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

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

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

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

The path forward is comprehensive community prevention

PEOPLE

PLACE

EQUITABLE OPPORTUNITY

PILLARS OF WELLBEING
Intentionally embedding healing values

- Belonging/Connectedness
- Hope/Aspiration
- Control Of Destiny
- Safety
- Dignity
- Trust

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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