

MINNEAPOLIS

HEALTHY CITY THRIVING FAMILIES



A Quarterly Update from the City of Minneapolis Department of Health and Family Support

Summer 2011

Emergency Tornado Response Helps Over 10,600 Adults and Children

On Sunday, May 22, 2011, the worst tornado in 30 years hit a swath of North Minneapolis covering an area approximately three and a half miles long. There were two storm related deaths and 47 people were injured. Extensive damage to homes left thousands of residents displaced and over 3,500 properties sustained damage.

Since that day, the Minneapolis Department of Health and Family Support (MDHFS) has been involved in comprehensive recovery efforts to provide stability to affected residents. Immediately, an emergency shelter was set up at the Northeast Armory, where MDHFS staff worked with the Minneapolis Police Chaplains and American Red Cross to provide a safe place for people displaced by the storm. The first night, 257 individuals stayed at the shelter, which provided a variety of services including meals, medical care, housing counseling and updates to residents about progress in clearing the affected zones for safe access.

On Tuesday, residents were bussed to the Minneapolis Convention Center where providers from Project Homeless Connect offered access to additional services. The next day, shelter services were moved from the Armory to North Commons Park under the leadership of the Red Cross; services continued until June 12 when the last of the residents were placed in temporary housing.

To address ongoing basic needs, MDHFS transitioned its efforts from the emergency shelter to planning and managing the Disaster Recovery Center located at Farview Park where community partners

helped residents with applications for food support, medical treatment, replacing lost identification, mental health counseling, permits for repairs, clothing vouchers, information on insurance, school transfer enrollment, and transportation. Basic household items such as toiletries and cleaning supplies were donated by the Minneapolis Foundation.

By the time the Disaster Recovery Center finally closed on May 31, the Center had assisted over 5,000 adults and 5,600 children. For the remainder of that week, MDHFS coordinated free shuttle buses to bring people to a number of stops throughout the city where they could continue to receive assistance and information. In all, MDHFS staff contributed almost 2,000 hours toward the direct and immediate response to the tornado.

Because the effects of this devastating tornado will impact the community for some time to come, MDHFS is actively engaged in ongoing recovery activities. In cooperation with the Hennepin County Human Services and Public Health Department, MDHFS will be using a \$200,000 grant from the Minnesota Department of Human Services to work with the community to address behavioral health needs. Additionally, MDHFS assisted the Family Partnership in receiving a \$25,000 grant from the March of Dimes to support outreach, education, and support for pregnant women affected by the tornado. For more information, contact Pam Blixt at 612-673-3933 or Pam.Blixt@minneapolismn.gov.

United States Attorney General Eric Holder Addresses Youth Violence Prevention Conference

This past May, the City of Minneapolis and the Minneapolis Foundation hosted a community conference to highlight the ongoing efforts of Minneapolis' *Blueprint for Action to Prevent Youth Violence*. Keynote speaker, United States Attorney General Eric Holder, addressed over 250 conference participants, stressing the importance of strengthening our approach to "one of the greatest public safety – and public health – epidemics of our time: children's exposure to violence."

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Participants focused on the progress to date and areas in need of improvement for the *Blueprint for Action's* core goals:

1. Putting a trusted adult in the life of every child
2. Intervening at the first sign of risk
3. Restoring youth
4. Unlearning the culture of violence

Participants also pledged their willingness to be a part of the solution to end youth violence. The conference concluded with a call to action that included three initiatives:

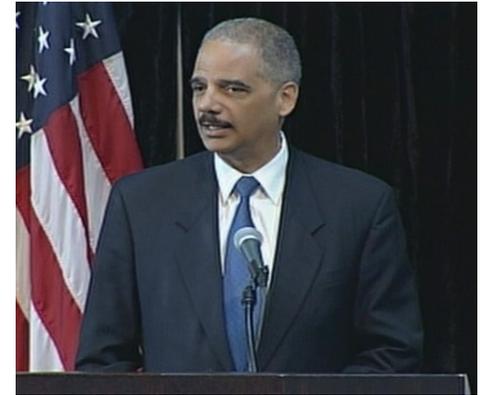
1. **Summer 612**, a campaign engaging 1,000 Minneapolis youth in activities to raise awareness around youth violence prevention, providing job skill building, and better connecting youth and community organizations. The campaign focuses on providing microgrants to

youth for the development of violence-prevention awareness activities through the arts, multimedia and sports. A celebration is scheduled for September 22 to highlight the youths' accomplishments through *Summer 612*. The initiative is co-sponsored by the City of Minneapolis, The Minneapolis Foundation and Padilla Speer Beardsley.

