



# **PINE COUNTY**

## **BOARD OF COMMISSIONERS**

### **SPECIAL MEETING-COMMITTEE OF THE WHOLE**

District 1	Commissioner Hallan
District 2	Commissioner Mohr
District 3	Commissioner Lovgren
District 4	Commissioner Waldhalm
District 5	Commissioner Ludwig

**December 13, 2022 – 9:00 a.m.**  
**Board Room, Courthouse**  
**635 Northridge Drive NW**  
**Pine City, Minnesota**

### **AGENDA**

**The public is invited to join the meeting in person or remotely: by phone call 1-312-626-6799, (Meeting ID): 893 9767 9930; (password): 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. University of Minnesota Extension Program Updates—Susanne Hinrichs, Regional Director
  - Katie Hagen—Ag Educator, agriculture production, horticulture and natural resources
  - Sarah Odendahl—Extension educator, 4-H Youth Development and  
Jan Derdowski—Youth Development, Program Leader
  - Kristin Riley—SNAP-Ed Education, Health & Nutrition
  - Terry Salmela—Master Gardener Program Coordinator
  - Briana Michels & Jennifer Garbow—Extension Educators, American Indian Resiliency Team,  
Mary Jo Katras, Program Leader, Family Resiliency Team
5. Public Health Update-Sam Lo, Community Health Administrator
  - Community Survey
  - Blue Zone Assessment Update
  - Opioid Settlement Fund Planning
6. Pay plan 2% at 15 years. Compensation study.
7. Adjourn

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# **U of M Extension Pine County**

**County Board Committee of the Whole  
December 13, 2022**

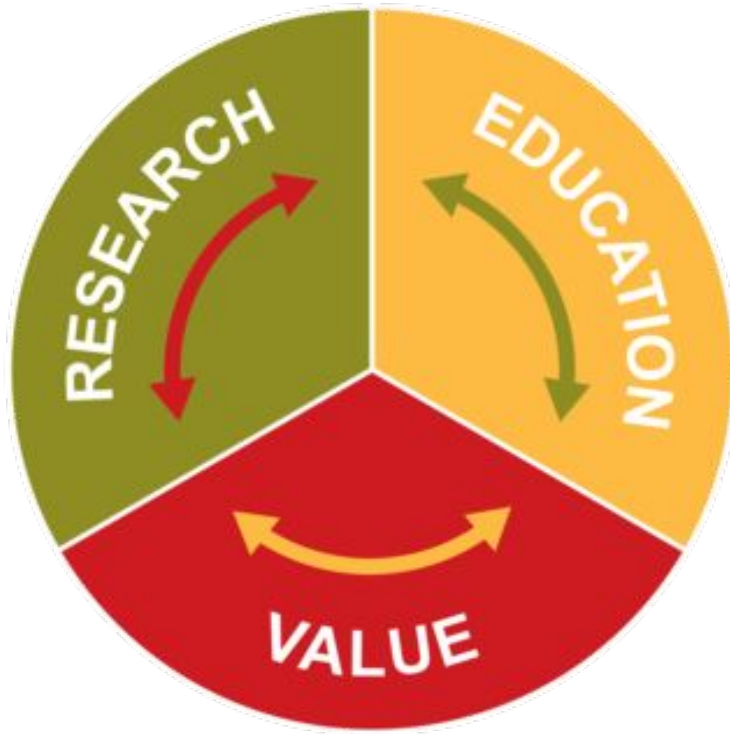
# U of M Extension Pine County



Mission: "To make a difference by connecting community needs and university resources to address critical issues in Minnesota"



