

2024 Annual Report

on the 2023-2025 Goodhue County
Community Health Improvement Plan

Partnering for the health of Goodhue County, Minnesota



*Report prepared for the Goodhue County
Community Health Assessment Committee.*

This report includes progress and revisions
made from April to December 2024.

INTRODUCTION

A community health improvement plan is a long-term plan, describing how the local health department and a broad set of community partners are addressing needs identified in the last community health assessment. Goodhue County is fortunate to have many organizations working to **Support Mental Wellbeing through Mental Health Care and Social Connection**, **Advocate for More Housing**, and **Address Chemical Health in Youth and Reduce Overdose Deaths**. These areas can only be improved by the whole community working together. Completing and monitoring the plan, with community stakeholders and partners, is a responsibility of Goodhue County Health and Human Services under Minnesota Statutes §145A and is required by the Public Health Accreditation Board.

The [2023-2025 Community Health Improvement Plan](#) and the most up-to-date action plans are available on the [Goodhue County website](#).

This 2024 Community Health Improvement Plan Annual Report covers the period from **April 2024** through the end of **December 2024**. The timeline of this annual report is shortened to align with community partner timelines.

You can read the 2023 Community Health Improvement Plan Annual Report [here](#).

The purpose of this annual report is twofold:

- communicate **progress**
- make **revisions**

Communicate Progress

This report communicates the **progress** that organizations working on the county's top health issues have made in implementing strategies in the 2023-2025 CHIP. Strategies are being implemented in collaboration with stakeholders, partners, and the community. The Progress Notes column reflects activity over the past year.

Make Revisions

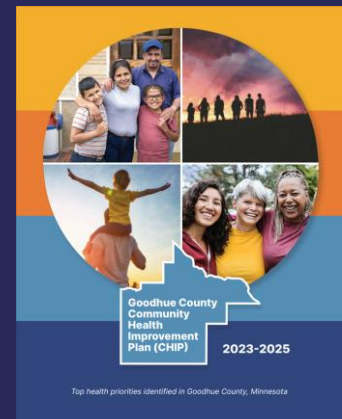
The annual report also provides an opportunity to revise the 2023-2025 CHIP. Revisions can be based on the feasibility and effectiveness of the strategies and/or changing priorities, resources, or community assets. Under each data dashboard, the 2023-2025 CHIP strategies are shown with action plan activities. The 2024 Annual Report contains ~~struck~~ or underlined text to show new revisions.

The Community Health Assessment Core Group monitors the action plans quarterly and provides updates to the Community Health Assessment Committee. Community partners are contacted as needed to obtain progress notes and discuss action plan revisions.

Goodhue County Health and Human Services extends its sincere appreciation to our partners and stakeholders who serve on the Community Health Assessment Committee and any team taking action on the 2023-2025 strategies.

ON THE WEB

To download the 2023-2025 Community Health Improvement Plan and the most up-to-date versions of the action plans, visit [Goodhue County's Community Health Improvement Plan page](#).



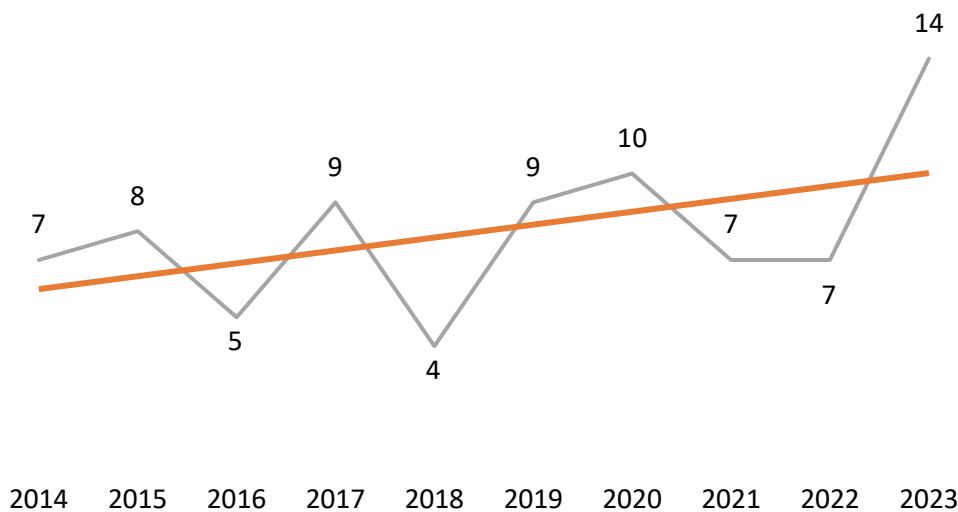
THIS 2024 ANNUAL REPORT CONTAINS ~~STRUCK~~ OR UNDERLINED TEXT TO SHOW REVISIONS.

