

FOR IMMEDIATE RELEASE

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NEWS RELEASE

OWINN TEAMS UP WITH COLLEGE OF SOUTHERN NEVADA AND NEVADA ACTION COALITION TO OFFER MIND STRONG PROGRAM TO HELP NEVADA HEALTHCARE PROFESSIONALS AND STUDENTS

Las Vegas / Carson City, NV (April 19, 2021) - The Governor's Office of Workforce Innovation (OWINN), College of Southern Nevada (CSN) and the Nevada Action Coalition, in partnership with MIND STRONG, will train 25 facilitators and provide a seven- week training program for 100 healthcare participants, including health profession students. The Nevada MIND STRONG Project's goal is to improve resilience and self-protective factors for the overall well-being of healthcare professionals and students in Nevada. Both trainers and participants will participate in project evaluation.

Given the current necessity to diversify and drive talent into the healthcare field, there is an urgent need to improve the resiliency, self-protection and well-being of our students, faculty, and staff. This includes providing support and coping methods to relieve stress, anxiety, and depression. The MIND STRONG program approaches well-being and mental health in two ways; by providing preventive techniques and proven methods for those who have anxiety and depressive symptoms through a program that will emphasize consistent evidence-based interventions and healthy lifestyle behavior and provide preventive lifestyle modifications to improve mental and physical well-being for healthcare providers.

"OWINN is thrilled to be able to fund and support the MIND STRONG program in partnership with the College of Southern Nevada and the Nevada Action Coalition. As we begin to move forward, making sure our healthcare heroes are honored and cared for is incredibly important. We send our gratitude to all Nevada healthcare workers. Thank you for all you have done to keep Nevadans healthy over the last year," said Isla Young, OWINN Executive Director.

MIND STRONG is an evidence-based cognitive skills-building program launched by The Ohio State University College of Nursing with a goal of improving resiliency and self-protective factors for the overall well-being of college students, faculty, and staff. The aim of the seven weekly sessions are to improve overall mental and physical health and support positive adaptation to stress, anxiety, and depression. The sessions provide in-between practice to establish and support the positive behavior patterns and are in a manualized format. The MIND STRONG program approaches well-being and mental health by providing preventive techniques and proven methods for those who have anxiety and depressive symptomatology.

There are 16 research studies supporting positive findings in lowering depression, anxiety, and stress among those with elevated symptoms. The MIND STRONG program emphasizes consistent evidence-based interventions and healthy lifestyle behavior for preventive lifestyle modifications to improve mental and physical well-being.

Governor's Office of Workforce Innovation Info:

OWINN helps drive a skilled, diverse, and aligned workforce in the state of Nevada by promoting cooperation and collaboration among all entities focused on workforce development. Its chief objectives are to prepare all K-12 students for college and career success, increase the number of Nevadans with postsecondary degrees and credentials, and boost employment outcomes in training and credentialing programs.

College of Southern Nevada Info:

The College of Southern Nevada (CSN) is the state's largest and most diverse accredited higher education institution, serving over 50,000 students.

The College of Southern Nevada empowers our students and communities to achieve, succeed, and prosper. Founded in 1971, CSN is a nationally recognized student success leader specializing in two-year degrees and a select number of bachelor's degrees in specialized fields

Nevada Action Coalition info:

Nevada Action Coalition (NAC). NAC is part of the Future of Nursing: Campaign for Action, a nationwide movement to improve health and health care through nursing. An initiative of AARP and the Robert Wood Johnson Foundation, the Campaign includes Action Coalitions in 50 states and the District of Columbia working to implement the Institute of Medicine's Future of Nursing recommendations.

The Future of Nursing: Campaign for Action is centered on the evidence-based recommendations from the Institute of Medicine's (IOM) report: The Future of Nursing: Leading Change, Advancing Health.

Training dates for the "Train-the Trainer are April 26, 2021, 8:00am-12:00pm and April 29, 2021, 12:00pm-4:00pm. If you are interested in becoming a facilitator, please contact Kimberly Nguyen at, nvactioncoalition@gmail.com.