



More Resilient Minnesota - Overview

More Resilient Minnesota seeks to improve the health and resilience of current and future generations. Resilience includes individuals' inherent strengths and nurtured capacities as well as the resources and supports of their families, communities, and cultures.

Following the Self-Healing Communities approach, Children's Mental Health and Family Services Collaboratives educate their communities about neurobiology, epigenetics, ACEs, and resilience research (NEAR Science) and train local presenters to share this information widely throughout their communities.

Collaboratives then move from awareness of Adverse Childhood Experiences (ACEs) to action. They engage and gather input from a diverse representation of community members in their areas through Community Resilience Conversations with groups of people and/or *100 Cups of Coffee* Interviews with individuals. This community wisdom and local data guide Collaboratives as they develop Community Resilience Plans.

Collaboratives will then have the opportunity to pilot Community Resilience Initiatives outlined in their Community Resilience Plans and also use those plans to leverage funding and provide strategic direction for their activities.

What is the Self-Healing Communities approach?

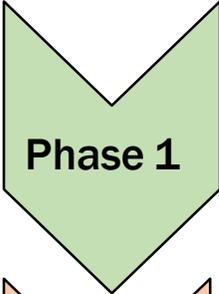
A primary focus of More Resilient Minnesota is to support the capacity of Collaboratives to adopt the Self-Healing Communities approach. This approach, developed by Dr. Robert Anda, Dr. Kimberly Martin, and Laura Porter, provides a process for communities to build their capacity to define and solve problems that impact the intergenerational health and wellbeing of community members, and ultimately make dramatic reductions in their rates of health issues and social problems. For more information, check out the Self-Healing Communities [report](#) on the Robert Wood Johnson Foundation website.

Who is involved and how can my Collaborative become involved?

FamilyWise Services connects with Children's Mental Health and Family Services Collaboratives across the state to implement all the phases of More Resilient Minnesota. Most Collaboratives currently participate in this statewide initiative. For further details, please see the [map](#).

Collaboratives are invited to participate in Phase 1 by submitting a [More Resilient Minnesota Application](#) to Ann Boerth at DHS (ann.boerth@state.mn.us).

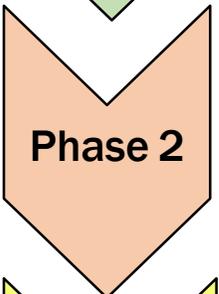
What are the phases of More Resilient Minnesota?



Phase 1

Understanding ACEs: Building Self-Healing Communities Presentations

Collaboratives will host 3 - 5 presentations for diverse sectors and community groups, in partnership with FamilyWise Services. These presentations highlight information about NEAR Science (neurobiology, epigenetics/historical trauma, ACEs, and resilience research).



Phase 2

Regional ACE Interface Presenter Trainings

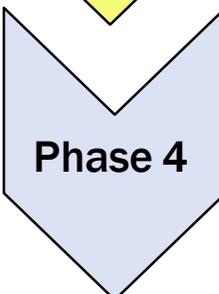
Collaboratives will recruit and send at least 3 - 5 local partners to a regional FamilyWise Services ACE Interface Presenter Training to learn how to present the *Understanding Adverse Childhood Experiences: Building Self-Healing Communities* curriculum. These presenters will serve as local champions who can help widely share ACEs and NEAR Science information and expand community leadership across diverse sectors and groups in their Collaboratives' areas.



Phase 3

Community Resilience Conversations and 100 Cups of Coffee Interviews

Collaboratives will partner and consult with FamilyWise Services to engage at least 50 diverse community members to gather their input about community strengths, challenges, and possible next steps to promote greater community wellbeing. Collaboratives will collect this community wisdom through Community Resilience Conversations and/or 100 Cups of Coffee Interviews. Collaboratives will summarize key themes that emerge from this process and use these findings to inform their community resiliency planning efforts for moving from awareness to action.



Phase 4

Community Resilience Plans and Community Resilience Initiatives

Informed by community wisdom and local data gathered during Phase 3, Collaboratives will develop Community Resilience Plans that outline next steps for decreasing risk factors and increasing protective factors in their communities. Collaboratives will have an option to apply annually for a micro grant to support piloting a Community Resilience Initiative listed in their Community Resilience Plans.

How is More Resilient Minnesota supported and sustained?

In July 2017, state funding built into the base funding for [children's mental health grants](#) began supporting implementation of this ambitious initiative. The Minnesota Department of Human Services contracts with FamilyWise Services to partner alongside Children's Mental Health and Family Services Collaboratives to fulfill the four phases of More Resilient Minnesota. This contract is currently funded through June 30th, 2027.