Priority Health Issue #1: Support Mental Wellbeing through Mental Health Care and Social Connection

	National Data	Goodhue County Data
	Suicides per 100,000 population age adjusted to the 2000 standard population (*provisional data)	Suicides per 100,000 population, crude death rate
2019	13.9	19.4
2020	13.5	21.0
2021	14.1	14.6
2022	14.2	14.6
2023	14.7*	29.1

Deaths by suicide continue to rise in Goodhue County

(Southern Minnesota Regional Medical Examiner's Office)



In 2023, the national suicide rate increased slightly while the suicide rate in Goodhue County nearly doubled. Due to Goodhue County's smaller population, the data appears to have large peaks and valleys from year to year. Overall, the data shows a gradual increase in the number of suicides in Goodhue County over the last ten years.

Result 1: All community members have access to mental health supports and know how to use them.

Provide Suicide Prevention Training/Community Education Programs			
Activities	Timeframe	Strategy Lead	Progress Notes
Hold a meeting to explore coordinating existing training/ education efforts that support access to mental health care and/or equip individuals and organizations to recognize warning signs of suicide and connect people in crisis with help.	April 2023	Goodhue County Health & Human Services	Completed in 2023. See Access to Mental Health Supports Action Plan for progress notes.
Identify target audiences that need these types of trainings. Engage full Access to Mental Health	Ongoing	TBD by groups leading existing efforts	Hiawatha Valley Mental Health Center (HVMHC) received a grant in May 2024 from Minnesota Dept. of Health to establish a regional coalition in 5 SE MN

Supports team and members of potential target audiences.			Counties focused on substance misuse and suicide prevention in 10 – 24 year olds. GCHHS staff reviewed the 2023 Goodhue County Report from the Southern Minnesota Regional Medical Examiner's Office to identify populations experiencing the highest rates of suicide. They will work in 2025 to more effectively engage new community partners and target high risk populations.
Determine if new local training curriculum is needed to reach target audiences. Develop learning objectives, training content, and evaluation materials.	2024-2025	HVMHC	HVMHC will utilize existing training curriculum like S.A.V.E., Q.P.R., and COMET and will consider if curriculum containing regional data and resources is needed.
Identify existing trained trainers able to present existing trainings. Recruit and train additional trainers as needed to reach target audience(s).	2023-2025	TBD by groups leading existing efforts	Clinical Social Worker at Minneapolis VA Health Care System identified to host S.A.V.E. Veterans Suicide Prevention Trainings. Zumbro Valley Health Center providers identified to host Question. Persuade. Refer. (Q.P.R.) Trainings. University of Minnesota Extension staff were trained to offer COMET (Changing Our Mental & Emotional Trajectory) trainings in Summer 2024.
Incorporate promoting SERCC and Mobile Crisis into trainings by providing information to new and existing trainers.	2023-2025	SERCC & Mobile Crisis	SERCC and Mobile Crisis resources were promoted at 7 suicide prevention events.
Develop marketing materials and promote new and existing trainings to target audiences. Engage full Access to Mental Health Supports team and members of target audiences.	2023-2025	TBD by groups leading existing efforts	Flyers promoting various suicide prevention events like HVMHC's Bringing Light into Darkness event in Lake City, COMET Trainings in Zumbrota and Red Wing, and S.A.V.E. Veterans Suicide Prevention Training in Cannon Falls were created to spread the work. These flyers were handed out to local businesses, government agencies, and libraries, posted on Goodhue County and GCHHS social media accounts, sent to members of the Mental & Chemical Health Coalition of Goodhue County and local community leaders, and promoted on local radio and news stations.
Offer trainings in the community	2023-2025	TBD by groups leading existing efforts	Lake City Suicide Prevention Coalition hosted a postvention event at Lincoln High School in May 2024 and featured local community members who had been directly impacted by suicide sharing their story. The event also allowed community members to identify local mental health needs in Lake City and the surrounding communities. Attended by nearly 200 people and included a large youth presence. S.A.V.E. Veterans Suicide Prevention Training hosted at the Cannon Falls VFW in partnership with the Minneapolis VA Health Care System and VFW Post 4452/American Legion Post 142 in September 2024. 25 people attended. This partnership led to

