

SOUTHSIDE SUMMIT

S.MPLS / 2020

Self-Care & Wellness Workshop

Session Notes

Date: November 13th, 2020

Time: 6:00 pm -7:30 pm

Location: Zoom Virtual Meeting

Present at the Meeting (Via teleconference)

Panelists: Sue Abderholden- Executive Director , Elliott Butay- Criminal Justice Coordinator, National Alliance of Mental Illness MN, Mother Atum, and Minkhara Tezet, Cultural wellness Center

Moderator: Nicole Duxbury, Powderhorn Park Neighborhood Association (PPNA) Board Member

Graphic Artists: Julie and Studio Thalo

PPNA Staff: Ashely Bradford (Event & Office Coordinator), Grace Berke (Community Coordinator), Hannah Kamath (Communications Manager), and Tabitha Montgomery (Executive Director)

Workshop Purpose

Develop a sense for how cultural, relational, and mental health each contribute to individual and overall community wellness.

Wellness Meeting Summary

The meeting opened with a welcome and a thank you to all panelists, moderators, graphic notetakers and attendees.

Mother Atum and Minkhara open the meeting by introducing themselves. Mother Atum is the Executive director of the Cultural Wellness Center. And Minkhara is the Griot of Psychology and Psychiatry for the cultural wellness Center.

The Cultural Wellness Center is a transformative space that incubates culturally-based solutions to real world problems. Our work at the Cultural Wellness Center is to move from race to culture.

Mother Atum and Minkhara spoke of loss of culture and loss of community makes people sick. If culture is well and rich within people and communities your life will be right. These things play strong roles in our survival.

They also spoke to community belonging and a kinship network. Cultural Wellness means if you are in crisis there is someone in your community/ network to help. Cultural wellness is an approach to living, being, and belonging.

Communities need to be an unstoppable force for what the heart brings.

Sue and Elliott begin the conversation by introducing themselves. Sue is the executive Director of National Alliance of Mental Illness MN and Elliott is the Criminal Justice Coordinator. Their presentation is linked [here](#).

The National Alliance of Mental Illness MN mission is to champion justice, dignity, and respect for all people affected by mental illnesses. Through education, support, and advocacy we strive to effect positive changes in the mental health system and increase the public and professional understanding of mental illnesses.

Sue and Elliott spoke to having 100% of our board, staff and volunteers live with a mental illness or have family members.

Sue leads NAMI's work at the legislature, works with the media, and is their organization's overall strategic planner.

Elliott – criminal justice coordinator, coordinates their advocacy efforts to decriminalize mental illnesses by working with criminal justice and mental health stakeholders, and people with lived experience.

They spoke about equity and how they are going to accomplish this is by making program changes, focusing on new grants that support BIPOC communities, and training staff and volunteers on racism, cultural views and mental illness.

NAMI was founded by a small group advocating for community mental health services and they plan on continuing this work by being more caring and innovative.

Moderators ask Graphic Notetakers to share their progress

Moderator begins the structured Q&A session

- 1) How do you define self-care and wellness?**
- 2) What barriers do you think mostly contribute to a lack of community wellness?**
- 3) How can communities work together to increase access to self-care resources?**

Moderator opens up the floor for audience Q&A session

Workshop Closes

Tabitha closes the meeting with thank you and updates attendees on other workshops coming up during the summit.