

# MINNEAPOLIS

## HEALTHY CITY THRIVING FAMILIES



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

Fall 2011

## Youth Violence Prevention Continues to be a Focus

Under the umbrella of the *Blueprint for Action: Preventing Youth Violence in Minneapolis*, the City of Minneapolis and community partners continue to expand and refine the strategies used to prevent youth violence:

- There were 18 youth homicides under age 24 in 2011, one more death than in 2010. Of those 18 youth, four were less than 17 years old (one fewer than in 2010). Following the death of a young person, friends and family may feel alone in dealing with their grief. A new Community Response pilot effort to respond to this need was initiated this summer in North Minneapolis. In partnership with Council Member Don Samuel's office, North Point Health and Wellness Center, Cookie Cart, and Survivor Resources, group listening sessions for families and friends were held following two youth homicides. The Minneapolis Department of Health and Family Support (MDHFS) hopes to identify community partners in other areas of the city impacted by youth violence to expand this approach city wide in 2012.
- The hospital protocol for screening all youth who are victims of intentional violence is being expanded to an additional hospital and a new community outreach component is being developed for the two trauma hospitals that serve Minneapolis. Once screened, youth and their families are referred to community resources to support healthy youth development and meet basic needs.
- As an outgrowth of MDHFS' federal BUILD gang prevention grant, BUILD Chicago, a street intervention program giving at-risk youth alternatives to violence, was invited to conduct positive youth development trainings with community outreach staff. The training, offered for staff at the YMCA was designed to help improve the effectiveness of working with youth who are susceptible to violence. They also met with leaders at the Evening Reporting Center at Shiloh Temple and the Minneapolis Public Schools Beacons program.
- Minneapolis Park and Recreation Board outreach staff, under contract with MDHFS, were redeployed to additional parks this summer in response to police reports of difficulties with troubled youth.
- This summer, through a partnership with Padilla Spear Beardsley and funding from The Minneapolis Foundation, over 1000 youth were engaged in Summer 612 – using arts and athletics to unlearn the culture of violence (see story in summer newsletter).
- The prevention approach to violence used in Minneapolis is getting national recognition. Urban Networks to Increase Thriving Youth (UNITY) recently highlighted the effectiveness of the Blueprint for Action, citing the 43 percent decline in violent crime in the neighborhoods of focus during the first two years of implementation. The *Blueprint for Action* has also been recognized by the National League of Cities as a model for preventing youth violence and the Centers for Disease Control and Prevention's Striving To Reduce Youth Violence Everywhere (STRYVE) initiative will be featuring the City's efforts as a Communities in Action success story.

For more information on these efforts, contact Alyssa Banks, Youth Violence Prevention Coordinator, at 612-673-2729 or [alyssa.banks@minneapolismn.gov](mailto:alyssa.banks@minneapolismn.gov).

## Supporting Recovery from the North Side Tornado

On May 22, 2011, the worst tornado to hit Minneapolis in 30 years pummeled North Minneapolis leaving 47 people injured, two deaths and extensive damage to homes, trees and businesses. While displaced residents' psychological needs were addressed at emergency shelters immediately following the storm, the trauma of the tornado may be felt long after yards have been cleaned up and houses repaired.

To address these long-term emotional needs, the Minnesota Department of Human Services awarded \$200,000 to MDHFS, in partnership with the Hennepin County Human Services and Public Health Department and NorthPoint Health and Wellness Center, to provide mental health services for residents.

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# Twin Cities Healthy Start Addressing Depression in Mothers

One in six pregnant women experiences symptoms of major depression according to Twin Cities Healthy Start, yet many women do not follow through on referrals for mental health services. Working to reduce infant mortality among high-risk communities, Healthy Start has been examining the mental health needs of women before and after the birth of their child with the assistance of the University of Minnesota Powell Center for Women's Health through a grant funded by the federal Office of Women's Health.

Focus groups with mothers and pregnant women revealed a range of emotional distress such as ambivalence about being pregnant, unrealistic expectations placed on them, lack of social support, and financial stress. Many of the women described symptoms associated with

major depression, but were reluctant to seek professional care due to the stigma associated with mental health problems and their fear that child protective services might take their babies.