			<p>additional suicide prevention conversations in Cannon Falls at St. Ansgar’s Church and the Cannon Valley Senior Center.</p> <p>UMN Extension hosted 3 COMET Trainings in Zumbrota and Red Wing in 2024. 26 people attended these trainings total. One of the trainings was held for 5 Hispanic Outreach staff in Spanish. Additional trainings were hosted online and will continue in 2025.</p> <p>Red Wing Shoe Co. received ARPA funds from the Mental & Chemical Health Coalition to provide Mental Health First Aid trainings to 29 employees. Funds were also used for basketball hoops at plant locations for employee use.</p> <p>The Mental & Chemical Health Coalition partnered with Red Wing Public Schools and MKG Parent Coach to host a community conversation about student mental health at Red Wing High School in December. The event included a keynote speaker, Q&A panel discussion, and resource fair. Nearly 50 students, parents/caregivers, school staff, and community organizations attended the event.</p>
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Expand Peer-led Groups			
Activities	Timeframe	Strategy Lead	Progress Notes
Identify existing groups in Goodhue County that connect individuals with mental health and substance use disorders with peers that have lived experience to facilitate a sense of connectedness and belonging and normalize protective factors for suicide such as help-seeking, reaching out, and adaptive coping.	2024-2025	Goodhue County Health & Human Services; SEMCIL	<p>Maple Hills, an affordable housing community in Red Wing, was awarded ARPA funding from the Mental & Chemical Health Coalition to provide resident activities that promote social connectedness. Maple Hills is also the site of a new NAMI peer-led support group for residents and community members.</p> <p>Pine Island Schools received ARPA funding from the Mental & Chemical Health Coalition to establish HOPE Squads for their middle and high school students. HOPE Squads are peer-to-peer suicide prevention groups led by students and trained Advisors.</p>
Identify potential peer leaders and build capacity (e.g. necessary training from NAMI, or Refocus Recovery Group CPRS (Certified Peer Recovery Specialist) Training or Certified Peer Support Specialist Training (available online through SE Tech))	2023-2024 <u>2023-2025</u>	HVMHC; SEMCIL; NAMI	NAMI SE MN, in partnership with NAMI MN, has successfully trained 9 NAMI Connection support group facilitators in Goodhue County. They collaborated with Red Wing Shoes to train 4 employees as facilitators within the workplace. They will continue recruiting and training facilitators through 2025.

<p>Support creation of additional SEMCIL and NAMI Family Support Groups and other groups in Goodhue County and sustain them. Create a group for parents of youth with mental illness.</p>	<p>2023-2025</p>	<p>SEMCIL; NAMI; Fernbrook Family Center</p>	<p>NAMI SE MN received an ARPA grant from the Mental & Chemical Health Coalition to establish peer-led mental health and family support groups in Goodhue County.</p> <p>Maple Hills received ARPA funding to host resident activities and promote social connectedness. 51 Maple Hills residents engaged in an activity including community art workshops, weekly games and social events, a resident birthday program, and Night to Unite. Funds were also used to transform three community rooms with comfortable chairs and books to provide a space for social connection among staff and residents.</p> <p>CommonBond connected with NAMI SE MN and began hosting a NAMI Connection peer-led support group at Maple Hills, an affordable housing complex in Red Wing. 6 people attended the first meeting.</p> <p>NAMI SE MN has identified an individual interested in becoming a NAMI Family Support Group facilitator. A push to recruit additional facilitators will take place December 2024 and January 2025. With 2 trained facilitators, a new group can be started.</p> <p>Fernbrook Family Center attempted to host another parent support group but had limited participation. A therapy intern will start a parenting support group in 2025.</p> <p>Fernbrook school-linked mental health staff led two community education sessions about mental health in Spring and Summer 2024.</p>
<p>Promote new and existing groups in Goodhue County</p>	<p>2023-2025</p>	<p>Access to Mental Health Supports team</p>	<p>The Mental & Chemical Health Coalition of Goodhue County provided funding to NAMI SE MN to promote their support groups in Goodhue County. GCHHS and the Mental & Chemical Health Coalition will continue to support NAMI SE MN in promoting support groups through 2025.</p>
<p>Create a consumer Local Advisory Council to advise Goodhue County HHS board</p>	<p>2023-2024 <u>2023-2025</u></p>	<p>Goodhue County Health & Human Services; <u>NAMI SE MN</u>; HVMHC</p>	<p>Identified a peer support specialist from NAMI SE MN interested in contracting with GCHHS to coordinate the Local Advisory Council. Discussions are continuing in 2025.</p>

Result 2: All community members feel connected and valued by others.

