

# **ADDITIONS/REVISIONS/CORRECTIONS**

**Special Meeting – Committee of the Whole (Budget)**

**August 24, 2021**

## **Addition/Additional Information**

### **4C. University of Minnesota Extension, Susanne Hinrichs, Regional Extension Director**

Consider proposed mental health education in coordination with county schools, family services agencies and community members. Funding source: American Rescue Plan Act.



## **Building Community and Family Resilience in Pine County:**

### **A multi-level approach to mental health education**

During COVID-19 pandemic youth, parents and communities struggled to find place-based tools and resources needed to address the effects that the self-isolation and the lack of social connectedness has had on youth, families, and community. Supporting youth, and parents' mental well-being including social and emotional needs is critical to youth development and building healthy family relationships. This need has been heightened due to the effects of isolation and lack of social connectedness brought on by COVID-19. Childhood traumas can have serious lifelong repercussions. Higher Adverse Childhood Experiences scores are associated with risky health behaviors, poor physical and mental health. On the other hand, research suggests Positive Childhood Experiences (PCEs) may be even more impactful on development, resiliency building and for long-term wellbeing than ACEs. Children with low ACEs, but also low PCEs are worse off than children with high ACEs and high PCEs. PCEs can help to offset the impacts of ACEs, while also benefiting children who have minimal trauma, but low PCEs. Together youth, families, and communities can build resiliency by developing a set of skills that will help them develop and maintain healthy relationships and learn self-care strategies to help mitigate the effects of stress, loss, and trauma.

A team of University of Minnesota Extension educators in family and youth will work closely with Pine County schools, family serving agencies and community members over the next five years (2022-2026) to develop sustainable mental health education for the community, parents, and youth. This project takes a whole family, whole community approach which allows for family and community members to work together to support each other's goals and achieve long-term change and stability. In addition, it will provide the space and opportunity to talk about mental well-being which will reduce stigma and help build resilience and develop coping skills to support the integration of mental health education at multiple levels of intervention.

This project requests \$25,000 per year for three years. The timeline for the development and implementation of the project will be from 2022 to 2026.

#### **Phase 1: Needs Assessment**

This project will involve community mapping to identify potential sites and community partners, identify existing resources and gaps in support for youth and families. We will build upon existing needs assessments including county level data along with a map of identified 4-H clubs in Pine County. This will provide us with the data we need to identify current and

potential opportunities to build community-based partnerships with schools and youth/family serving agencies in Pine County and help to integrate this education and training into current programming, at all levels--youth, parents and educators and agencies. Examples include working with schools and their existing Afterschool Programs at school sites or other Out of School Time (OST) programs, school based health and nutrition programs, Family Pathways or food pantries, childcare centers, faith based organizations and cultural programming.

## **Phase 2: Whole Family/Whole Community Approach: Community, parents, and youth**

**Community:** This project will work with schools and community agencies serving youth to identify needs and provide training to staff, parent and youth leaders to help build the capacity to meet those needs and develop a sustainable model for the future. Topics will include developing trauma informed practices, Social Emotional Learning (SEL), and mental well-being. The project team will collaborate with school and agency staff that are already trauma informed (possible partnership with East Central School) to determine existing training and identify emerging needs/gaps.

**Parents:** Parents are their children's first teachers. By providing education around mental wellbeing to parents, they will be better able to help support the learning and practice of coping skills at home while at the same time, developing a deeper understanding of their own mental wellbeing and set of coping skills. This will result in helping families develop and maintain healthier relationships.

**Youth:** This project will provide age-appropriate education for youth to help develop coping skills to support their own mental wellbeing. Topics will include Social Emotional Learning (SEL) components, executive function, and self-regulatory skills. In addition, a youth-teaching-youth model will be developed to train older youth (teens) to take an active role in supporting healthy outcomes for younger youth.



# PINE COUNTY

## Administrator's Office

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### Commissioners

Steve Hallan – Dist. 1  
Josh Mohr – Dist. 2  
Terry Lovgren – Dist. 3  
J.J. Waldhalm – Dist. 4  
Matt Ludwig – Dist. 5

### County Administrator

David J. Minke

## Special Meeting-Committee of the Whole

### 2022 County Budget

**Pine County Courthouse  
635 Northridge Drive NW  
Pine City, Minnesota**

**Tuesday, August 24, 2021, 9:00 a.m.**

### Notice of Participation via Interactive Technology

Pine County Commissioner Matt Ludwig will be attending the Pine County Board of Commissioners Special Meeting-Committee of the Whole Meeting on Tuesday, August 24, 2021 at 9:00 a.m. via interactive technology, pursuant to Minnesota Statute 13D.02.

- Commissioner Ludwig will be seen and heard at the meeting via electronic means and will participate from Staybridge Suites, 2350 Commerce Drive NW, Rochester, MN 55901, a location open and accessible to the public.

*The public is invited to join the meeting in person or remotely: by phone call 1-312-626-6799, (meeting ID): 956 2150 7753, (Passcode): 5911400. Click the link on the county website ([www.co.pine.mn.us](http://www.co.pine.mn.us)) for more information and to watch a live stream broadcast of the meeting.*

1. Call to Order
2. Pledge of Allegiance
3. Approve Agenda
4. Budget Presentations
  - A. District Court, Amy Willert, Court Administrator  
01-013 Court Administrator
  - B. County Attorney's Office, Reese Frederickson, County Attorney  
01-020 Law Library  
01-091 County Attorney  
01-093 Victim Services

- C. University of Minnesota Extension, Susanne Hinrichs, Regional Extension Director  
01-603 County Extension
- D. Soil and Water Conservation District, Paul Swanson, District Manager  
01-601 Soil and Water Conservation District
- E. Health and Human Services, Becky Foss, Director  
01-121 Veterans Services  
12-420 Income Maintenance  
12-430 Social Services  
12-481 Public Health

**Break for Lunch at the discretion of the Chair**

- F. Pine County Historical Society, Larry Helwig, President  
01-502
- G. Sheriff's Office, Sheriff Jeff Nelson  
01-201 Sheriff Operations  
01-204 Sheriff Dispatch  
01-205 Boat & Water  
01-206 Snowmobile Safety  
01-208 ATV Grant  
01-210 Gun Permits  
01-212 Canine Unit  
01-214 Gun Range  
01-227 Enhanced 911  
01-251 Jail  
01-253 Court Security  
01-281 Civil Defense

5. General Budget Discussion/Direction

6. Adjourn

Next Budget Meeting August 31, 2021 9:00 a.m.

Members: District 1 – Steve Hallan  
District 2 – Josh Mohr  
District 3 – Terry Lovgren  
District 4 – J.J. Waldhalm  
District 5 – Matt Ludwig