



Crow Wing *energized*



Power of Stories

June 18, 2024

Presenters: Karen Johnson, Former Community Health
Specialist and
Lowell Johnson, ACEs and Resilience Coalition Leader

Crow Wing *energized*

Our Mission

A grassroots movement to improve health and wellness in our community by making the healthy choice the easy choice.



Essentia Health

Steering Committee Members



Todd DeFreece
Essentia Health



Gina Heyer
Crow Wing County



Kara Schaefer
Essentia Health



Karen Johnson
Essentia Health



Kelli Johnson
Crow Wing Energized



Russell Habermann
Essentia Health



Kathy Cottew
Essentia Health



Jon Aga
Lakes Area United Way



Julie Christensen MSW, LICSW
Nystrom & Associates



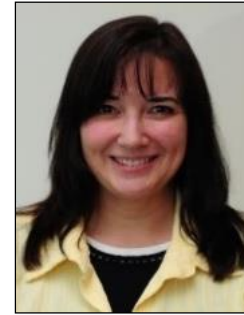
Shane Riffle
Brainerd Family YMCA



Jessica Schwartz
Essentia Health



Carolyn McQueen
University of Minnesota Extension



Renee Richardson
Brainerd Dispatch



Heidi Hagen
Pequot Lakes School



Charles Black-Lance
Central Lakes College



Steve Barrows
County Commissioner



Teresia Mortenson
Knutson Nelson



Terry Bock
Crow Wing County



Tracy Wallin
Crow Wing Energized

Crow Wing
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100 Community Conversations

The community's voice on
Crow Wing County's strengths,
challenges, and future.
People interviewed were closest
to the issues and farthest from
the decision making.



This project is sponsored by ACEs Resiliency Coalition and Crow Wing Energized, with technical support from More Resilient Minnesota, a partnership between FamilyWise Services and the Minnesota Department of Health to grow resilient communities across Minnesota.

Key Findings



Housing availability and affordability were noted to be a barrier among many interviewees.



Access to healthcare, specifically mental healthcare, was noted to be a barrier among many interviewees, along with difficulties obtaining health insurance and cost of care.



Many interviewees noted that land and nature is valued in the Crow Wing County area.

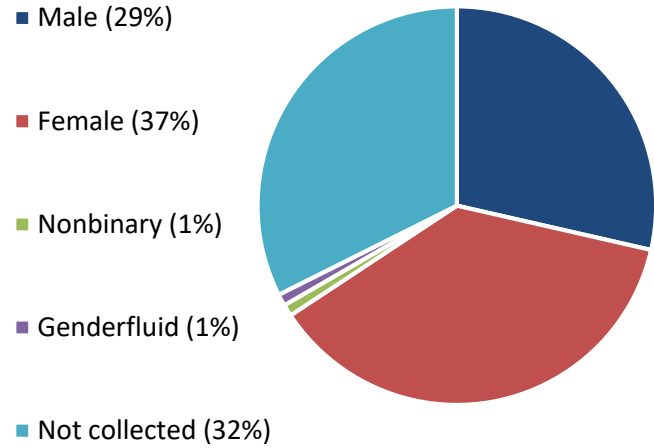


Interviewees also noted that there are supportive resources within the community and that friends, family, and neighbors are important.

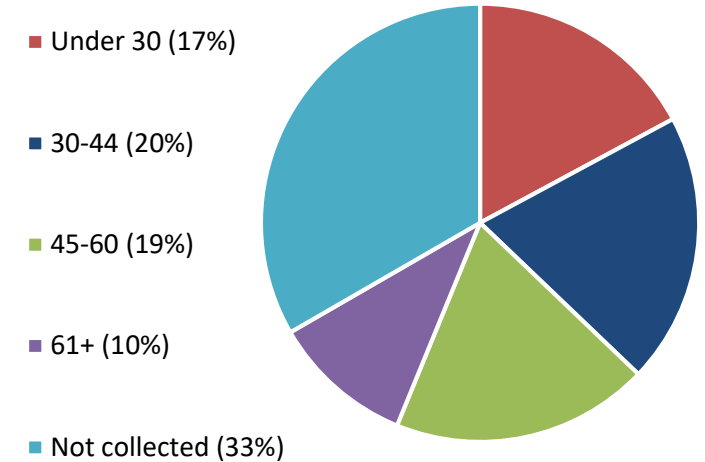
Who Was Interviewed?