Support groups were most often cited by the women as a means of addressing depression as they appreciated sharing their experiences and commonalities. Being able to bring their babies to support groups, help with transportation and child care, and parenting classes were also important factors in helping them address depression.

Based on these findings, Twin Cities Healthy Start will be piloting Wellness Recovery Action Plan (WRAP) groups, which teaches self-help techniques and leveraging community support. People who have used WRAP report significant life enhancement and gains in self-esteem and self-confidence. The WRAP groups will be free to eligible women and will be offered through the Mental Health Consumer/Survivor Network of Minnesota.

For more information, contact Angela Watts at 612-673-2622 or [angela.watts@minneapolismn.gov](mailto:angela.watts@minneapolismn.gov).

## 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

250 South Fourth Street  
Room 510  
Minneapolis, MN 55415-1384

612-673-2301

[www.ci.minneapolis.mn.us/dhfs](http://www.ci.minneapolis.mn.us/dhfs)

If you need this document in an alternative format, please call 612-673-2301 or TTY 612-673-2157 (General City Information). Please allow a reasonable amount of time for special needs accommodation.

## Venture North Bike Walk & Coffee Opens in North Minneapolis

On October 8, over 300 people celebrated the grand opening of Venture North Bike Walk & Coffee located at 1830 Glenwood Avenue North. While Minneapolis boasts more than 20 bike shops, Venture North is the first of its kind in North Minneapolis to improve access to affordable physical activity opportunities among residents and encouraging them to bike and walk for transportation and recreation.



With funding from MDHFS' Communities Putting Prevention to Work grant, the City selected Redeemer Center for Life, a nonprofit community development organization located in the Harrison neighborhood, to operate Venture North. Venture North will sell high-quality refurbished bikes, helmets, locks, gear and walking-related products, as well as provide bike repair and maintenance services. Through a partnership with Minneapolis-based Dogwood Coffee Co., the store will also offer a coffee bar featuring a special Venture North blend and healthy snacks.

"Through Venture North, as well as the Nice Ride bike sharing program, we're providing North Minneapolis residents with additional transportation options and the chance to make healthy choices," said City Council Member Don Samuels, chair of the Council's Public Safety and Health Committee. "I'm concerned about the significant health disparities in North Minneapolis, and applaud Venture North for increasing the opportunities available for physical activity in our community."

For more information, contact Kristen Klingler at 612-673-2910 or [kristen.klingler@minneapolismn.gov](mailto:kristen.klingler@minneapolismn.gov), or visit [www.venturenorthbwc.org](http://www.venturenorthbwc.org) and [facebook.com/venturenorthbwc](https://facebook.com/venturenorthbwc).

# New Report Examines Gaps in Health Systems' Weight Management Protocols

A new report commissioned by the Minneapolis, Hennepin and Bloomington health departments delves into the weight management services of Minnesota health plans and clinic stakeholders. Providing weight management services can be challenging for primary care settings: only 39 percent of overweight and 81 percent of obese Hennepin County adults who completed physicals within the past year reported receiving weight loss advice from their health care provider (2010 SHAPE Adult Survey Data).

Funded by the Statewide Health Improvement Program, *Tipping the Scales: Improving weight management services in primary care settings* includes the following findings:

- There is no common language used for obesity prevention, but “weight management” appears most accurate.
- Health plans are actively offering weight management services and a number of services are available in the community, but physicians and clinics rarely refer patients to these resources.

- Confusion exists on how to code and pay for obesity/overweight-related patient care.
- Determining a “minimum” primary care clinical intervention would be helpful.
- Stakeholders reported interest in collaboration with public health.

The report provides recommendations on systems improvements such as the establishment of a public health weight-management workgroup to help health care organizations with policies and programs, and to implement best practice guidelines. The Minnesota Department of Health plans to convene this proposed workgroup, and the report will be used to help launch its discussions and activities.

For more information contact Megan Ellingson at 612-673-3817, [megan.ellingson@minneapolismn.gov](mailto:megan.ellingson@minneapolismn.gov). To download the report, visit: [www.minneapolismn.gov/dhfs/Tipping\\_the\\_Scales.pdf](http://www.minneapolismn.gov/dhfs/Tipping_the_Scales.pdf).

