

20% of adults experience some form of mental illness, resulting in \$100 billion in costs to the healthcare system

Decreased quality of mental health among the most vulnerable is the 3rd leading cause of homelessness

Throughout life, our mental wellbeing has a significant (positive or negative) impact on physical health

Community trauma leads to hopelessness and is pervasive

Community trauma contributes to diseases of despair, which manifest in mental illness, addiction, and suicide

MENTAL HEALTH A PATH FORWARD

Improving community conditions enhances wellbeing, social, behavioral, and physical health.

COMMUNITY CONDITIONS Focus on changing the environment



Social networks & trust



Participation & willingness to act for the common good



Norms & culture



Arts & cultural expression



Look, feel & safety



Housing



Living wages & local wealth



PILLARS OF WELLBEING Intentionally embedding healing values



Belonging/ Connectedness



Control Of Destiny



Dignity



Hope/ Aspiration



Safety



Trust

The path forward is comprehensive community prevention

REFRAMING mental health to reflect that it is more than the absence of mental illness

REALIGNING and expanding strategies to emphasize prevention and resilience as a complement to treatment and services

REPLACING a one-approach-for-all model with cultural and gendered approaches

RECALIBRATING approaches to improve community conditions that influence mental health and wellbeing

Improved individual, family, and community mental health and wellbeing

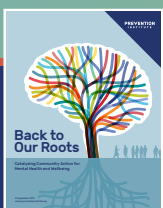
Reduce stigma, trauma, and adverse childhood experiences; support long term recovery

Strengthen healthy social norms and promote community connection and networks

Promote resilience and community healing

Support thriving community environments

Reduce severity of mental health problems, human suffering, and associated costs



Read the full report on our site:
www.preventioninstitute.org/publications/back-to-our-roots

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