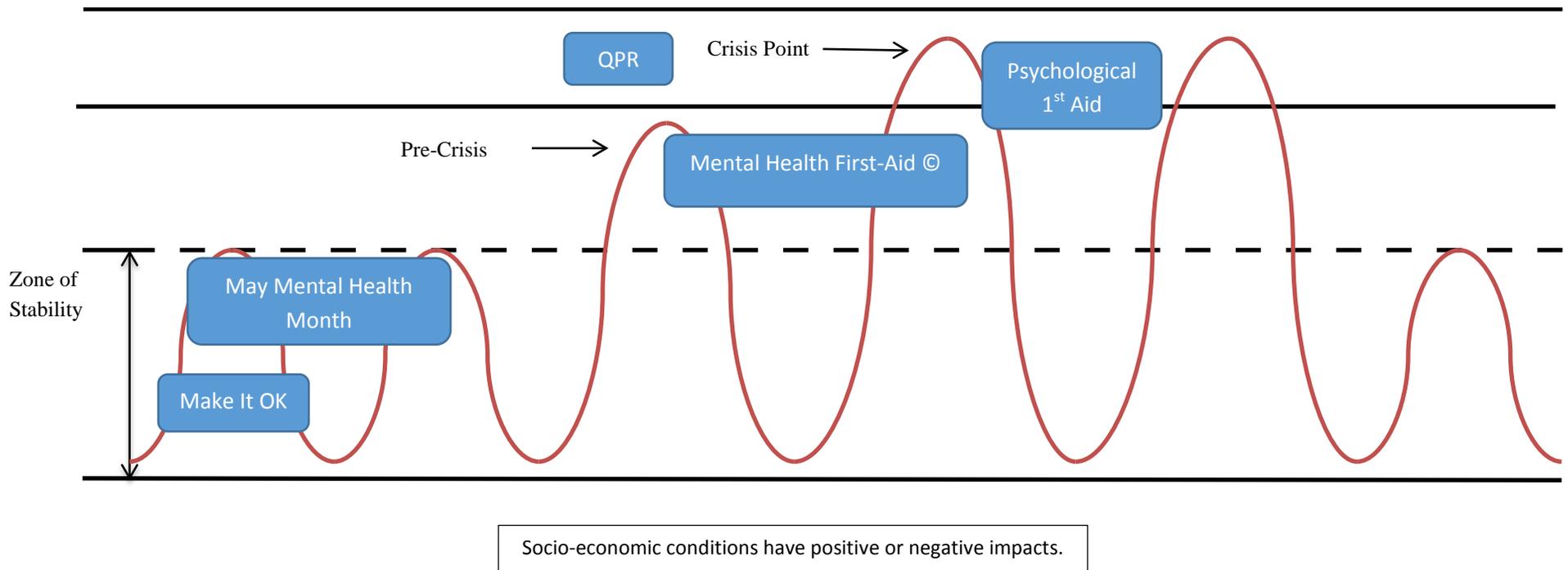


Zone of Mental Health Stability

The Center for Community Health (CCH) prioritized mental health wellbeing as their focus for collective action. The Collective Action Making a Collective Impact (CACI) committee, comprised of representatives from public health agencies, health plans, and hospital and health systems in the metropolitan area agreed to support the following programs: **Make It OK**, **Mental Health First-Aid[®]**, **Psychological First-Aid**, and **Question/Persuade/Refer (QPR)**. These programs focus on increasing awareness and support among community members so that they are comfortable having conversations about mental health, are able to identify the signs of psychological distress, and know how to refer a person to appropriate resources when they are experiencing pre-crisis and crisis situations. CCH and CACI member organizations also participate in May is Mental Health Month which focuses on reducing stigma and promoting mental health wellbeing.

The model below depicts what CACI calls the “Zone of Mental Health Stability” (the Zone). All people, with and without a mental illness diagnosis, experience emotional ups and downs within the course of daily life. Many people maintain and function well within the Zone of Stability even when experiencing these ups and downs through the support of family or friends, workmates, or other social connections. When someone peaks outside the Zone, for example in the Pre-Crisis area, the model also shows where recommended programs may fit or be applied in response to a friend, coworker or family member.

The core of CACI’s work, collaboratively, is to keep people in the Zone through mental health promotion and prevention. By increasing awareness and understanding that all people experience ups and downs and yet remain in the Zone, CACI hopes to reduce stigma in general, increase support for the **Make It OK**, **Mental Health First-Aid[®]**, **Psychological First-Aid**, and **QPR** programs, engage CCH member organizations in CACI’s work, and increase community capacity in using these resources as needed.



Programs Recommended and Promoted by the CCH-CACI committee

- **Make it OK** <http://makeitok.org>. Make It OK is a program aimed at increasing public awareness of positive mental health practices. The Make It OK campaign is designed to encourage people to talk more openly about mental illness and ask for help. In addition to raising awareness about the need to improve conversations about mental health and wellbeing, the Make It OK initiative provides concrete steps on how to effectively discuss these issues in a productive and non-confrontational way. The resource-rich MakeItOK.org website aims to normalize discussions of mental health, and to examine why mental health is still treated differently than traditional medical disorders. Make It OK also features its three part documentary series online, which won an Upper Midwest Emmy.
- **Mental Health First Aid (MHFA)**. <http://www.mentalhealthfirstaid.org/cs>. Mental Health First Aid is an in-person training that teaches individuals how to assist people who are in crisis or are at risk of developing a mental illness. This eight-hour course teaches individuals to identify signs of addiction and mental illness, and to implement a five-step action plan to assess the situation and provide timely assistance. MHFA connects trainees to local resources and professionals who can help in severe situations. MHFA has separate training programs for adults and youth.
- **Psychological First Aid** <http://www.health.state.mn.us/oep/responsesystems/pfa.html>. Psychological First Aid is an evidence-informed approach used by first-responder personnel to assist children and adults experiencing immediate mental and emotional trauma as the result of a traumatic event, public health emergency, or other disaster. PFA is sponsored by the Minnesota Department of Health Office of Emergency Preparedness, and is available as an online manual and a six-hour interactive online course that can teach individuals their recommended post-disaster interventions.
- **Question, Persuade, Refer (QPR)** <http://www.qprinstitute.com>. QPR is a free, on-hour presentation sponsored by National Alliance on Mental Illness (NAMI) Minnesota and open to the public. QPR covers the three steps anyone can learn to help prevent suicide. Just like CPR, QPR is an emergency response to someone in crisis and can save lives. QPR is the most widely taught gatekeeper training program in the United States, and more than one million adults have been trained in classroom setting in more than 48 states.