

# St. Louis Park Mental Health Collaborative Impact Report 2019

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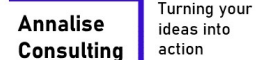
*Together we are strengthening the fabric of our local society by aligning action that supports a mentally healthy community.*

SEPTEMBER 29, 2019

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**Annalise Consulting**  
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# Mental Health Collaborative

## Forming a mentally healthy community - Year 1

The St. Louis Park Mental Health Collaborative is an initiative to **build awareness and align action** for mental health and well-being in our community. By fostering an interconnected and supportive system, Mental Health Collaborative members believe we will build personal resiliency, strengthen leadership and spark positive mental health system change.

Formed out of a multi-decade history of collaboration that began with the Meadowbrook Collaborative – when three key community partners came together to revitalize a large apartment community – the partners, including Park Nicollet Foundation, City of St. Louis Park and St. Louis Park Independent School District, recognized the same powerful working relationship could be used to **solve intractable city-wide challenges** which could not be abated by one organization alone. Acknowledging that fulfilling unmet mental health needs would require a similar similarly broad partnership, the Mental Health Collaborative was born.

Today, the Mental Health Collaborative has grown to include non-profit leaders, first responders and student services. Together we are **strengthening the fabric of our local society** by aligning action that supports a mentally healthy community. We are hosting educational programming and developing tools for resiliency that identify and mitigate Adverse Childhood Experience (ACEs) in St. Louis Park. Additionally, the Collaborative members have expanded the work-day wellness conversation within their organizations to include mental health. The powerful ripple effects resulted in spawning team trainings, a Heart of the Matter community conversation, surveys on ACES knowledge and an emphasis on building resiliency.

Inspired by the World Health Organization’s definition of mental health as *“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,”* the Collaborative created a **Vision, Mission** and four **Building Blocks**. Collectively, members reviewed scholarly materials from the World Health Organization, international universities, North American medical research and other similar city-wide efforts to select four building blocks of a mentally healthy community. These building blocks will guide future initiatives. Reflecting on the activities to date, the next page contains a summary of Year 1 efforts.

# In 2019 we accomplished...

Mission statement created

**The St. Louis Park Mental Health Collaborative builds awareness and aligns action to support mental health and wellbeing in our community.**

3 trainings provided



84 people attended



4 building blocks identified



Education and Action



Basic Needs are Met



Physical Environment

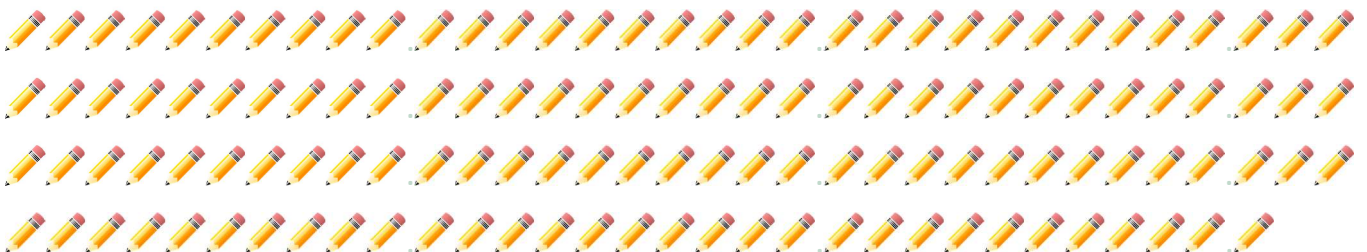


Social Connectivity

13 community leaders collaborated



134 people surveyed about ACES awareness



331 leadership hours contributed



Vision statement created

**St. Louis Park is a place that embraces the importance of mental health and wellbeing.**



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## The Mental Health Collaborative

Paul Danicic, Park Nicollet Foundation Donor & Community Relations Officer  
Mikael Garland, City of St. Louis Park Police Lieutenant  
Patrice Howard, St. Louis Park Community Education Director  
Mike Harcey, City of St. Louis Park Police Chief  
Tom Harmening, City of St. Louis Park City Manager  
Steve Koering, City of St. Louis Park Fire Chief  
Astein Osei, St. Louis Park Independent School District Superintendent  
Derek Reise, St. Louis Park Emergency Program Executive Director  
Tami Reynolds, St. Louis Park Independent School District Student Services Director  
Laura Smith, City of St. Louis Park – Wellness & Volunteer Coordinator  
Beth Warner, Park Nicollet Foundation Executive Director  
Debbie Wells, St. Louis Park Family Services Collaborative Coordinator

## Leadership Team

Paul Danicic | Mikael Garland | Debbie Wells

## Executive Team

Paul Danicic | Astein Osei | Derek Reise | Tami Reynolds | Laura Smith

## Contact

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