Support and expand the Honoring Dakota Project			
Activities	Timeframe	Strategy Lead	Progress Notes
Buffalo Kill Ceremony & community education	April 2023	Prairie Island Indian Community (PIIC)	Completed in 2023. See Access to Mental Health Supports Action Plan for progress notes.
Work with Red Wing Elementary Schools to organize an art project and assembly based on the We Are All Related book	April 2023	Red Wing Arts	Completed in 2023. See Access to Mental Health Supports Action Plan for progress notes.
Hold monthly Zoom Community Conversations and Crafting Circles	April- November 2023 Ongoing	Red Wing Arts	<p>Community Conversations were attended by over 200 people in 2024, and they attracted participants from outside the Red Wing and Prairie Island communities. Community Conversations will continue in 2025 with additional outreach into regional communities.</p> <p>More than 300 participants engaged in Community Crafting Circles in 2024. They have proved to be a powerful way to connect, serving as a vital conduit for preserving traditional knowledge, expressing cultural identity, and fostering a sense of community cohesion across generations.</p>
Screen the documentary “Dodging Bullets”	May 2023	Goodhue County Child & Family Collaborative	Completed in 2023. See Access to Mental Health Supports Action Plan for progress notes.
Hold a series of community engagement events at various locations throughout Red Wing	July 2023 Ongoing	Red Wing Arts/ Thrive Unltd.	<p>The 2nd annual Indigenous Art Market occurred in July. The event included local and regional Indigenous artists showcasing their art and performing. 350 people attended this event.</p> <p>The inaugural He Mni Can Wacipi (Powwow) was held at Red Wing High School on September 14th. The event honored the Dakota people and celebrated their rich cultural heritage through a series of activities aimed at cultural preservation and celebration, educational outreach, community building, and youth engagement. An educational day was held throughout Red Wing Public Schools on Friday. 2,050 students and community members attended this programming between the two days. 8 organizations sponsored this event.</p> <p>A Ripple Effect Mapping or “story weaving” session invited community members who have engaged with the project to share oral stories about their experiences with the Honoring Dakota Project, providing a space for reflection and the deepening of relationships. A visual representation of the story</p>

			<p>weaving tapestry was created that will help the project team understand the relationships developed and healing that has taken place because of the work. One Indigenous youth shared that they would not be here today if it weren't for the Honoring Dakota Project – it provided them with a profound sense of inclusion, belonging, and value. Their story exemplifies how HDP fosters mental and emotional wellness by providing a culturally affirming space that celebrates and uplifts Indigenous voices.</p> <p>A Cultural Competency Training was held in November to help deepen community leaders understanding of Indigenous values and their relevance to governance, education, and community engagement. It also emphasized the preservation and stewardship of our lands, as Red Wing is the ancestral homeland of the Dakota people. 125 Red Wing community leaders attended the training sponsored by the Jones Family Foundation and Red Wing Shoe Foundation.</p> <p>11 different organizations provided funding to the project in 2024 totaling more than \$100,000.</p>
Create a mural in downtown Red Wing based on community feedback	September 2023	Red Wing Arts/ Thrive Unltd.	Completed in 2023. See Access to Mental Health Supports Action Plan for progress notes.
Hold a community celebration on Indigenous Peoples Day	October 2023	Red Wing Arts	Completed in 2023. See Access to Mental Health Supports Action Plan for progress notes.
Hold a “We Are All Related” winter carnival	2023 January 2024	PIIC / Red Wing Arts	Completed in 2023. See Access to Mental Health Supports Action Plan for progress notes.

Educate the community about Positive Childhood Experiences			
Activities	Timeframe	Strategy Lead	Progress Notes
Hold a meeting with ACEs trainers to see if they are interested in being trainers	2025	Child & Family Collaborative, GCHHS Deputy Director	Not started due to capacity limits. Workplan revised to begin activities in 2025.
Create a poster/social media posts to advertise training	2025	Child & Family Collaborative	Not started due to capacity limits. Workplan revised to begin activities in 2025.
Identify target audiences	2025	Child & Family Collaborative, GCHHS Deputy Director	Not started due to capacity limits. Workplan revised to begin activities in 2025.
Develop training evaluation	2025 2024	Child & Family Collaborative	GCHHS Data Analyst reviewed training materials and developed an evaluation in November 2024.

		<u>GCHHS Data Analyst</u>	
Offer training to the community	2025	Child & Family Collaborative, <u>GCHHS Deputy Director</u>	Not started due to capacity limits. Workplan revised to begin activities in 2025.



Suicide Awareness event at Lincoln High School in Lake City on May 13th, 2024.

S.A.V.E. Veteran Suicide Prevention Training at VFW Post 5542/American Legion Post 142 in Cannon Falls on September 26th, 2024.





Pine Island Schools presenting about their HOPE Squads at the Mental & Chemical Health Coalition's Fall 2024 Meeting.

Inaugural He Mni Can Wacipi (Powwow) at Red Wing High School on September 14th, 2024.



Panel members at the "Step Into Their Shoes" mental health event at Red Wing High School on December 11th, 2024.