105 people

Gender

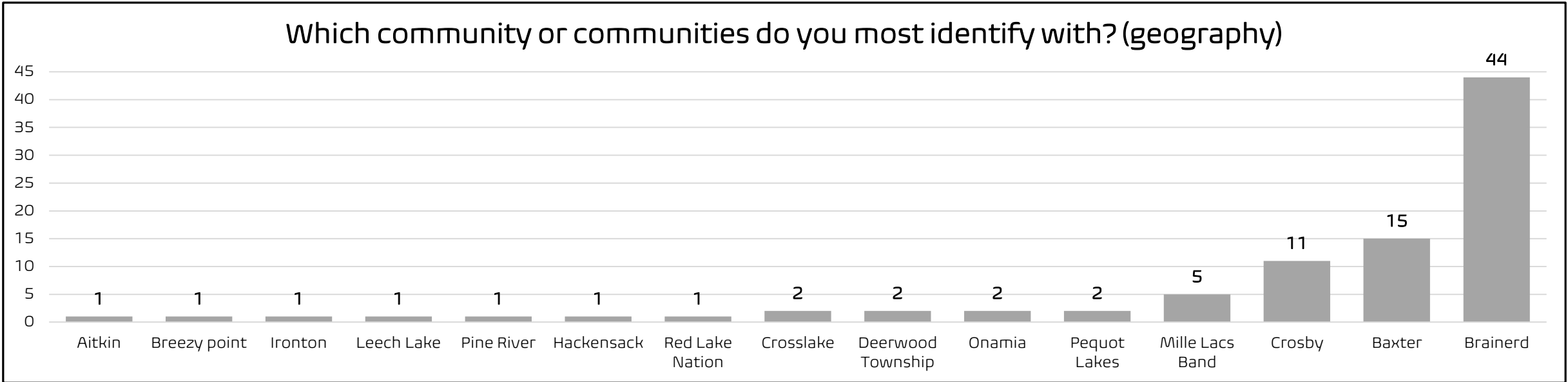


Age



*Note: Some interviewees were not asked their age or gender so are accounted for in the 'not collected' categories above

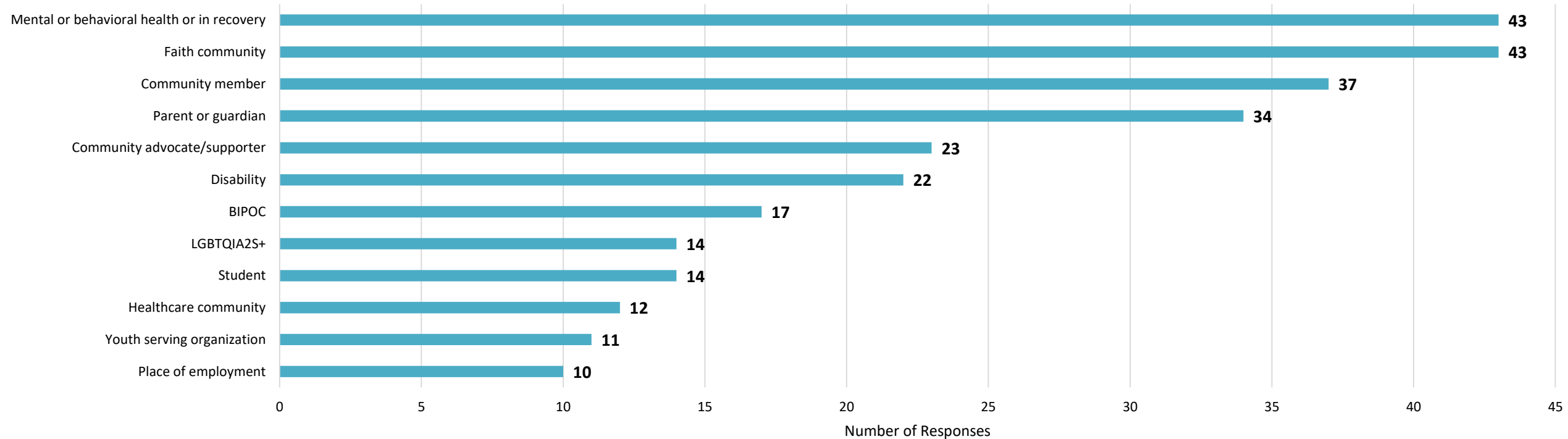
Which community or communities do you most identify with? (geography)