*North Side Tornado Recovery*  
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MDHFS' role has been to provide staff support for the coordination of efforts among the agencies that provide mental health services.

To reach these residents, project partners have been working with community-based organizations to provide their staff with psychological first aid training so they can better recognize the signs of post traumatic stress disorder (PTSD) caused by the tornado in the people they serve. In turn, these adults and children are referred to agencies that can help them address the emotional impact of the disaster. Other efforts include youth outreach training for peer educators who help students prepare for disasters; emergency support and counseling; and financial support for housing chronically mentally ill residents and their families.

A brochure titled “*Tornado still taking a toll?*” has also been developed and is available at [www.minneapolismn.gov/tornado](http://www.minneapolismn.gov/tornado). For more information, contact Janet Mengelkoch at 612-673-3729 or [janet.mengelkoch@minneapolismn.gov](mailto:janet.mengelkoch@minneapolismn.gov).

## Urban Health Agenda:

### ‘Food Day’ Celebrates Local Food and Healthy Eating

MDHFS' Food Day celebration was a resounding success as it joined communities across the country on October 24 to bring awareness to local food efforts. The first ever Food Day promoted cooking and eating healthy, delicious meals while supporting the local farms that produced them. As part of this national effort, MDHFS sponsored numerous Food Day events throughout the city:

- **Corner Store events:** As part of its efforts to promote and expand the Minneapolis Healthy Corner Store Program, partner stores reduced prices on fresh produce and gave mini-tote bags to the first 200 customers at each store (Lowry Food Market, Neighborhood Grocery, Onestop Gas Station, and Shabelle Grocery).
- **Food Day Forums at Minneapolis charter schools:** Minnesota Internship Center schools hosted viewings and

discussions of the films “Supersize Me” and “Food Inc.” for students, while Augsburg Fairview Academy incorporated healthy cooking and taste testing into health classes and discussed nutrition, healthy local foods and school meals.

- **Valuing Our Individual Cultures through Engagement (VOICE):** Members of the African American community, VOICE participants, and United Methodist church members discussed various food topics impacting the African American community, including the re-education of food choices and culture; organizing grocery store outreach and intergenerational cooking classes; and promoting church-based community gardens and farmers markets.
- **Making it Better and Homegrown Minneapolis at Food Expo:** During the month of October, Making it

Better, a community initiative inspiring healthy choices, put a call out for story submissions of how people are increasing access to healthy foods and physical activity opportunities. Homegrown Minneapolis, which works to expand communities' ability to grow and distribute locally grown foods, was featured at the University of Minnesota's Food Expo.

- **Local Food Resource Hubs Network:** The Local Food Resource Hubs Network held its first annual gathering of approximately 600 members and is working to increasing residents' food growing, preparation and preservation competencies as a means of improving health.

For more information on these healthy food efforts, please contact Patty Bowler at 612-673-3009 or [patty.bowler@minneapolismn.gov](mailto:patty.bowler@minneapolismn.gov).

# HEALTHY CITY UPDATES

## HealthyLiving Minneapolis Receives Community Health Service Award

MDHFS accepted a Certificate of Recognition at the 2011 Minnesota Community Health Conference on behalf of HealthyLiving Minneapolis, a network of organizations providing free and low-cost services for healthy eating, physical activity and tobacco cessation. MDHFS facilitated the network's development as part of the Statewide Health Improvement Program. Network organizations are: Minneapolis Community Education, Minneapolis Park and Recreation Board, YMCA of Metropolitan Minneapolis, YWCA of Minneapolis, and University of Minnesota Extension Simply Good Eating.

## Making It Better Challenge

Every day, Minneapolis residents are making our community healthier. Throughout the month of October, the Making it Better Challenge asked community members to share their stories of how they are creating greater access to healthy foods or more opportunities for physical activity in their school, neighborhood or workplace. Over 60 stories were featured on the Making it Better website, where visitors gave their favorite story a "thumbs up." Three of these stories will be featured in a new round of Making it Better advertisements in January 2012. To learn how to improve the health of your community, visit [makingitbettermn.org](http://makingitbettermn.org).