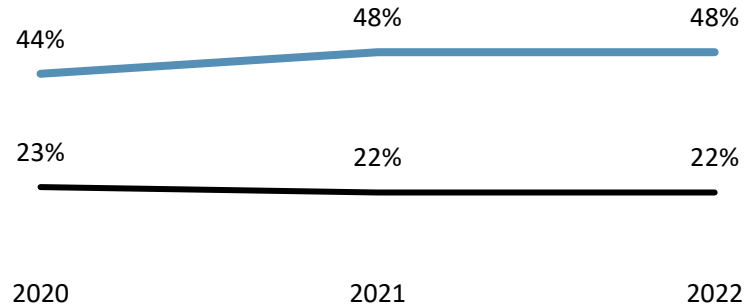
Pictured: Ryan Hegge, Dr. Seth Gregory, MD, Brian May

Priority Health Issue #2: Advocate for more housing

0% rental housing vacancy rate in Red Wing in 2022. Across Goodhue County, it was **1.9%**.

A vacancy rate of **5%** is needed to maintain a healthy balance of supply and demand. This demonstrates a **significant housing shortage in Goodhue County.** (Red Wing Report Card)

Nearly half of renter-occupied households are cost-burdened, paying more than 30% of income on housing compared **22% of owner-occupied households with a mortgage** (American Community Survey)



Result: Everyone, regardless of income and background, will have a safe, stable, and healthy place to live.

Advocate for additional affordable and supportive housing units			
Activities	Timeframe	Strategy Lead	Progress Notes
Provide opportunities for CHA/CHIP partners to formally support opportunities for additional affordable and supportive housing units – Joint letters of support, public comment	2023-2025	<u>Red Wing Community Engagement Facilitator and Red Wing HRA Executive Director (2025)</u> , GCHHS Housing Resource Specialist (2023)	The GCHHS Housing Resource Specialist position remained vacant, and the duties of this position would shift if it was filled in the future. The others listed could inform partners of future opportunities to support housing.
Send out email updates regarding progress with different developments, opportunities for community conversations, and opportunities to share support for project to CHA partners/HRT?	2023-2025	Varies (Developer, <u>Red Wing Community Engagement Facilitator and Red Wing HRA Executive Director (2025)</u> , GCHHS Housing Resource Specialist (2023), <u>UWGWP Executive Director</u> , etc.)	

Prepare a community education and engagement campaign to shift the narrative around the importance of a robust housing market that meets the needs of all community members

Activities	Timeframe	Strategy Lead	Progress Notes
<p>Organize data from local studies that can be used to share with local developers, city officials, the public</p> <ul style="list-style-type: none"> American Community Survey data Goodhue County Housing Study Red Wing Report Cards Local City comp plan goals/community needs? Local shelter/other nonprofit housing related needs/people served? 	2023-2025	City of RW Community Engagement Facilitator, GCHHS Housing Resource Specialist	<p>The Red Wing Report Card will be updated in early 2025 to reflect the most recent housing vacancy, supply, cost, value, occupancy, and homelessness data.</p> <p>The 2019-2023 American Community Survey (ACS) estimates will be made available in January 2025.</p>
<p>Create a fact sheet for the county including current needs for different types of units, research on effectiveness of housing types, research on how affordable housing impacts communities</p>	2023 2023-2025	City of RW Community Engagement Facilitator, GCHHS Housing Resource Specialist	Completed in 2023. See Advocate for More Housing Action Plan for progress notes.
<p>Create educational materials: videos, Q & A articles, presentation, social media posts, inventory infographic of existing rent rates/unit types (What are your options if you make X dollars a year in Red Wing? How many are available right now?)</p>	2023 2023-2025	City of RW Community Engagement Facilitator, GCHHS Housing Resource Specialist	This activity has been removed from the CHIP due to capacity limitations.
<p>Offer virtual tours of existing housing – i.e. Habitat, Eagle Ridge (Three Rivers), others. Stress long-term maintenance and operating plans/homebuyer education or assistance to be a successful long-term homeowner</p>	2023 2023-2025	City of RW Community Engagement Facilitator, GCHHS Housing Resource Specialist	This activity has been removed from the CHIP due to capacity limitations.
<p>Coordinate CHA/CHIP partners to do radio interviews.</p>	2023 2023-2025	UJGWP Executive Director	This activity has been removed from the CHIP due to capacity limitations.
<p>Share facts in small “bit-sized” portions in <u>City Beat</u> newsletter <u>and/or</u> on social media. Share fact sheets, videos, infographics, others’ social media posts, virtual tour videos, etc.</p>	2025 2023-2025	City of RW Community Engagement Facilitator, GCHHS Housing Resource Specialist	