*Note: Interviewees were able to identify with more than one community, therefore some individuals are counted in more than one category.

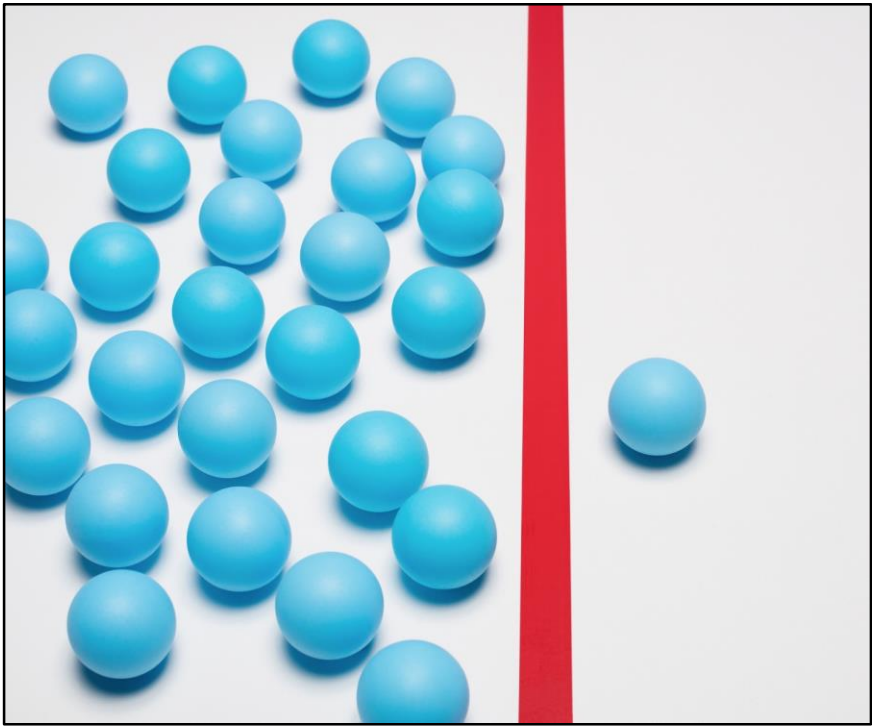
Which community or communities do you most identify with? (groups/identifies)

Which community or communities do you most identify with? (groups/identifies)



Challenges

What are the most important needs, barriers, or challenges facing your community?