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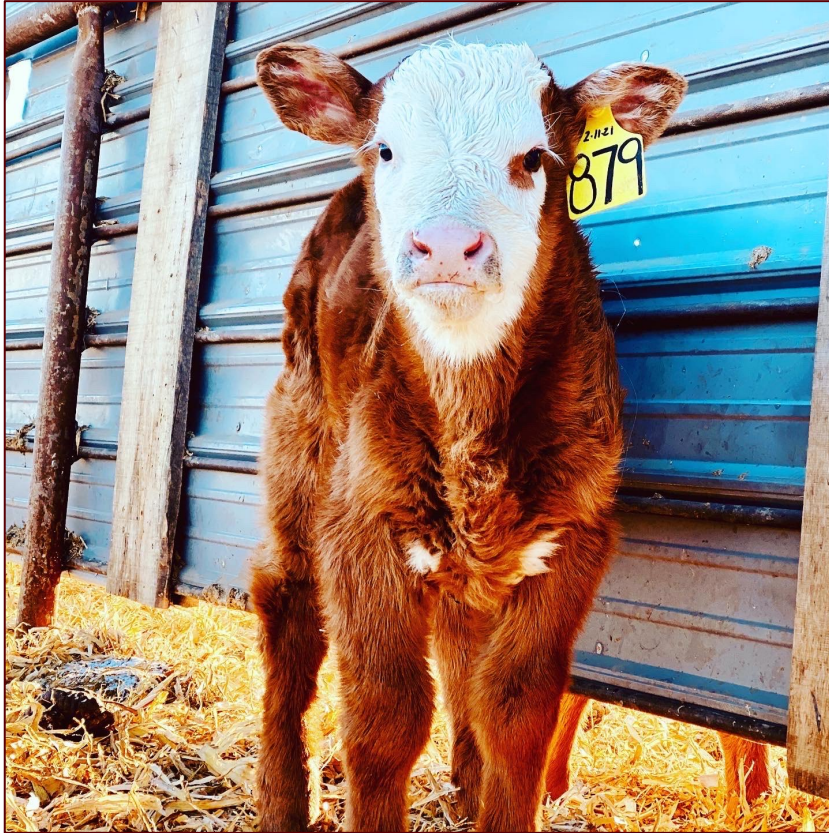
# U of M Extension Pine County

Agricultural Education:  
Katie Hagen



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# Agriculture, Food, & Natural Resources



Mission: Strengthen Minnesota's food, agriculture and environment through research-based education and programs



# How we reach that goal



## Strengthening Minnesota's food and agriculture

Extension research and education improves crop yields, animal health, farm productivity and water conservation across Minnesota's **67,400** farms.



## Protecting natural resources, including soil, water and woodlands

**2,000+** Extension Natural Resources volunteers restored public lands, managed invasive species in their communities, collected data for scientific research and taught better land stewardship.



## Promoting responsible lawn and garden practices

**2,790** Master Gardener volunteers contributed **135,822** hours planting pollinator-friendly gardens, creating resilient landscapes and helping those who are struggling.