2. **Minnesota Alliance on Violence** will host statewide listening sessions led by adults and youth to discuss issues affecting youth violence. The Alliance is led by the United Way, in partnership with the City of Minneapolis, Youththrive and the Minnesota Alliance with Youth, and will use the *Blueprint for Action* as the organizing framework. The statewide sessions will be held from October 2011 to March 2012 and will conclude with a gathering in April 2012 to share outcomes.

3. **Community convening** in November 2011 to maintain the momentum set by the May conference and ensure progress on the four *Blueprint for Action* goals.

For more information, contact Alyssa Banks at 612-673-2729 or Alyssa.Banks@minneapolismn.gov.



Keynote speaker, United States Attorney General Eric Holder, addressing the Youth Violence Prevention Conference on May 27.

The Minneapolis Department of Health and Family Support (MDHFS)

VISION:

Health, equity and well-being for all people in their communities.



MISSION: To promote health equity in Minneapolis and meet the unique needs of our urban population by providing leadership and fostering partnerships.

Gretchen Musicant, Commissioner

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School Based Clinics Expand Outreach and Expedite Chlamydia Screening

MDHFS' School Based Clinics (SBC) provides 7,148 Minneapolis high school students with easy access to comprehensive health care services right at school, minimizing barriers to health care access for teens who may not otherwise receive needed care.

Students attending Edison, Henry, Roosevelt, South, Southwest and Washburn high schools are eligible for medical, nutrition, social work and mental health services whether they have insurance or not. North High students receive school based clinic services from NorthPoint Health and Wellness Center. In addition, SBCs offer a number of outreach activities, including clinic tours and classroom presentations.

This past school year, Edison's SBC started a peer educator group called Healthy Youth Peer Educators (HYPE); see HYPE T-shirts at right. HYPE students learned about a variety of sexual health topics, such as relationships and birth control. As peer educators, students shared their learning with other students through various outreach activities such as quizzing students on sexually transmitted infections (STI), making classroom



presentations, and hosting a guest speaker to talk about HIV. Since the start of HYPE, more students have been going to the SBC and learning how to stay healthy.

Edison's SBC also started an expedited STI testing service once a week with the goal of increasing the number of students tested for chlamydia due to the high rates among teens in Minneapolis. Instead of having to fill out paperwork and waiting for an appointment, the new STI testing gave students the ability to walk in and get tested quickly. From February to May 2011, 34 students came to the SBC for expedited STI testing; 65 percent were new patients. HYPE and new STI testing process will be continuing and expanding to other SBC sites next year. For more information, contact Barbara Kyle at 612-673-5305 or Barbara.Kyle@minneapolismn.gov.

National Audience Tours Northside Obesity Prevention Projects

This summer, MDHFS hosted *Obesity Prevention Strategies in North Minneapolis: A Place-Based Approach*, a mobile workshop for participants of the National YMCA Healthier Communities Learning Institute. More than 50 people boarded a bus and travelled to North Minneapolis to learn first-hand about MDHFS' efforts to increase physical activity and healthy eating.

At Folwell Park, representatives from the Minneapolis Park & Recreation Board described a healthy vending project that mushroomed into a proposed comprehensive healthy food policy affecting concessions, youth programs and events across the entire park system. Sherenia Gibbs, a Youth Development Program Coordinator at the Park Board, also described a community outreach initiative to improve perceptions of safety issues in the park to increase usage by residents.

Next up, attendees visited Lowry Foods, one of ten Minneapolis corner stores working with MDHFS to dramatically increase the availability and sales of fruits

and vegetables. Project staff worked with Lowry's store owner to improve product displays and store layout to better showcase produce and provided advice on produce storage to maximize freshness. Since implementing these and other changes, Lowry's produce sales have increased by 50 percent.

