

Healthy Active Communities

Healthy Active Communities

May 22nd, 2017

2:00-3:00pm

Essentia Health Virginia

901 9th St. N, Virginia, MN 55792

McMillan C. Room

Meeting Objective: To share updates on work underway by our three sub-groups that have all convened since our last meeting on April 24th.

Proposed Agenda:

- 2:00pm Welcome/ Introductions
- 2:05pm Review Proposed Agenda
- 2:05pm Healthy Active Communities Sub-Group Meeting Updates
- Mental Health -Janene Glyn
 - Active Living -Becky Zubich
 - Fresh Food Access -Raymond Jobe
- 2:45pm Work plan Template
- Questions?
 - Concerns
- 2:55pm Wrap-up/Next Meeting

Healthy Active Communities
Essentia Health – McMillan B Room
May 22nd, 2017
2:00 p.m. – 3:00 p.m.

In Attendance: Ray Jobe, Janene Glyn, Lorrie Janatopoulos, Britt See-Benes, Becky Zubich, Kim Stokes, Justin Skalko, Jana Blomberg, Karen Peterson and Sara Ferkul

Updates from each of the sub-groups about their first meetings and discussion with the full group about other options:

Mental Health:

Janene gave the update on what happened at the first meeting. Prior to the first mental health meeting Janene met with John Soghigian to discuss what he has implemented in the Tower area. He has facilitated a mental health first aid program and Youth Move. He suggested creating a solid framework prior to implementing into schools. Make sure to inform parents with more information about the program. The program as a whole triggered some students and some parents were upset because of lack of information provided to them. Make sure to include teachers when creating the framework and educating them on the program.

Janene also met with the Virginia High School principal, Counselor and one other person after the first mental health meeting to discuss what programs they have available. They are already planning on implementing the REACH program this upcoming fall. They believe it is a good starting point. They have reached out to other schools that have this program and have either already met with them or plan to in the future about it. Hoping to offer the program to 9th through 12th grade students. Moving towards removing the stigma attached to mental health by having this program available. They are concerned about funding.

REACH: Peer support for at risk kids. Students are recommended for the program by teachers and parents. It would be worth 1 elective credit. The class is highly confidential, if violated, it could lead to removal from the class. The students create goals each week and then follow up with their progress the following week.

There was also a discussion on kicking off the programs with a “Fidgety Fairytales” event.
<http://www.macmh.org/fidgety-fairy-tales/>

DEED may be a possible funding opportunity.
Northeast Minnesota Office for Job Training also has a train the trainer funding opportunity.
And working with AEOA may be an option as well, they have a Youth at Work program.

Active Living:

Becky gave the update for this group. They brainstormed different ideas about how to get kids engaged in more activities and outdoor activities. Discussed “Bridging the Adventure Gap” that was started in Duluth by the YMCA, Northland Foundation and a few other groups. It was a very

collaborative effort. Thought following that type of model in this area. Becky spoke with Erik Torch from Northland Foundation about funding opportunities, he said that a program like this would fall into their Youth, Family, Child grant program and it seems like something they would like to get involved in.

Short article about Bridging the Adventure Gap in Duluth:

<http://www.fox21online.com/2017/04/26/duluth-organizations-extend-outdoor-opportunities-kids/>

The group would like to start small and broaden out. Possibly having Silver Lake Beach as the location to start with since it is more centralized location in Virginia. Kids could possibly walk or ride bikes to the location. Connecting youth with positive adult role models is important.

The focused age group for this program would be middle school age. Marketing to these kids may be difficult and we would need to have a very focused plan. Also finding out what the kids would like to do. Focus groups? Surveys? What opportunities/activities have they wanted to do but haven't? What has stopped you from participating in those activities? During summer vacation what would you and your friends like to do?

How can we get these surveys completed?

Reading program at the library? When kids complete a book they complete a survey. Maybe their name goes into a drawing for a small prize? Reach out to the YMCA in Duluth to see what kids enjoyed? Have a survey available at the Farmer's Market for kids to complete.

MN Parks Program also has a program that encourages outdoor activities. Can we utilize this?

Fresh Food Access:

Ray gave the update on the first meeting. There was discussion on current programs available. Also, is there a way to work with the Rutabaga project to support each program? Cooking demonstrations at Farmer's markets is already being discussed. Can we reach out to the Super One stores and do cooking demos there as well? Unsure on how receptive they would be.

They also discussed farm to school or farm to head start programs. Transportation would be an issue for either, however, it would be less of an issue for the farm to head start program. Starting with head start would be on a smaller scale. Reaching out to AEOA and combining support. This has already been discussed for the head start program. A framework has already been created for this. If we can get this implemented in schools and/or in the head start program maybe as a long term goal we can then focus on getting fresh food in the Meals on Wheels program. Or creating frozen meals that are available at Farmer's Markets for purchase. And could be purchased using EBT.

AEOA is implementing a grocery bus. It would be on a set schedule with set pick up and drop off sites. It would bring people utilizing the bus to different stores that they may not be able to get to. There would also be no costs associated with using the bus. Promoting this bus will be vital.

Ray will be sending out a work plan template for the group leaders to use when creating a work plan. It can be adjusted to fit their plan.

Next Meeting:

June 26th, 2017

2:00 p.m. – 3:00 p.m.

Essentia Health – Virginia

McMillan Room

Specific Room - TBD