<p>Presentations <u>and workshops around how government can help increase housing in Red Wing to community groups</u> using reframing language <u>to reach all community members (including faith community/chamber employers, others).</u> <u>Educate the public on Red Wing's housing situation so everyone understands the challenges and multiple impacts on the community.</u></p>	<p>2023-2025</p>	<p>City of RW Community Engagement Facilitator - <u>Community Development Department</u> GCHHS Housing Resource Specialist</p>	<p>Red Wing gave a development projects update at the Goodhue County EDA summit in Red Wing in Sept. 2024. Educating the public in 2025 is in the Red Wing 2024-2026 strategic plan approved by city council.</p>
<p><u>Host a business roundtable to talk about the needs in our communities</u> -<u>Employer engagement: Ask local employers to share their stories - how are they impacted by the existing housing situation?</u></p> <p>Partner with employers to better understand "the volume of need" and well as solutions—specifically manufacturing sector</p> <p>Have employers/realtors share stories of why they are not able to find employees at all levels of need due to lack of housing.</p>	<p><u>December 2024-TBD</u></p>	<p>United Way of Goodhue, Wabasha, and Pierce Counties Executive Director in <u>partnership with Red Wing Shoe Company</u></p>	<p>Red Wing Shoe Company invited 20 Goodhue County area business leaders to participate in a business roundtable in December to discuss the top needs in Goodhue County communities. Red Wing Shoe, the United Way, and other organizations engaged in conversations around financial stability and literacy, affordable housing, and resources available for employees and the greater community.</p>
<p>Hold a meetings for rental property owners and engage them about the need for affordable and supportive housing.</p>	<p><u>April 2024 2024-2025</u></p>	<p>City of Red Wing Community Engagement Coordinator</p>	<p>In April, the City of Red Wing held two meetings, one engaging landlords and one engaging renters, in partnership with Three Rivers Community Action and the Red Wing HRA. Attendees received information on home safety (smoke alarms, carbon dioxide detectors), first-time homebuyer loan programs, new laws relevant to landlords and renters, and Homeline – a free assistance program for renters that includes mediation services. This also provided property owners and renters with an opportunity to be share feedback and ask questions about the rental licensing program. Additional meetings will be scheduled in 2025.</p>

Understand the issues and amount of need for housing

Activities	Timeframe	Strategy Lead	Progress Notes
<p><u>Conduct a Red Wing-focused housing study to better learn how much housing is needed per year in Red Wing to meet demand</u></p>	<p><u>Late 2025</u></p>	<p><u>Red Wing Community Development</u></p>	<p>This activity is in the Red Wing 2024-2026 strategic plan approved by city council.</p>

		<u>Director, Red Wing HRA</u>	
<u>Complete Goodhue County Housing Continuum Strategic Analysis</u>	<u>2025</u>	<u>GCHHS Housing Consultant</u>	The GCHHS board approved hiring a consultant to engage stakeholders, including the Goodhue County EDA Housing Subcommittee, and to create a local graphic modeled after the Minnesota Housing Partnership's Housing Continuum.

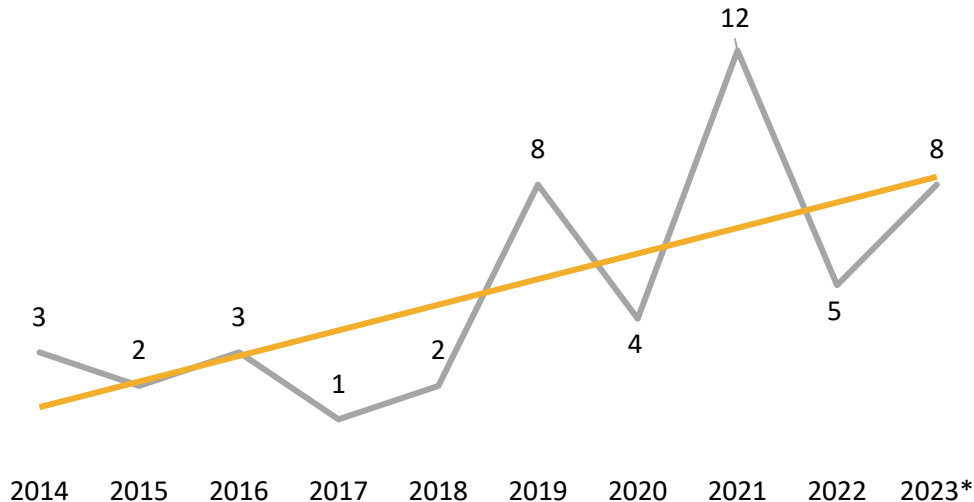
<u>Remove barriers to new housing</u>			
<u>Activities</u>	<u>Timeframe</u>	<u>Strategy Lead</u>	<u>Progress Notes</u>
<u>Identify and target sites for rezoning to multi-family residential.</u>	<u>Early 2025</u>	<u>City of Red Wing Community Development Department/Planning</u>	This activity is in the Red Wing 2024-2026 strategic plan approved by city council.
<u>Review and consider updating the Zoning Ordinance to provide more opportunities for all types of housing</u>	<u>Late 2025</u>	<u>City of Red Wing Planning</u>	This activity is in the Red Wing 2024-2026 strategic plan approved by city council.