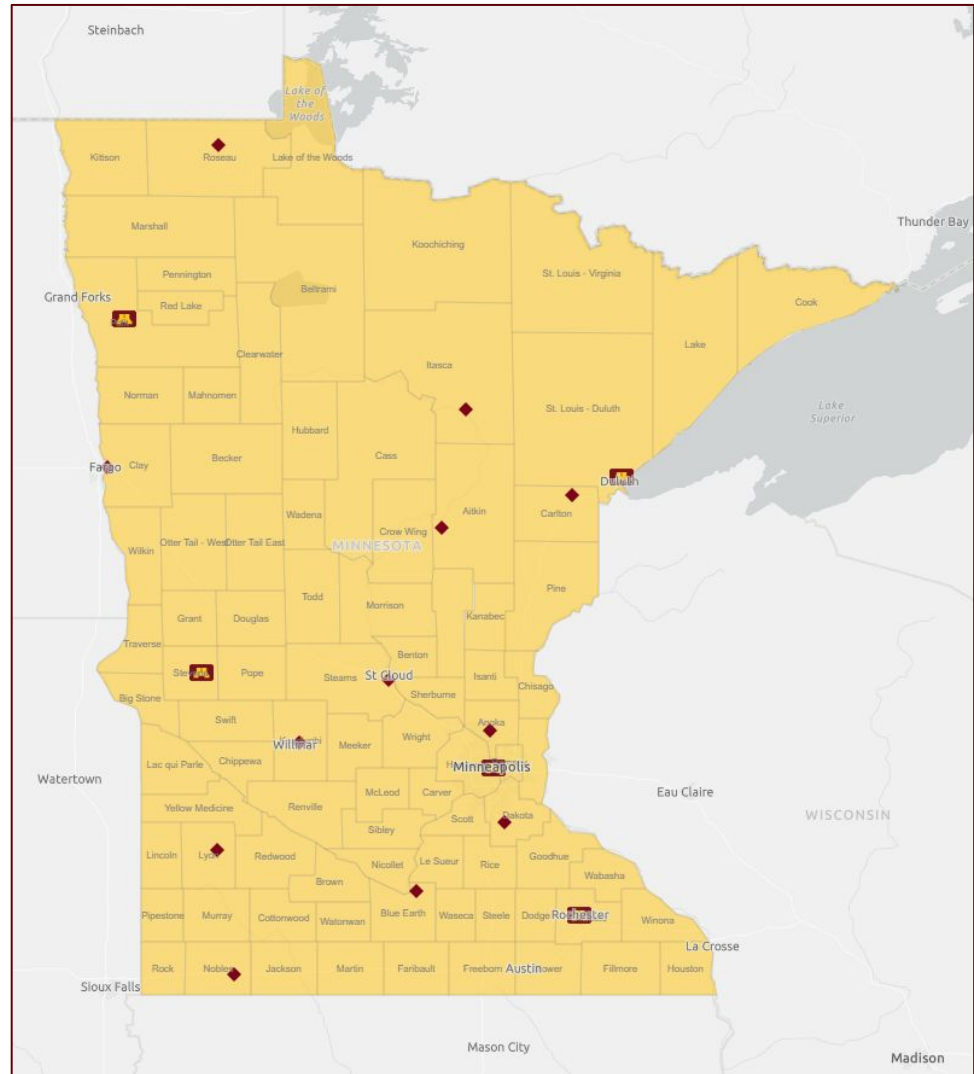


# What that looks like on the county level

**Research:** connect farms to extension specialists

**Relationships:** farm visits, commodity group meetings

**Education:** programs that fit the needs of local producers



# 4-H Positive Youth Development

4-H Youth Development:  
Sarah Odendahl, 4-H  
Extension educator

Jan Derdowski, Youth  
Development Program  
Leader, Northeast Region



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# Our vision for Minnesota youth

Youth who thrive  
in their **happiness**,  
**success** and **connection**  
to others and the  
world around them



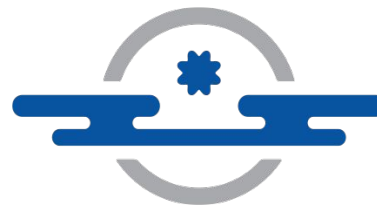
# Moving forward

- **2021 - 2022** was our building year
- **2022 - 2023** is our growth year with quality & DEIA at the center





# Growth through Partnerships



**MESHAQUAO**  
COMMUNITY CENTER



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# Engaging the community

## Strengthening existing partnerships

- Pine County Fair Board
- Working among Extension programs

## Reaching out to new partners

- arts organizations
- schools

## Being visible to the community

- Freedom Fest booth
- Materials available at back to school night
- Flyers distributed through schools

**Pine County 4-H Youth Development**  
Serving youth in Kindergarten through one year past high school



**MORE OPPORTUNITY, MORE SMILES. 4H WEEK**

**What can youth gain from 4-H?**

- Hands-on "learn by doing" activities
- Leadership opportunities
- Meeting new people & building friendships
- Support of caring adult volunteers
- Opportunities to try new things & discover their sparks

4-H is Minnesota's largest youth development organization, growing leaders in every part of the state. In a typical year, 66,000 youth participate in Minnesota 4-H programs. 4-H empowers youth with skills to lead for a lifetime.

**Get in touch!**  
Phone: 320-591-1654  
Email: [sodendah@umn.edu](mailto:sodendah@umn.edu)  
Website: [z.umn.edu/Pine4H](http://z.umn.edu/Pine4H)  
Facebook: [www.facebook.com/pineconn4H](https://www.facebook.com/pineconn4H)  
Instagram: @pine4h

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# Providing support and connection

## Supporting adult volunteers

- curriculum resources
- additional training
- individual feedback from and for staff

## Supporting new 4-H families

- increased communication
- increasing access points
- assessing systems for ease of use





**Where many see challenge,  
kids see **OPPORTUNITY.****



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# SNAP-Ed

**“Making the Healthy Choice, the Easy Choice”**



Regional SNAP-Ed Health  
& Nutrition Educator:  
Kristin Riley



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# SNAP-Ed

**“Making the Healthy Choice, the Easy Choice”**



Educational branch of the Supplemental Nutrition Assistance Program.

