The goal of this graphic is to share highlights from the network connection meeting. See relevant resources in our June 2019 Newsletter!

**CO-HOST SPOTLIGHT:**

**RE-FRAMING & NORMALIZING**
Through an activity where participants made analogies between physical health & mental health, the group talked about the impacts of mental health stigma.

Community Champion, Sunday Taylor also spoke about the importance of seeing mental health as existing on a continuum. Learn more about the Mental Health Continuum Model.

**COPING STRATEGIES**
Keyla Kelley (Care Dimensions) and Courtney Bailey (Child Witness to Violence Project) each shared different coping strategies that adults can use to practice self-care!

"Be there for others, but never leave your self behind." ~Dodinsky

**SERVE & RETURN**
Chair yoga Dr. Neena McConnico and Courtney Bailey (Child Witness to Violence Project) led the group through an activity that focused on the importance of child-caregiver relationships as an early asset to strengthen mental health and resiliency for children.

**Mental Health in the Statehouse**
Representative Liz Miranda opened the meeting by speaking to the need to have inclusive & accessible mental health supports for our communities.

Acknowledging that the work needs to be continued, Rep. Miranda also highlighted community-orgs. that are leading the way:

- Legislative Advocacy for Mental Health
- Mental Health Continuum Model
- Find Mental Health Supports
- Book List: Mental Health for Kids
- Legislative Advocacy for Mental Health

And I know that government cannot do this alone, and know the health centers, the people that work in public health cannot do this alone. The only way we’re going to make our community better and healthier is together. - Rep. Liz Miranda

**UPCOMING JUNE NETWORK CONNECTION MEETING:**
Graduate & Level Up RSVP here!