Healthcare, mental health services, and health insurance



Housing



Diversity, inclusion, and discrimination



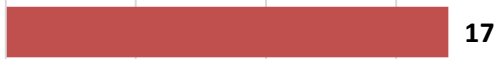
Poverty and income disparities



Substance use and addiction



Transportation



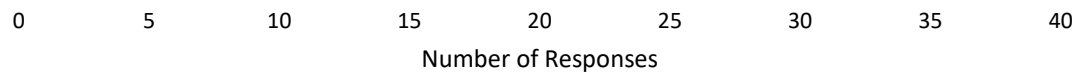
Lack of understanding



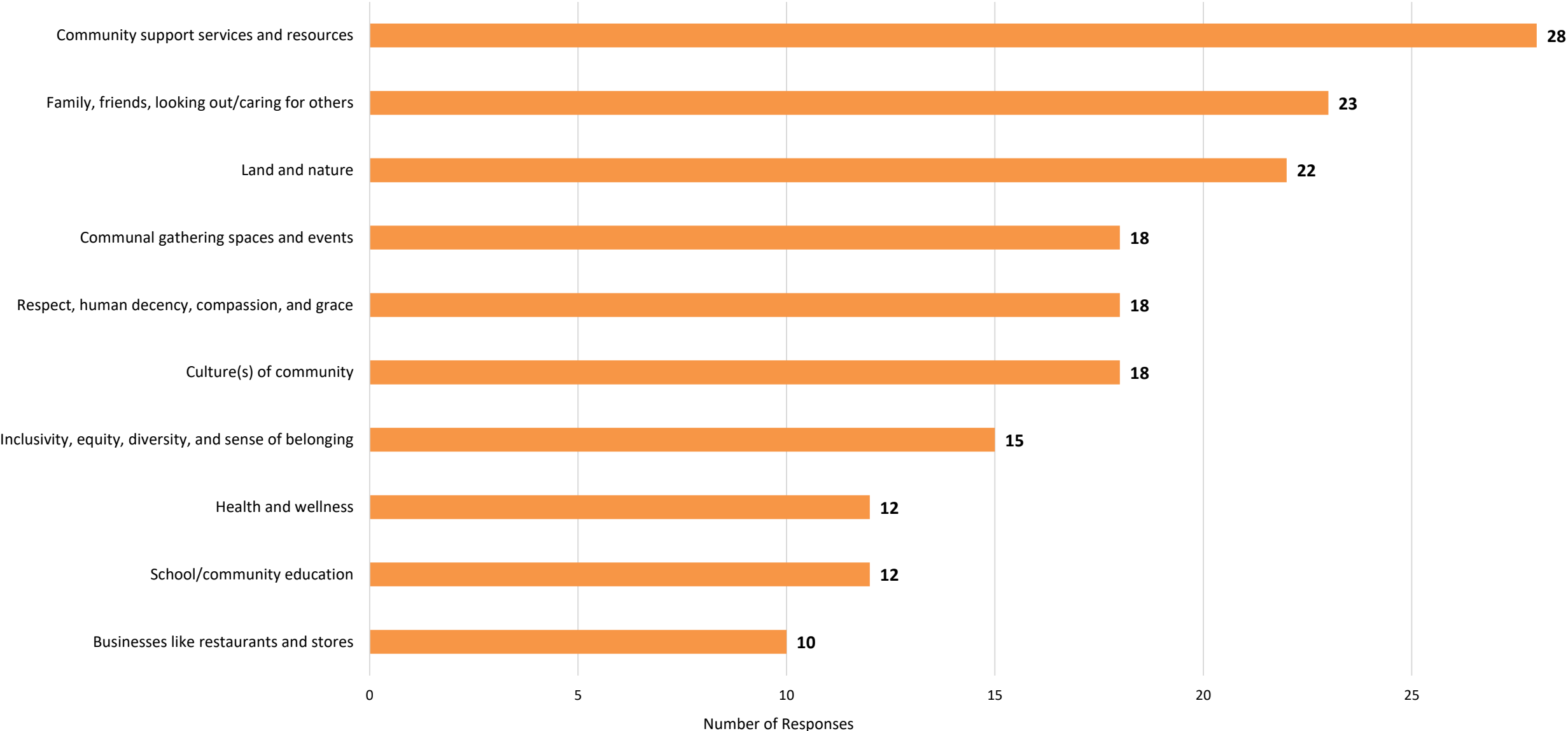
Isolation and disconnection



COVID-19



What do you find valuable in your community?