SNAP-Ed Educator role is supporting & promoting nutrition and healthy lifestyle choices among low-income, SNAP-eligible individuals and families in the community.



# SNAP-Ed

- Direct Education
- Indirect Education
- PSE Work  
(Policy,  
System,  
Environment)





# SNAP-Ed Goals

Goal 1	Goal 2	Goal 3
Deepen partnerships to contribute to culturally sustaining organizational & community changes that promote holistic health of SNAP eligible Minnesotans with emphasis on healthy eating and active living	Promote Holistic Health of SNAP eligible Minnesotans with emphasis on culturally sustaining healthy eating, active living & food resource management ways of living (i.e. behaviors)	Improve policy, systems & environments to promote holistic health with emphasis on culturally sustaining healthy eating & active living





# Go Wild with Fruits & Veggies 2022-2023

Go Wild w/ Fruits & Veggies curriculum is being taught to 3rd & 4th grade students @ Hinckley Elementary & East Central Elementary.



# Go Wild w/ Fruits & Veggies

- Seven lessons lasting 45-60 minutes each, once or twice a month.
- Kids learn about fruits & veggies with taste tests, activities, games, stories, & physical activity.
- Students get a sample tasting of fruits/veggies at every lesson.
- Each lesson is associated with a different animal of “Go Wild Bunch” & color group of fruit/veg. to promote the idea of eating the rainbow for better nutrition.





# Pine County Master Gardener program



Program Coordinator:  
Terry Salmela

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# Pine County Master Gardeners



## Mission:

Provide research-based horticultural information to the residents of Pine County. We do this through educational and project-based efforts to inspire change and promote healthy people, healthy communities and a healthy planet.





# How the Master Gardener program provides educational resources

- 40 trained volunteers
- Horticulture Day
- Youth Outreach in elementary schools
- Media – Facebook page, News articles
- Community education classes
- Ask a Master Gardener booth at Pine City Farmers Market and County Fair
- Pine City Community Garden



# Elementary School Projects



- Pine City Elementary – Garden Helpers
- Pine Grove Ojibwe School Garden
- East Central School Garden & Classes





# Pine City Elementary Garden Helpers



# Pine Grove Ojibwe School Garden





# Pine City Discovery Garden

- Goals:
- Honor Cindy Novy's memory
- Provide gardening education classes & identified plants
- Add beauty to the city





# Planting 1,700 bulbs in October



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# Walking path finished





# Building Family and Community Resilience in Pine County



**December 2021**

# Extension Team

## Center for Family Development

- Susan Beaulieu
- Jennifer Garbow
- Briana Matrious
- Mary Jo Katras



## Center for Youth Development

- Jan Derdowski





A woman with long dark hair, wearing a white long-sleeved shirt and blue jeans, is sitting on a dark floor against a light gray wall. She is covering her face with her right hand, looking down and appearing distressed or sad. The image is framed by a large, stylized circular graphic with a red border and a white inner circle.

# The Need



# Trauma and Mental Health

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The background of the slide features a teal-colored wooden plank wall. In the center, four hands are visible, two from the top and two from the bottom, all reaching towards the center to hold a bright red heart. A small white medical cross is visible on the heart. The text is overlaid on this image.

