

MAY 2019 NETWORK CONNECTION MEETING: MENTAL HEALTH, WELLNESS, & RESILIENCE



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 yourself behind." ~Dodinsky

CONNECTION TO RELATIONSHIPS

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.



KID'S CONNECTION

The **SPARK Center** and **Mindfulness with Gabriel** brought a collection of activities that explored mindfulness and emotional expression.

During their share-back, the children led the NCM group through a **Take Five breathing exercise** that they had learned.



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**:



CONTINUING THE CONVERSATION:

[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!