



Center for Thriving
Communities

*A YEAR OF—
ACTION*

collectively Creating Socially Connected Communities



According to the U.S. Surgeon General, we are experiencing a loneliness epidemic that is responsible for our global mental health crisis. One out of every four people is struggling with mental health issues and social connection has been identified as a major contributor. Over 42% of youth have persistent feelings of sad or hopelessness. Currently, loneliness is one of the biggest problems for kids.

In response to this critical need for social connections, Dr. Julie Radlauer, a leading expert on how the social influences in our lives can impact our level of happiness created "CONNECT. 100 Ways to Create Happiness in Your Life: A Guide to Focusing on the Social Influences of Mental Health." Using this workbook, Dr. Radlauer created an interactive learning lab where she shares current research as well as tangible solutions in a fun engaging way. In this workshop, participants learn about how the Social Influences in our lives can impact our level of happiness and how to bring this knowledge into your community to support better mental health.

Together we can change the narrative on mental health.

Dr. Radlauer has brought this interactive training to three Florida communities including Miami, Jacksonville and Broward County. More communities will engage in the 2024 workshops, including Port St. Lucie and Gainesville, Florida.

Training Results

84% of participants were satisfied with the topics presented in the training. 82% felt that the training provided them with valuable information. 78% felt that they learned something new that would be helpful in their life or work. 84% of participants plan to use or implement something they learned in this training.

In the session, Dr. Radlauer shows a video of a baby laughing at papers being torn. "The laughing baby video- the value in simple things. We enjoy the baby's laughter while the baby enjoys the ripping of the paper. Simple actions can bring so much joy that we overlook." Others reported "This training was very beneficial and valuable." One participant shared "Thank you for reminding me of my WHY... this training was awesome!!". Another shared, "Awesome training, my only suggestion is that you do these trainings more often. It's more beneficial than most know".

Participant Demographics

- » 87% Female
- » 3% Transgender
- » 32% Hispanic/ Latino
- » 32% African American, or Black
- » 37% White
- » 11% Biracial
- » 55% Were between the ages of 41-64
- » 5% Were 18-25 year olds
- » 31% 26-40 year olds.
- » 8% over age 65

Social Influences of Mental Health

9 Science-Based Elements of Connection & Support to Create Happiness



» What Are Social Connections?

Social connection is the experience of feeling close and connected to others. It involves feeling loved, cared for, and valued, and forms the **basis of interpersonal relationships**.

EMPOWERING
Resources For All