Priority Health Issue #3: Address chemical health in youth and reduce overdose deaths

*The original version of the 2023-2025 CHIP published in May 2023 compared national **opioid** overdose death data to Goodhue County overdose death data from **all drug categories**. This has been corrected in the annual report.

	National Data Opioid overdose deaths per 100,000 population age adjusted to the 2000 standard population (*preliminary data)	Goodhue County Data Opioid overdose deaths per 100,000 population, crude death rate (*preliminary data)
2019	15.5	17.3
2020	21.4	8.4
2021	24.7	25.0
2022	25.2	10.4
2023	24.2*	16.7*

Opioid Overdose Deaths **continue to rise** in Goodhue County (MDH)



Provisional 2023 data indicate the national opioid overdose death rate decreased slightly while the opioid overdose death rate in Goodhue County increased. Due to Goodhue County's smaller population, the data appears to have large peaks and valleys. However, the data shows significant increases in the number of Goodhue County residents dying of opioid overdoses since 2014.

Result 1: Youth stay substance free.

Educate students, caregivers, and educators on substances, risk factors, and protective factors			
Activities	Timeframe	Strategy Lead	Progress Notes
Explore grants and other funding opportunities to hire staff to focus on youth prevention work.	2023-2024	Goodhue County Health & Human Services, Mental & Chemical Health Coalition	Goodhue County Health & Human Services, Midwest Recovery, and Goodhue County Education District partnered to hire a Youth Prevention Specialist to create a youth-led team and do substance use prevention work at River Bluff Education Center.

			<p>Goodhue County Health & Human Services will receive State cannabis funding in 2025 to do youth/community education and compliance work.</p> <p>Hiawatha Valley Mental Health Center (HVMHC) received a grant in May 2024 from Minnesota Dept. of Health to establish a regional coalition in 5 SE MN Counties focused on substance misuse and suicide prevention in 10 – 24 year olds.</p> <p>The Opioid Settlement Advisory Council (OSAC) is prioritizing youth mental health treatment and increasing protective factors for at risk youth in the 2025 grants they are awarding to community organizations.</p> <p>RiseUp Red Wing received a grant from Recovery Corps to establish youth substance use prevention and recovery work in schools in 2025.</p>
Use evidence-based curriculum and resources like Positive Community Norms Messaging to design presentations, fact sheets, and handouts	2024-2025	GCHHS; Midwest Recovery; Goodhue County Education District	<p>Conducted an end of school year focus group and survey with River Bluff students to understand their perception of substance use.</p> <p>Created a bead voting system to track the correlation between of students self-reporting mental health and substance use over time. Implemented for the 24-25 school year.</p> <p>Created an application and interviewed youth to be part of the Youth Prevention Team in October. 15 youth applied.</p> <p>Created “quit kits” with tools and resources to support students who are working to stop using substances, primarily nicotine.</p> <p>Attended the annual Prevention Sharing Conference in St. Cloud with 4 River Bluff students. The Youth Prevention Specialist is an active member of Goodhue County’s Opioid Settlement Advisory Council.</p> <p>River Bluff will be creating a partnership with local Licensed Alcohol and Drug Counselors (LADC) to offer services to River Bluff students on a regular basis.</p> <p>The Youth Prevention Specialist completed their Certified Prevention Professional training in November.</p>
Conduct educational presentations/events through	2024-2025	GCHHS; Midwest Recovery; Goodhue County	<p>Creating a greenhouse space for all River Bluff students allowing them to take mental health breaks and connect with nature.</p>

schools, community education, faith organizations, and more.		Education District	The Youth Prevention Specialist will be connecting with the Pine Island Schools Wellness Coordinator to do a Panther Pulse podcast episode where he shares his personal experience with substance use and provide education to parents/caregivers and community members.
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Expand access to youth mentoring programs

Activities	Timeframe	Strategy Lead	Progress Notes
Have meetings with communities outside of Red Wing on starting youth mentoring programs	2023 <u>2024-2025</u>	RiseUp Red Wing; IFOC Chaplain	RiseUp Red Wing youth mentoring programs have been discussed in 2 school districts. The chaplain-led youth mentoring program funded by the Mental & Chemical Health Coalition was moved to Pine Island Public Schools.
Support alternative mentoring models, such as peer-mentoring and group mentoring	2023-2025	RiseUp Red Wing; IFOC Chaplain	289 youth are involved in RiseUp Red Wing mentoring programs in November 2024. 82% of youth reported having a strong connection with their mentor. The Pine Island youth mentoring program began working with the district in August. Mentors are working closely with the school to identify students who could benefit from the program. In November, the school had identified 3 students and were working on obtaining parent consent.
Support the recruitment of mentors through paid advertising, employer recruitment, and special events	2023-2025	RiseUp Red Wing; IFOC Chaplain	137 mentors are involved in RiseUp Red Wing mentoring programs in November 2024. The Pine Island youth mentoring program recruited 7 people to provide mentoring services to youth in Pine Island Schools.