# A multi-level approach to mental wellbeing education

*A whole family, whole  
community approach*



# Project Goals



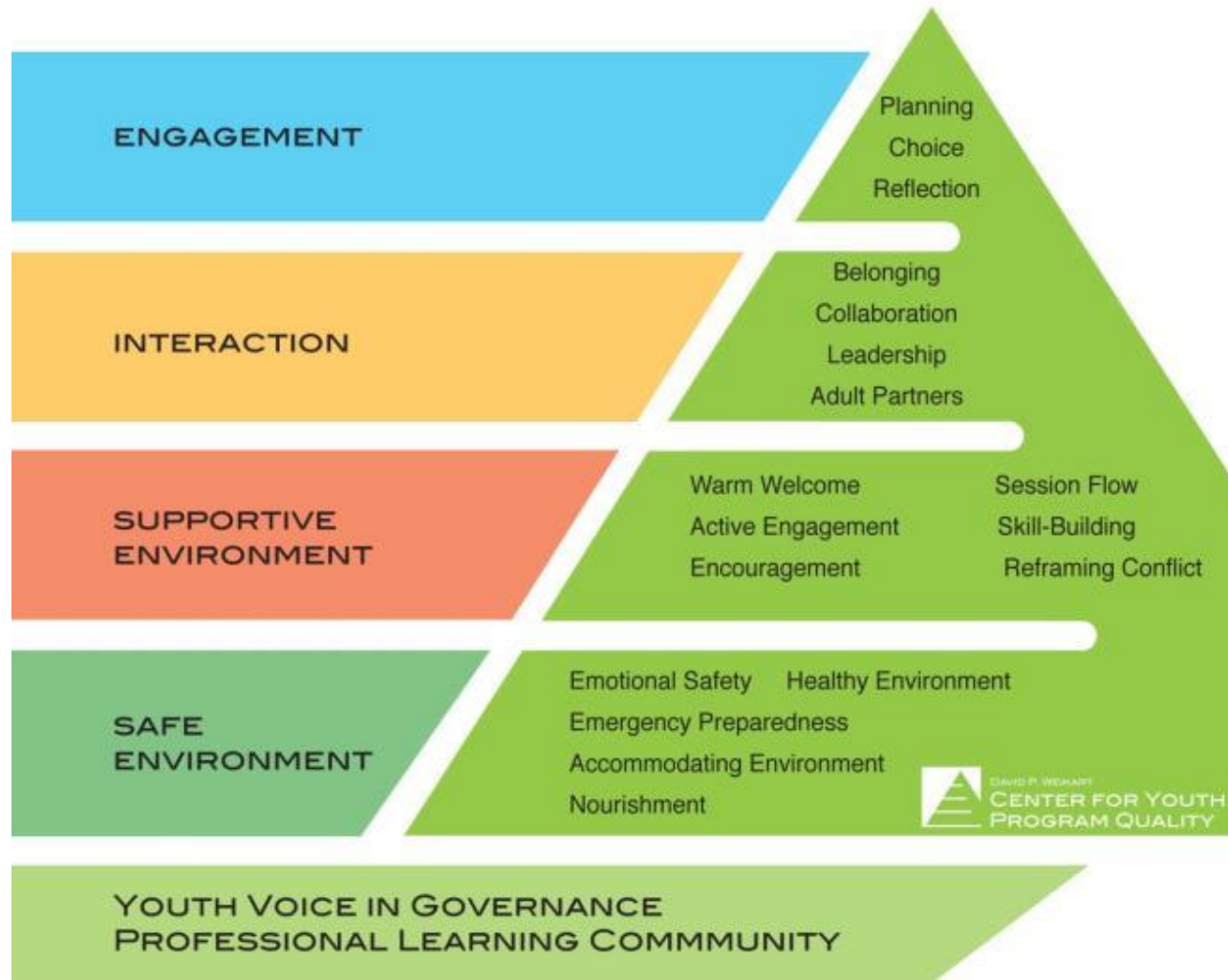
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# Activities



# QUALITY AT THE POINT OF SERVICE



Questions?





# Thank you!

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WHAT'S HAPPENING, WHAT ARE WE  
DOING, AND WHERE ARE WE GOING?