The final stop, St. Olaf Community Campus, featured three MDHFS funded projects to increase food production in North Minneapolis. Amanda Arnold, with the City of Minneapolis Community Planning and Economic Development Department, described the Urban Agriculture Policy Plan to encourage commercial and personal growing through zoning changes. Reverend Steve Lohman showed participants the youth garden and described the Local Food Resource Hub, which provides instruction, seedlings, equipment and other resources for Northside residents to grow healthy food.

In transit, other healthy initiatives were pointed out such as the Nice Ride bike sharing kiosks, the location for the new Bike Walk Center and two clinics

partnering with MDHFS to help patients obtain support and resources to prevent and manage obesity and chronic disease.

Following the tour, one participant shared, "This was an excellent opportunity to see programs in practice. It was great to see small and large environmental changes and the partnerships that were taking place to achieve the goals of healthier eating choices." For more information, contact Lara Tiede at 612-673-3815 or lara.tiede@minneapolismn.gov.



YMCA conference attendees listen to MDHFS staff Aliyah Ali describe the Healthy Corner Store Program before touring Lowry Foods to view its new produce displays.

Urban Health Agenda: New Initiatives make it Easier to *bike.walk.MOVE.* in North Minneapolis

Through its Communities Putting Prevention to Work (CPPW) obesity prevention grant, MDHFS is supporting several projects to make it easier and more appealing for North Minneapolis residents to bike and walk to community destinations.

As part of this effort, a new campaign was launched in June called *bike.walk.MOVE.*, which consists of ads, community engagement and a website with resources, tips, and news on biking and walking; visit www.bikewalkmove.org. This effort is co-funded through Bike Walk Twin Cities, a program of the local nonprofit Transit for Livable Communities.

In addition to promoting the benefits of biking and walking, *bike.walk.MOVE.* raises awareness around several community resources provided through other CPPW projects:

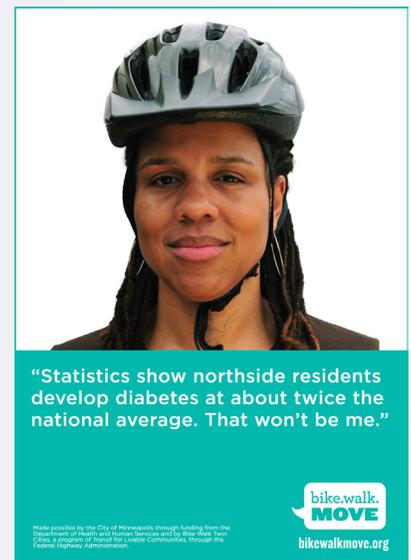
- The recent addition of eight new **Nice Ride bike-share kiosks** in North

Minneapolis (also funded in part by Transit for Livable Communities); visit www.niceridemn.org for an interactive map of kiosks and other information.

- In partnership with the Redeemer Center for Life, the fall opening of the **Venture North Bike Walk Center** (1830 Glenwood Avenue North) offering residents access to affordable bikes, biking and walking accessories, bike repair, and more.
- The installation of new **bike and pedestrian signs** to help residents find safe biking and walking routes.
- **Safe Routes to School** programming to help elementary school students bike and walk to school safely.

For more information, contact Kristen Klingler at 612-673-2910 or kristen.klingler@minneapolismn.gov. Funding for CPPW is made possible by the U.S.

Department of Health and Human Services and by the Minnesota Department of Health.



The *bike.walk.MOVE.* ad above can be seen at local bus shelters, buses and community newspapers.

Statewide Health Improvement Program Celebration Buys Organizational and Community Support

At a Statewide Health Improvement Program (SHIP) celebration on June 23, Minnesota Commissioner of Health Dr. Edward Ehlinger and Mayor Rybak addressed over 70 community partners, residents and MDHFS staff who have worked hard to help residents live longer, healthier lives by reducing the burden of chronic disease. (See sidebar for highlights of SHIP accomplishments.)

