cultural practices

- * Exclusion (e.g. LGBTQ)

Concrete Supports

- WIC
- Income
- Food

- * Legal
- * Economic
- * Housing

Environment

- Access to nature
- Housing

Relationships

- Community
- Family
- Parent supports

- * School
- * Mentoring

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

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)

LINKS TO EQUITY

- ❖ 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**