



‘Resilience Grows Here’

Men’s Mental Health Initiative

Statement of Need/Problem

- Upon reentry, many veterans experience social isolation, emotional disconnection and lack of purpose contributing to and/or resulting in mental health problems
- Post-traumatic stress, drug and alcohol abuse, depression and suicide rates are high among veterans and returning service men
- Mental health and substance use disorders caused more hospitalizations among US troops in 2009 than any other cause
- Less than 50% of returning service members experiencing depression, anxiety, PTSD or suicidal thoughts seek services
- Stigma around mental health problems exacerbates the problem and is a barrier to solutions
- According to the 2015 Department of Veterans Affairs, Farmington Valley falls among the densest veteran populations in CT

Key Concepts

- Preventing mental health problems is complex and requires a comprehensive approach
- Community environments influence mental health outcomes and promote mental well-being
- Veterans workings as mentors for young men provides an opportunity to give back to the community and focus on what is possible not impossible
- Emotional disassociation is a common theme with veterans and young men experiencing trauma and PTSD
- Building the healthy attributes of resilience offers protective factors to the community
- Focus on problem solving and successes by re framing challenges into lessons

Approach

- Engage community
- Foster shared understanding
- Identify community assets and needs
- Bring the right people to the table
- Develop strategic plan focused on comprehensive approach
- Measure progress
- Remain flexible with concept delivery – the community will best inform outcomes
- Create nonjudgmental platform for veterans and boys to share their truths

Resilience Grows Here is made possible through funding from the Movember Foundation.



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