

Mental Health

October 30, 2017

Essentia Health – McMillan C Room

3:30 p.m. – 4:30 p.m.

In Attendance: Janis Allen, Mary Carpenter, Janene Glyn, Jana Blomberg, Jennifer Moreland, Kathy Simonson and Sara Ferkul

REACH/Mind Body Medicine:

Janene is teaching Mind Body Skills classes at the Virginia High School and ALC once a week. She started teaching this class the second week of September. Janene has been teaching a girls group at ALC, she will then be teaching a boys group next semester. Virginia School District is interested in starting a second class. Janene met with the Chisholm principal and superintendent about implementing the REACH program and Mind Body Skills class. They would like to start another class in 7th grade to introduce students to the program and then have a class for older students. There is a teacher in the Chisholm school district that has already received the REACH training. The district will need to look into the logistics with licensing. Health teachers in the Virginia School District are interested in completing the Mind Body Training. Janene spoke with the Center for Mind Body Training about doing a class in Northeastern Minnesota. She is still waiting to hear what the cost may be for this training. There would be a minimum of 30-40 people needed to for the training. It would be a 5 day training. Funding options are already being looked at. We would also need to find a way to pay for the wages of teachers. The next schools to possibly look into implementing the REACH program and Mind Body training besides Chisholm is Mesabi East, North Woods and Vermilion.

There is also a conference type event that will be held in May in the Twin Cities that all kids that are taking part in the REACH program will be able to attend. We will be looking into funding to make sure the students can take part in this.

Fidgety Fairytales:

As of now there aren't any updates on Fidgety Fairytales. There have been multiple organizations in the past that have shown interest in having this program come to the Range, however, finding funding has been in an issue. We would like to focus more on the elementary aged children. Possibly hosting this event while parent/teacher conferences are going on. That way we can try to engage the parents and possibly other siblings at the same time. Reaching out to Northland Foundation, Blandin and Essentia Health Community Health Needs Assessment.

Next Meeting:

November 21, 2017

3:30 p.m. – 4:30 p.m.

Essentia Health – McMillan Room TBD