Participants provided moving testimonials about the positive impact SHIP has made on their agency, clients and themselves. Scott Borden, a parent-organizer of a “walking school bus” at Lyndale Elementary School passionately described the transformation he has seen in children and families participating in the walking program, including a Somali mother who was at first hesitant (especially in winter), but eventually volunteered to help. Dean Porter from CAPI (pictured below) talked about the invaluable social connections that were built through community gardening at Glendale Townhomes, a public housing property in Seward.

Despite the state budget limbo on June 23, participants nevertheless made personal and organizational commitments to continuing SHIP efforts. Since then, the Minnesota legislature allocated \$15 million statewide for SHIP funding for the next biennium. For more information, contact Lara Tiede at 612-673-3815 or lara.tiede@minneapolismn.gov.



Select SHIP Highlights

- **50%** increase in produce sales in piloted corner stores
- **461 child care providers** received training to improve physical activity and nutrition practices
- **\$20,453 EBT** dollars spent by low-income residents on fresh produce at Minneapolis farmers markets
- **225 entities** (schools, worksites, housing properties, etc.) that created healthier environments
- **900 Seward Towers residents** with access to an on-site farmers market
- **5,000 elementary students** active and engaged during recess
- **75,000 clinic patients** who can benefit from the HealthyLiving Minneapolis network of community-based resources to help them obtain and maintain a healthy weight, and to quit smoking

Healthy City Updates

New Funding Awards:

- The **School-Based Clinics** program will receive \$135,680 from the U.S. Health Resources Services Administration to purchase new equipment for its six sites to make them more welcoming to teens and to improve staff ergonomics.

Staff Update:

Congratulations to MDHFS' **Skipper**

Award recipients, which recognizes staff's outstanding contributions to MDHFS:

- **March - Alyssa Banks** for her methodology expertise on conducting focus groups with women and men recruited through partnering health clinics, ensuring the success of a needs assessment.
- **April - The Emergency Preparedness team's** dedication to updating MDHFS' Emergency Operations Plan in preparation for the Centers for Disease Control and Prevention's assessment of the ability to dispense mass prophylaxis within 48 hours of a bioterrorist incident.
- **May - MDHFS staff members** for their dedication to the City's North Side Tornado Response and helping residents stay safe and healthy during this trying time.
- **June - The Support Staff Team** who valiantly absorbed the work of a vacant

full-time position working with the School Based Clinics resulting in little to no interruption to the support of the clinics.

New staff:

- MDHFS welcomes intern **Meredith Shonfeld Hicks** who will help conduct project evaluations for the Communities Putting Prevention to Work grant. Meredith is pursuing a Masters of Public Health and brings a wealth of experience from her work as a research assistant at the University of Minnesota and as a senior state strategies program manager for Advocates for Youth in Washington, D.C.
- **Alison Moore** has transitioned from her position with the Statewide Health Improvement Program (SHIP) to join the School Based Clinics team as a pregnancy prevention specialist. Alison will work with the SBC team to implement a county-wide federal grant for clinic-based pregnancy prevention. Alison's MDHFS work has included coordinating a healthy housing initiative and EBT acceptance at farmers markets.

- As the final component for securing her Masters of Social Work degree at the University of Minnesota, **Jessica Gillaspey** is interning with the Youth Violence Prevention team, working on the hospital-based portion of the *Blueprint for Action* and formalizing the community response protocol to youth homicide. Jessica also holds a Masters of Public Policy and has broad experience working with youth.
- The UCare Skyway Senior Center welcomes **Jackiie Hollins-Gates**, a high school intern placed through AchieveMpls' STEP-UP student, summer-employment program. Jackiie will be with the Center through the summer and handling a variety of tasks, including working with seniors, assisting them with the computers, and tending the reception desk.

Receive *Healthy City Thriving Families* Electronically

As MDHFS strives to institute greener practices, we invite our Healthy City Thriving Families readers to receive our newsletter electronically instead of by mail. Each quarter you'll receive the same great newsletter and can choose to unsubscribe at any time. To sign up please visit: <http://www.minneapolismn.gov/dhfs/newsletter.asp>.