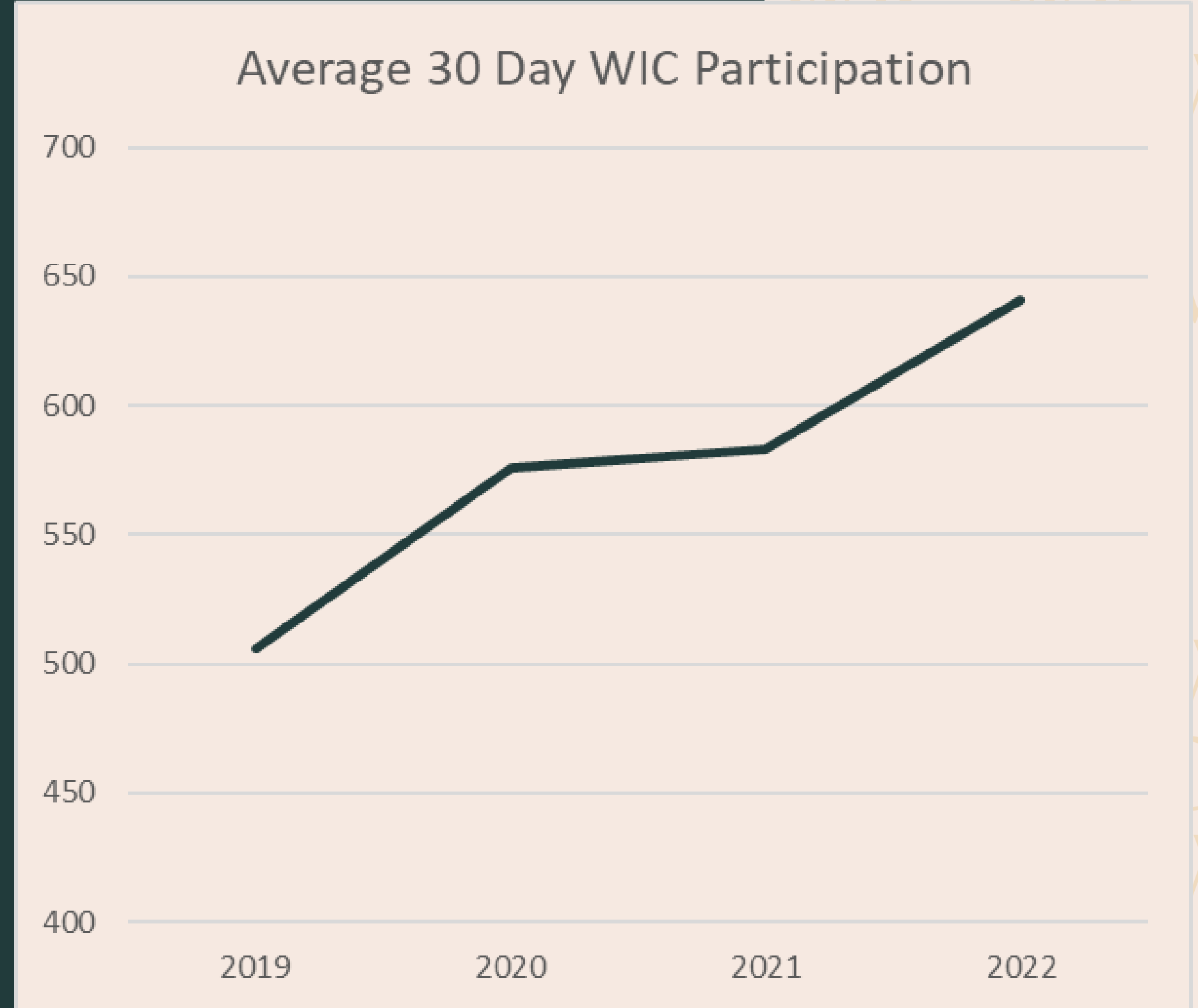
# PUBLIC HEALTH IN PINE COUNTY

Prepared by Samantha Lo and Hailey Freedlund

# WIC UPDATES

## SUPPORTING MOTHERS AND CHILDREN

- Supplemental nutrition program for pregnant / postpartum / breastfeeding mothers and children up to 5. Funds are federal, comes to state, then us.
- Consistently increasing the number of families served.
- MLBO currently not providing WIC services.
- New WIC nurse!



