

Healthy Active Communities
Mental Health
June 29th, 2017
Essentia Health – McMillan B Room
3:30 p.m. – 4:30 p.m.

In Attendance: Janene Glyn, Jim Gangl, Janis Allen, John Soghigian and Sara Ferkul

The group worked on a work plan for the next year.

Goal #1

Bring the REACH program into all Iron Range schools.

Objective #1:

- ***Support the REACH program that is already in existence at NLC.***
Activity: REACH program
Population: High School Students at NLC
Community Partners: Essentia Health, Northern St. Louis County Family Service Collaborative
Lead Organization: Recharge the Range – Mental Health Subgroup and NLC
Milestone: Make sure the program begins again this September at the beginning of the new school year.
Milestone: Offering the Mind Body program to the kids, once per week for one hour, for the entire school year.
Narrative: A plan is currently in place for all of these milestones. There is also a teacher from NLC that is going to a training for mind body medicine in California at the beginning of August.

Objective #2:

- ***Bring the REACH program into the Virginia High School.***
Activity: REACH program into Virginia High School.
Population: High School Students at Virginia High School
Community Partners: Essentia Health, Northern St. Louis County Family Service Collaborative
Lead Organization: Recharge the Range – Mental Health Subgroup and VHS
Milestone: Make sure the program begins this September at the beginning of the new school year.
Milestone: Offering the Mind Body program to the kids, once per week for one hour, for the entire school year.
Narrative: A plan is currently in place for all of these milestones. There is also a teacher from VHS that is going to a training for mind body medicine in California at the beginning of August.

Objective #1:

- ***Expand the REACH program into all Iron Range Schools.***

Activity: REACH program into all Iron Range Schools.

Population: High School Students

Community Partners: Essentia Health, Northern St. Louis County Family Service Collaborative

Lead Organization: Recharge the Range – Mental Health Subgroup and school superintendents

Milestone: After the pilot is complete, present the program to additional schools, Mesabi East and Chisholm high schools are both interested in the program.

Janene spoke about the REACH program when it first began. Approximately 50 students were enrolled the program, out of the 50 students over 30 students were able to graduate who were not expected to.

Encouraging the schools that are participating in the REACH program to advertise the purpose of this program to the community and parents.

Further discussion needed to see if we can reach out to students that participant after graduation. Also compiling a survey for students to fill out at the beginning of the school year and another one at the end of the year. This will give us a way to gauge how the program worked. This will also help when we are encouraging additional schools to take part in the program.

Next Meeting:

July 27th, 2017

3:30 p.m. – 4:30 p.m.

Essentia Health

McMillan B Room - TBC

Healthy Active Communities - Year 1: June 2017 - June 2018

Healthy Active Communities Priorities: Mental Health, Fresh Food Access, & Active Living

Narrative about the community priority goes here....

Goal #1:

Name Date

Objective #1: increase physical activity among people in Duluth

List the Activity/Tactic	Priority Population (s)	Community Partners	Lead Organization	Milestone Explanation	Q1 (July-Sept) Milestone(s)	Q2 (Oct-Dec) Milestone(s)	Q3 (Jan-Mar) Milestone(s)	Q4 (Apr-Jun) Milestone(s)
				Choose Drop Down	Engagement	Assessment/Priori	Implementation	Implementation
				Milestones should be measurable. Please provide a brief summary to describe the milestone.				
				Progress to Date	Completed	Behind Schedule	In Process/On Track	Completed
				Narrative on Progress to Date				

Objective #2:

List the Activity/Tactic	Priority Population (s)	Community Partners	Lead Organization	Milestone Explanation	Q1 (July-Sept) Milestone(s)	Q2 (Oct-Dec) Milestone(s)	Q3 (Jan-Mar) Milestone(s)	Q4 (Apr-Jun) Milestone(s)
				Choose Drop Down	Engagement	Assessment/Priori	Implementation	Implementation
				Milestones should be measurable. Please provide a brief summary to describe the milestone.				
				Progress to Date	Not Started	Not Started	Not Started	Not Started
				Narrative on Progress to Date				

Objective #3:

List the Activity/Tactic	Priority Population (s)	Community Partners	Lead Organization	Milestone Explanation	Q1 (July-Sept) Milestone(s)	Q2 (Oct-Dec) Milestone(s)	Q3 (Jan-Mar) Milestone(s)	Q4 (Apr-Jun) Milestone(s)
				Choose Drop Down	Engagement	Assessment/Priori	Implementation	Implementation
				Milestones should be measurable. Please provide a brief summary to describe the milestone.				
				Progress to Date	Not Started	Not Started	Not Started	Not Started
				Narrative on Progress to Date				