Reduce barriers for youth to participate in healthy activities

Activities	Timeframe	Strategy Lead	Progress Notes
Work with partners on the creation of an activity fund to help pay for activity fees, camps, needed equipment, clothing, travel fees, etc.	Spring <u>2023/2024</u>	Goodhue County Child & Family Collaborative	In May 2024, the Goodhue County Child & Family Collaborative Board voted to use remaining \$60,426 in ARPA funds to create youth activity funds at Goodhue County HHS and each member school district. Funds used for activity fees, equipment fees, and to eliminate school lunch debt. The Red Wing Environmental Learning Center and the Red Wing YMCA received ARPA grants from the Mental & Chemical Health Coalition to provide scholarships for memberships/programs/activities so eliminate financial barriers for youth. The Red Wing ELC program supported over 250 individual students engaging in various outdoor activities designed to

			promote healthy physical activity, mental well-being, and a connection to nature. Parents observed increased confidence, teamwork, and improved mental health in their students. The Red Wing YMCA program provided 111 full scholarships to youth programs. 93% of the youth who received a scholarship used it. YMCA staff were also able to reengage students and families who had left the YMCA due to financial reasons.
Work with Mayo Clinic Health System or other partners to secure adequate funding	2025	Goodhue County Child & Family Collaborative	Remaining Collaborative ARPA funds are available to fund youth participation in activities through 2024. Seeking new funding sources in 2025.
Develop a system for requesting and receiving funds from this account	Spring-Summer 2023	Goodhue County Child & Family Collaborative	In May 2024, the Collaborative's Executive Board allocated \$10,000 of the available ARPA funds to Goodhue County HHS social workers. Remaining funds were allocated to member school districts based on enrollment numbers.
Advertise the funds availability with school and county social workers, as well as youth activity organizations.	2023-2025	Goodhue County Child & Family Collaborative	School Superintendents and GCHHS Leadership promoted the availability of these funds within their own teams. Superintendents reported 100% of funds were used.

Result 2: All community members know how to prevent fatal overdoses.

Expand knowledge about opioids and harm reduction through community education			
Activities	Timeframe	Strategy Lead	Progress Notes
Hold at least three community education sessions about opioids and harm reduction methods.	2024-2025	Opioid Settlement Advisory Council	Opioid Settlement Advisory Council (OSAC) will be using evidence-based curriculum including Facing Fentanyl and Change the Outcome to host community and school-based education sessions in 2025.
Use social media and other advertising methods to distribute key messages	2024-2025	Opioid Settlement Advisory Council	The Mental & Chemical Health Coalition of Goodhue County organized a two-day social media blitz on International Overdose Awareness Day that highlighted local mental health and substance use resources. Opioid Settlement Advisory Committee (OSAC) and Goodhue County Health & Human Services will work together to promote community education sessions and distribute key messages on social media and other platforms in 2025.
Use key learnings from the Goodhue County Opioid Settlement Needs Assessment to adjust messaging.	2024-2025	Opioid Settlement Advisory Council	Opioid Settlement Advisory Council (OSAC) will continue to use the Goodhue County Opioid Settlement Needs Assessment and input from people with lived experience to adjust messaging and strategies in 2025.
Promote Take Back Day	2023-2025	Mayo Clinic Health System	Take Back Day 2024 promoted by local Mayo clinics in SE MN.

Increase access to Naloxone and fentanyl test strips

Activities	Timeframe	Strategy Lead	Progress Notes
Add 10 Naloxone and Fentanyl test strip access points throughout the county	2024-2025	Opioid Settlement Advisory Council	Goodhue County Health & Human Services will adopt a personnel policy in 2025 allowing certain staff positions to be trained and carry Narcan/Naloxone and will continue working toward becoming a Naloxone and fentanyl test strip access point.
Provide 3 community trainings on Naloxone usage	2024-2025	Opioid Settlement Advisory Council	
Use ODMAP and other data sources to saturate hot spots with Naloxone and fentanyl test strips.	2024-2025	Opioid Settlement Advisory Council	