## Making it Better Conference 2011

In November, Over 500 public health professionals from across the U.S. came to the Making It Better conference held at the Minneapolis Convention

Center to increase their knowledge of best practices for reducing obesity and tobacco use in their communities. The conference was open to federal, state and local public health leaders; elected and appointed public policy makers; as well as partners engaged in policy related obesity and tobacco prevention and control initiatives. MDHFS obesity and tobacco prevention work was featured in each break-out session and MDHFS was a key partner, along with MDH, in planning and implementing the conference. The conference was sponsored by MDH with funding from the U.S. Department of Health and Human Services.



## Skyway Senior Center Celebrates 10<sup>th</sup> Anniversary



*Celebrating the Skyway Senior Center, from left, Skyway Senior Center founders Don Leners and Fay Harrison; and supporters City Council President Barbara Johnson and UCare Chief Medical Director Dr. Russ Kuzel.*

The UCare Skyway Senior Center celebrated 10 years of service to seniors, having opened its doors on November 1, 2001, thanks to sponsorships from community partners such as Medica, Ryan Companies, Inc., Target, and St. Thomas University. The program was first conceptualized by the Senior Citizen Advisory Committee to (former) Mayor Sharon Sayles Belton, who gave the center her full support along with the Minneapolis City Council. The celebration had over 150 attendees, complete with refreshments and entertainment from Jazz by Fosse. The Center is currently sponsored by UCare.

## New Signs Point the Way to Safe Biking and Walking Routes

MDHFS partnered with the Minneapolis Department of Public Works to install more than 380 bike and pedestrian wayfinding signs since July 2011. Signs were installed in several Minneapolis neighborhoods, including Cedar Riverside, Near North, North Loop, Phillips, Seward, and Weber-Camden. Residents can use the signs to find safe biking and walking routes, making it easier for them to choose these healthy modes of travel throughout the city. Funding was provided by the Communities Putting Prevention to Work grant.

## New funding awards:

MDHFS received an \$110,000 grant from the Minnesota Department of Health to provide evidence-based Maternal Child Health public health nursing home visiting to at-risk families in North Minneapolis; services will be provided by the Minnesota Visiting Nurse Agency.

MDHFS is a partner with Hennepin County and the Bloomington Health Department in the newly awarded federally funded Community Transformation Grant. This five year grant will implement policy and environmental change obesity and tobacco prevention strategies.

## Staff Awards:

Congratulations to MDHFS' Skipper Award recipients, the Edison Summer Institute Team for their outreach resulting in an increase in the number of students served at the School Based Clinic (SBC) at Edison High School and engaging youth in leadership roles for student health. Atasha Jackson was also recognized for her hard work and dedication to the SBC program.

## Staff transitions:

After five years at MDHFS, **Emily Wang** has left MDHFS to move to Oregon. Emily staffed the Public Health Advisory Committee to the Mayor and City Council and worked closely with community partners to develop the Multicultural Storytelling initiative.

**Kristen Godfrey** departed MDHFS to work on health care homes for HCMC, but before leaving she spearheaded efforts to adapt the MNHelp.Info online services directory to include community-based health services and developed HealthyLiving Minneapolis referenced above.

**Toni Hauser**, a preparedness specialist, and intern **Katie Muehe**, left MDHFS due to the end of pandemic flu grant funding, but assisted with the City's response to both the North Minneapolis tornado and the H1N1 flu pandemic and contributed to a number of critical plans now in place for the future.

## New staff:

MDHFS' **Alyssa Banks** is the new Youth Violence Prevention Coordinator for the City. Along with her personal commitment to the issue and her passion for working with youth and the community, Alyssa brings skills and experience in community-based research and the ability to work in an array of venues related to violence prevention.

MDHFS welcomes Ami Wazlawik as the new Minneapolis Youth Violence Intervention Program intern, and the School Based Clinics team welcomes three interns who are working at various high school clinics throughout the city: Stacy Hammer, Sarah Dodge, and Rachel Sobolewski.