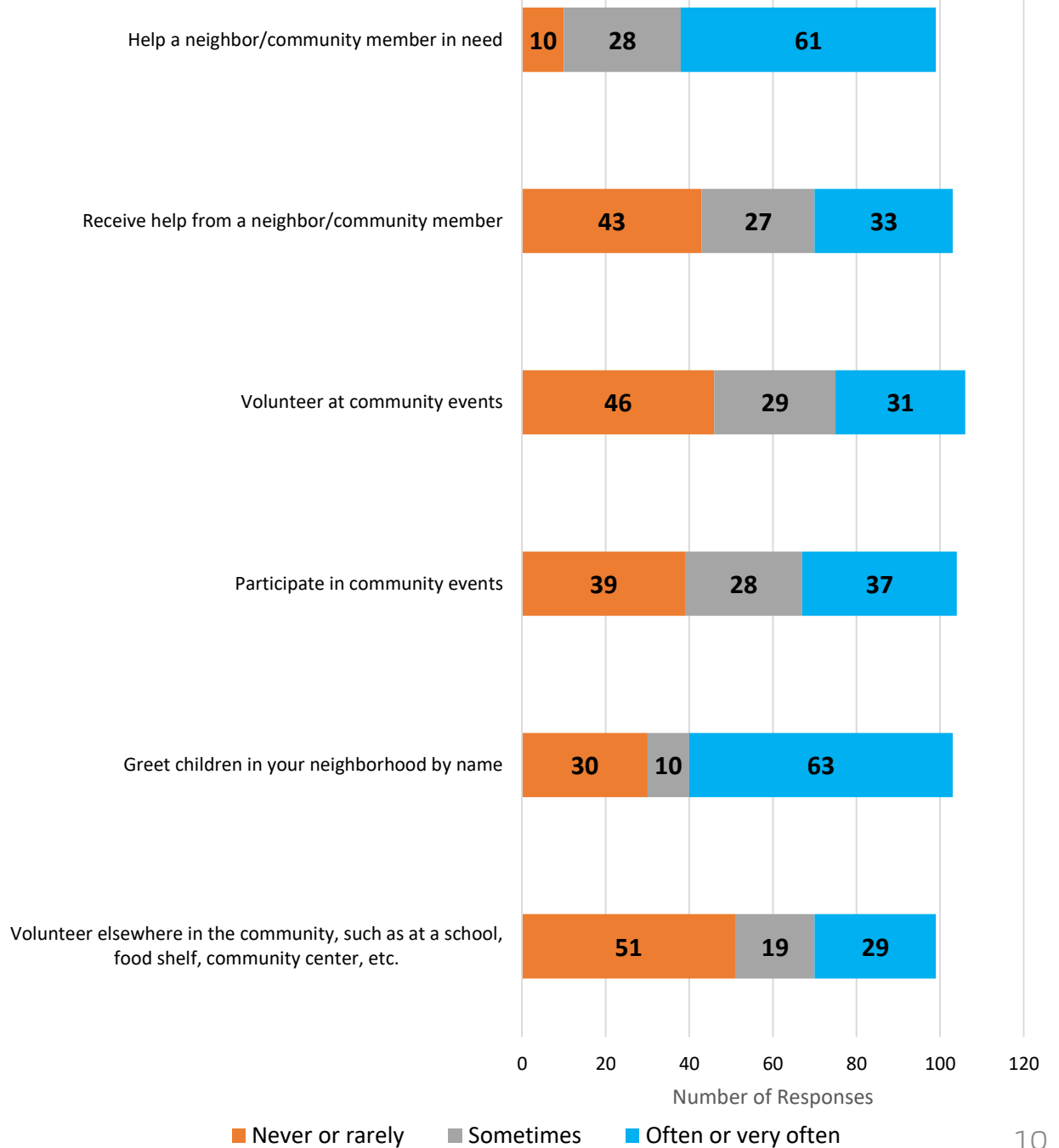


In your community, how often do you...



