

North St. Louis City and County Resilience Coalition

Governor sponsored response to
address Emotional Well Being; DMH,
DESE & DSS

Listening Sessions

- Brief presentations on 1) toxic stress/trauma, 2) putting this into a race equity perspective, and 3) what can people do to positively effect **emotional well being** for themselves and others
- Participants partner up in dyads and take turns responding to 3-4 questions regarding emotional health and well being
- Participants come together as a group to share whatever they want regarding either process or substance (but not what their partner shared).



Alive and
Well **STL**SM

About Alive and Well STL

The prevalence of toxic stress and trauma in the region is inhibiting people's abilities to be healthy and well.


To continue supporting a healthy population, the RHC is working with regional partners and community members to build a resilient and trauma-informed community under the name Alive and Well STL.



Alive and Well STL Objectives

- Encourage service providers both in health care and other sectors to become trauma informed
- Create understanding and acceptance in the general community of the fact that good health is a result of both physical and emotional wellbeing
- Highlight the region's best practices for trauma-informed services to ensure that mental wellness is a funding priority for the State of Missouri, foundations and other funders

How to Get Involved in Alive and Well STL

 Tune in to Hallelujah 1600AM, Hot 104.1 and Old School 95.5.



Check out our calendar at www.stlrhc.org for our upcoming meetings.



Check out our Alive and Well STL YouTube Channel.



Join the conversation on the Bonfyre app.



Search and follow AliveandWellSTL.



Follow us @aliveandwellstl.

Become an Ambassador.



*Join the Alive and Well STL
production team to shape the
stories of Alive and Well STL on
Tuesday, June 23, 2015!*

Now, is your chance to tell us your story. What does an

WHERE:
CET@CIC
(The Showroom)
20 S Sarah Street,
St Louis, MO 63108

WHEN:
Tuesday, June 23
from 4-6 p.m.

Open to the
public!



Alive and
Well STL

For more information on
Alive and Well STL,
visit
www.aliveandwellstl.com
or email Emily Luft
(eluft@stlrhc.org).

