Learning in Practice: Mental Health + Wellness

Creating Organizational Wellness and Resilience | Resource List |

TOOLKITS

Compassion Curriculum
https://eliminatestigma.org/compassion-resilience-toolkit/health-and-human-services/what-is-compassion-resilience/

NACCHO – The Joy in Work Toolkit
https://www.naccho.org/uploads/downloadable-resources/JOY-IN-WORK-TOOLKIT-VFINAL-7-20-22.pdf

Joy in Work and Workforce Well-Being
https://www.ihi.org/Topics/Joy-In-Work/Pages/default.aspx

IHI Framework for Improving Joy in Work
https://www.ihi.org/resources/Pages/IHIWhitePapers/Framework-Improving-Joy-in-Work.aspx

Building Organizational Resilience
https://www.ache.org/blog/2021/10-steps-to-build-organizational-resilience

Organizational Support

Make It OK
https://makeitok.org/

Iowa Healthiest State Initiative – Make It OK
https://www.iowahealthieststate.com/make-it-ok

TRAINING

Mental Health + Wellness Series – Professional Self-Care Series
https://www.public-health.uiowa.edu/mental-health-wellness-series/

Vanessa Lohf, LBSW Public Health Project Specialist at the Community Engagement Institute, Wichita State University

Building a Culture of Resilience *(A 3-part Video Series)*
https://www.training-source.org/Courses/PHTC/Building-Culture-Resilience/#/lessons/r8Jx3GQ-xHD1PE4xKSqnaSJndm_A4ydY

Resilient Leadership: Building an Organizational Culture of Resilience
https://www.train.org/cdctrain/course/1043212/details

ADDITIONAL RESOURCES

Organizational Resilience: What it is & how to build it
https://www.questionpro.com/blog/organizational-resilience/

Organizational resilience: What is it and why does it matter during a crisis?
https://www.ckju.net/en/dossier/organizational-resilience-what-it-and-why-does-it-matter-during-a-crisis

Resilience: A Strong Workforce Needs It
https://workplacementalhealth.org/Mental-Health-Topics/Resilience

MPHTC
Midwestern Public Health Training Center

IOWA
College of Public Health
Institute for Public Health Practice

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