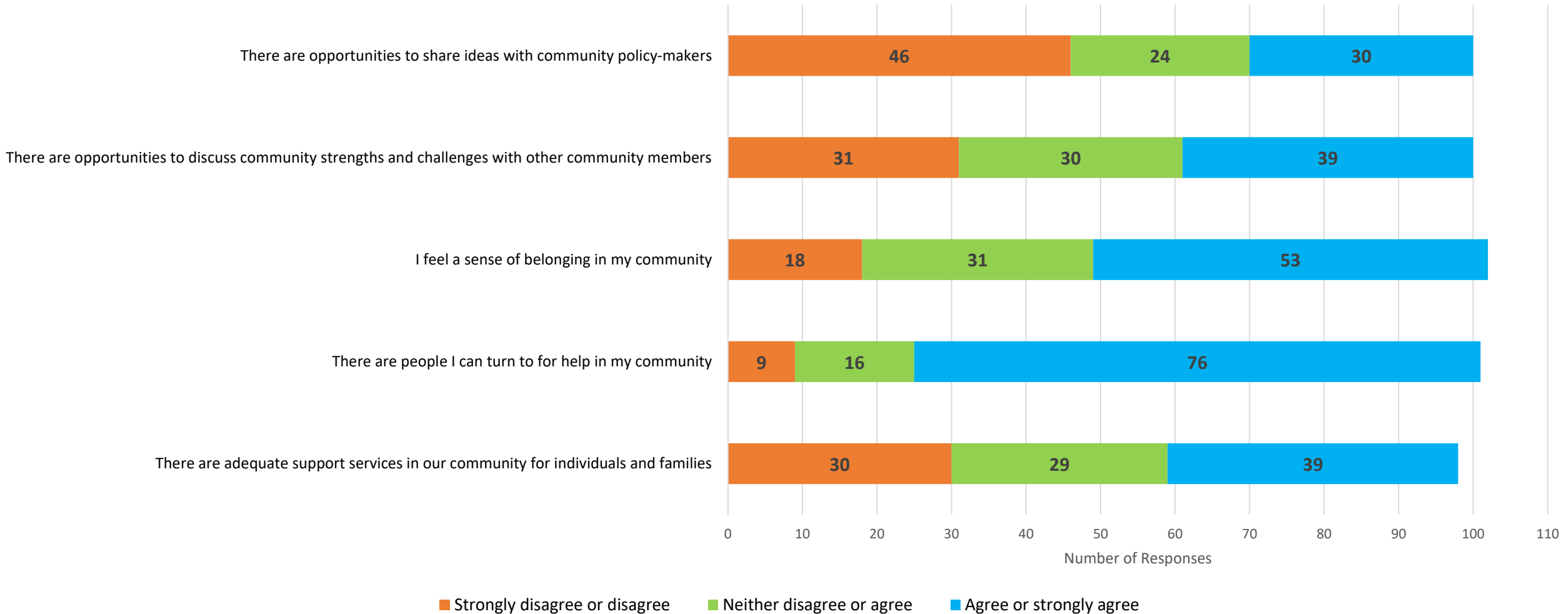
This Photo by Unknown Author is licensed under [CC BY-NC-ND](https://creativecommons.org/licenses/by-nc-nd/4.0/)

