

**St. Louis Park
Mental Health
Collaborative
Impact Report 2020**

January 2021

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

Mental Health Collaborative

Sustaining a mentally healthy community during a pandemic

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 similarly broad partnership, the Mental Health Collaborative was born.

Today, with the COVID-19 pandemic impacting every aspect of the community, 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 considering mental health impacts in city spaces, creating self-care activities and an emphasis on building resiliency.

The CDC says pandemic challenges are stressful, overwhelming, and are causing strong emotions in adults and kids. Learning to cope with stress in healthy ways makes a community more resilient and resilience is directly linked to mental health.

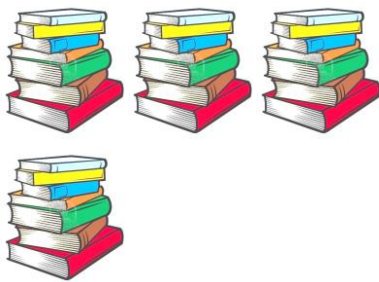
To this end, the Mental Health Collaborative leadership inspired and contributed to providing over 75 total hours of training and information to law enforcement officers and support personnel in the community on trauma responsive service delivery, communicating with people with Autism Spectrum Disorder, and ACEs familiarization. Reflecting on the activities to date, the next page contains a summary of Year 2 efforts.

2020 Accomplishments

Created a webpage

<https://www.stlouispark.org/our-city/things-to-do/health-in-the-park/mental-health-collaborative>

4 trainings provided



1,096 people Impacted



1 City Wide Meditation Event



13 community leaders engaged



250 people received Mental Health Tools



331 leadership hours

Collaborating during Pandemic



70 Stress Relief Face Masks/Park Art given to Children



The Mental Health Collaborative

Paul Danicic, Park Nicollet Foundation Donor & Community Relations Officer

Margaret Ganyo, Children First Executive Director

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

Paul Danicic, email: paul.danicic@parknicollet.com