



PRESS RELEASE FOR RGH FUNDING

The Farmington Valley Health District (FVHD) is excited to announce receipt of a men's mental health grant from the Prevention Institute and the Movember Foundation. The Health District was one of 16 sites from across the country selected to participate in a \$1 million initiative to improve the mental health and wellbeing of men and boys. The Health District will focus on veterans, active-duty military and their families.

Many veterans and servicemen report feeling socially isolated and emotionally disconnected when they return from service. No longer feeling part of a 'team' coupled with a perceived lack of purpose have significant consequences on mental health. The FVHD project titled "Resilience Grows Here" focuses on the need to develop community based strategies that support mental health and ultimately reduce serious mental health problems including drug and alcohol abuse, depression, post-traumatic stress and suicide.

"We have a very active veteran community within East Granby and we look forward to building even stronger connections between them, their families, and the community as a whole as we find ways to improve services and foster an environment that promotes good mental health." said Jim Hayden, First Selectman in East Granby.

According to Justine Ginsberg, Community Health Coordinator for the Farmington Valley Health District, "Resilience Grows Here offers a unique opportunity to work with veterans, servicemen and young men to openly discuss their experiences and challenges. By creating a safe and non-threatening environment we want to encourage men and boys to share their feelings and to create a situation where they can help each other and inform community strategies that better serve their needs." Conversations with military personnel, families and veterans will be used to develop community-based programs and services and a long-term plan for sustainability.

"The initiative will be housed in East Granby but we hope to build a model that can be replicated throughout the Farmington Valley and even statewide" said project lead Justine Ginsberg.

For more information about "Resilience Grows Here" or the Farmington Valley Health District, please contact Jennifer Kertanis, Director of Health, Farmington Valley Health District, at jkertanis@fvhd.org or at 860-352-2333. You can also visit the Farmington Valley Health District web page on www.fvhd.org



About the Farmington Valley Health District:

The Farmington Valley Health District is the local health department that serves ten towns and a population of 110,000 in the Farmington Valley. The health department is responsible for preventing disease outbreaks and conditions that give rise to poor health, promoting health programs and policies that support good health, and protecting members of our community from health threats.

About Prevention Institute

Prevention Institute is a non-profit, national center dedicated to improving community health and wellbeing by building momentum for effective primary prevention. Primary prevention means taking action to build resilience and prevent problems before they occur. The Institute's work is characterized by a strong commitment to community participation and promotion of equitable health outcomes among all social and economic groups.

About the Movember Foundation

Making Connections is funded by the Movember Foundation, a global charity raising funds and awareness for men's health. These funds deliver breakthrough research and support services to allow men to live longer, healthier, happier lives. Since 2003, millions have joined the men's health movement, raising more than \$650 million and funding over 1,000 programs through impact investments, focusing on prostate cancer, testicular cancer, poor mental health and physical inactivity.