6/17/2024

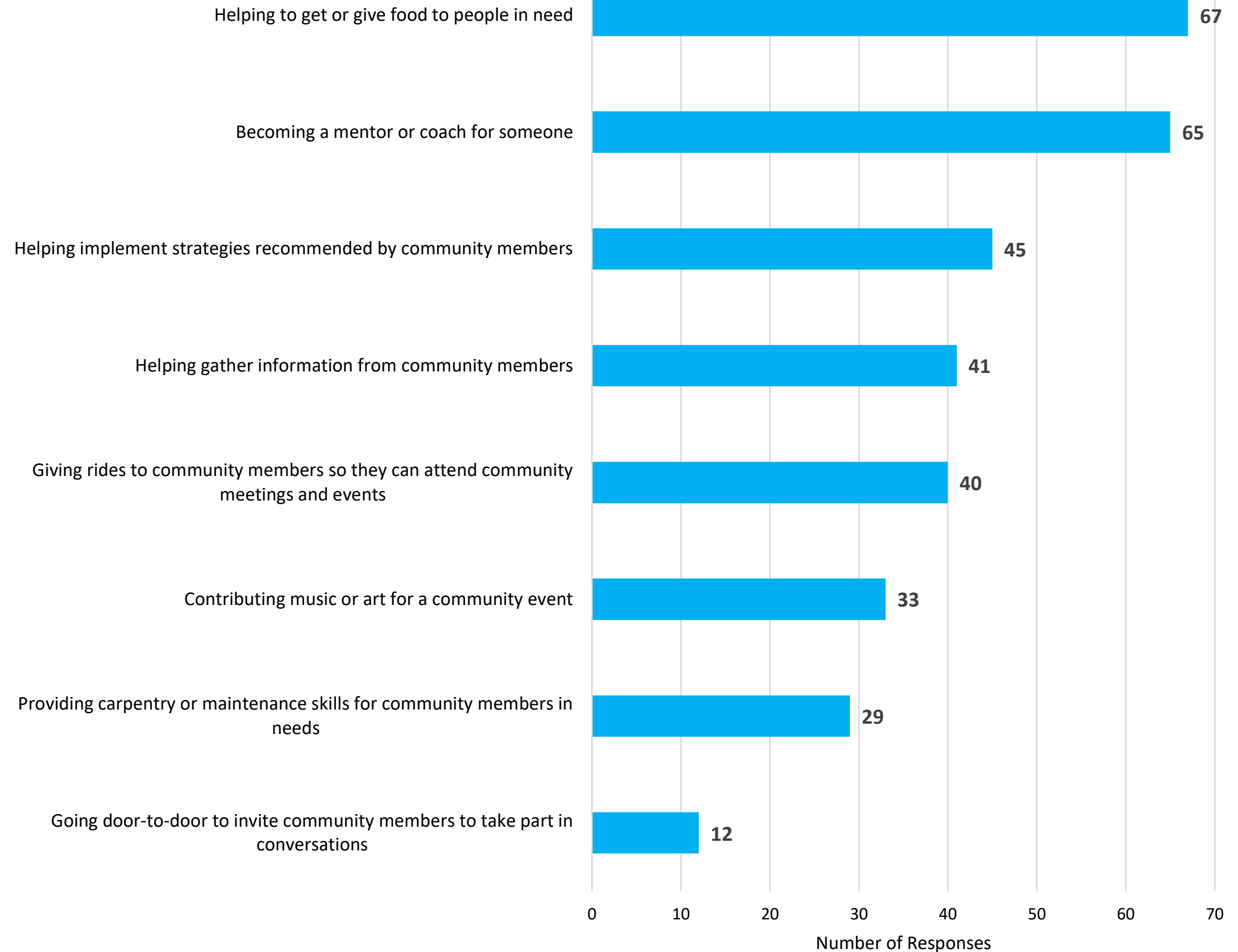


Community Experiences/Perceptions

Community member experiences and perceptions about opportunities to work towards positive community change



In which way(s) would you like to help take an active role in our community?





"Accept differences."

"More income-based housing."

"More food shelves and help for the homeless."

"Encourage people to step back and breathe, be more open to the world view of others."

"(There should be) policy change to train people on diversity, equity and inclusion, health and recovery."

"Need more funding and resources. Community organizations need to pull together to address these needs (because) agencies are not working together."

"Bring more awareness to the recovery field and have more peer recovery specialists in our area."

"Service organizations work together as a team. (Have) one application form/release of information that can be shared between agencies."

Final Question:

What's one thing the community could do right now that would make a difference for you or your family?

- Increase mental health education, awareness & services
- Housing
- Give grace and withhold judgement
- Eliminate racism and discrimination
- Improve infrastructure and amenities
- Communication and collaboration
- Awareness, education, and acceptance of diversity
- Community education and schools
- Nothing identified
- Connect families with resources
- Information and opportunity sharing
- Authentic opportunities for community engagement



Mental Health Resource Fair

October of 2022 – 1st Mental Health Resource Fair

- 105 Community Conversations Results were shared
- Familywise led two breakout sessions
- 3 Task Groups Formed:
 - Increasing Housing Supports
 - Fostering Equity & Inclusion
 - Promoting Mental Health Awareness



Work to Date

Surveyed renters in CWC about interest in forming a Renters Coalition

Trained 25 Make It OK ambassadors

Trained 21 Adverse Childhood Experience facilitators

Formed Justice Table



BOLD YET SELDOM TOLD

Stories from our Crow Wing County Neighbors & Community Members

This book is a collection of artwork, stories, essays, and poems contributed by people who are considered to be in the “margins” of life. They may live in black or brown skins, be LGBTQ, struggle with mental or addiction disabilities, or be incarcerated.

They are closest to the problems, but furthest from organizational decision-making. They have been stereotyped and seen as less than “normal” people.

Here you can read their thoughts about hope, transformation, and their own perceptions about their differences.

In some cases, we interviewed the parents, grandparents, or caretakers of these folks.

The people behind this book’s creation do so in an effort to create a more compassionate and belonging community, by demonstrating how much we all have in common as opposed to how different we are. We hope to provide insight into people who are too often stereotyped and seen as less than “normal” or “good” people.

We hope to generate honest dialogue about your experiences with family, friends, and co-workers. Together we can create healthier communities by honestly sharing what is same and different in our lives.

Creating empathy and compassion by telling the stories of those who experience marginalization in their lives.



RiverPlacePress.com

ISBN #

BOLD YET SELDOM TOLD Crow Wing Community Stories

BOLD YET SELDOM TOLD

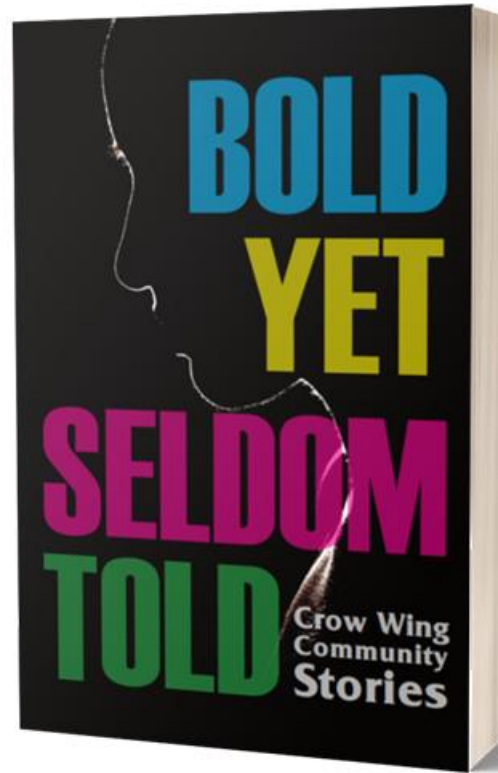
Crow Wing
Community
Stories

Sharing Stories

- Waasumockwe
- Shane Holmin
- Vicky Kinney



Creating Dialogue, Compassion & Empathy to Stop Stigmas and Build Healthy Relationships



STORIES FROM OUR
CROW WING COUNTY
NEIGHBORS &
COMMUNITY
MEMBERS

Available at CatTale's
Books and Gifts

CatTale's Books & Gifts
609 Laurel St, Brainerd, MN 56401
218-825-8611
On-line or In Store



Questions?

If you want to get involved or if you have questions, please contact
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johnsonlowells@gmail.com