# FAMILY HOME VISITING

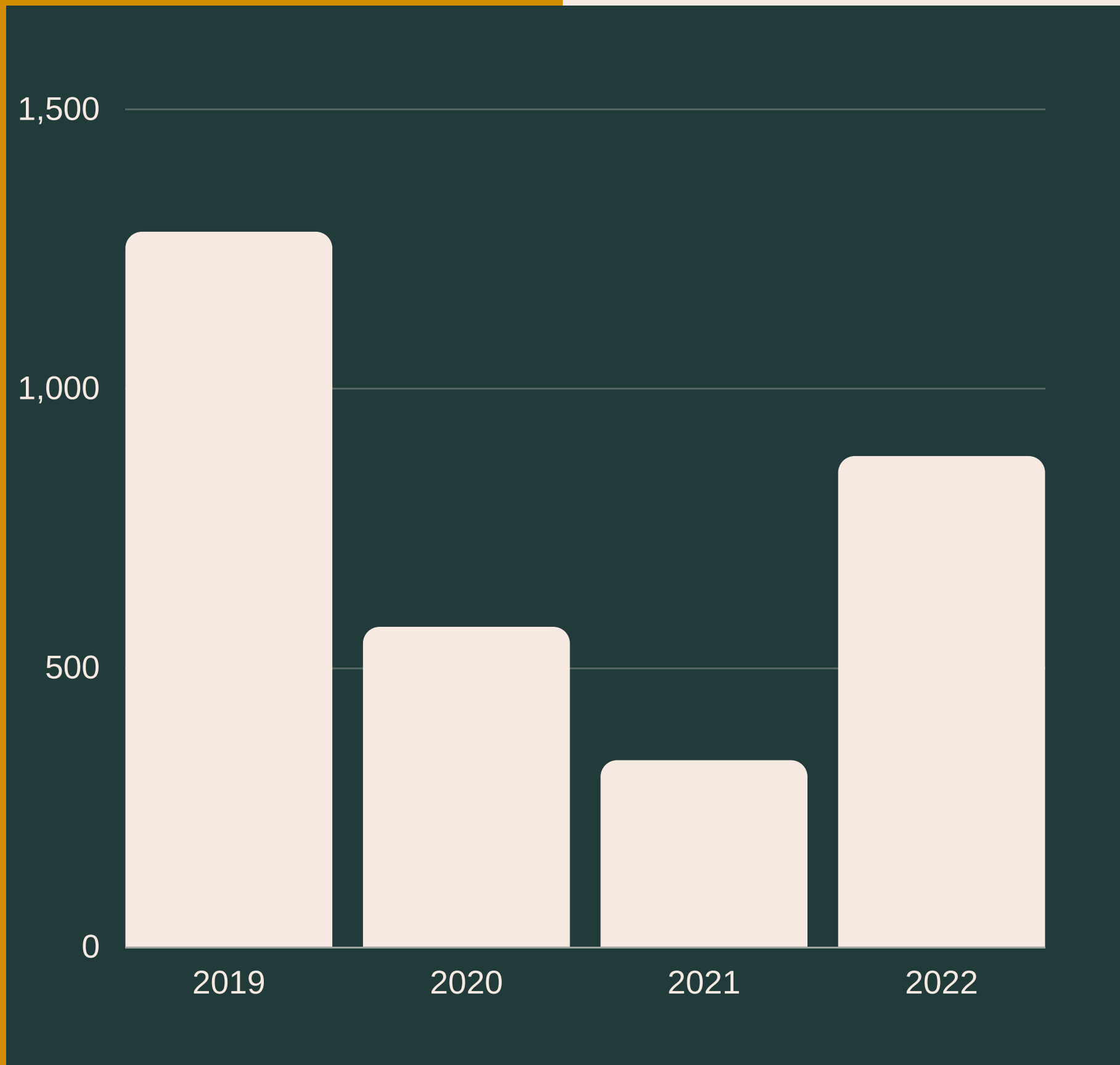
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## SUPPORTING FAMILIES IN TRANSITION

Saw a marked reduction in visits during the height of COVID - lack of in person option, Q/I, and remarkable demand on nurses to respond to COVID.

2022 saw a significant rebound in caseloads and visits.

Funding is a mix of federal and state grants.



# STATEWIDE HEALTH IMPROVEMENT PARTNERSHIP

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## WORKING TO REDUCE CHRONIC CONDITIONS

Focused work on healthy eating, active living, commercial tobacco free living, and well-being.

## SERVING

Schools, workplaces, health care systems and communities across Pine, Isanti, Kanabec & Mille Lacs Counties

## PROVIDING

Technical assistance, resource sharing, training opportunities, and funding with partner sites.

**60 Active  
Partners**



# Other Public Health Programs



## OPIOID SETTLEMENT FUNDS

PH is the "chief strategist" for the 18 years of funding. Working with coalition. Not rushing spending to ensure positive, sustainable impact.



## DISEASE PREVENTION & CONTROL

Reviving our Vaccines for Children program. More to come!



## CHILD AND TEEN CHECK UP OUTREACH

Focus on outreach for annual well baby and well child visits. Saw significant (30%+) decrease in funding.



## PUBLIC HEALTH EMERGENCY PREPAREDNESS

Focusing on recovery, keeping an eye on other potential outbreaks.

# COVID-19

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## BACK TO "NORMAL"?

Most staff are primarily back to normal job duties.

## PUBLIC HEALTH HOTLINE

Began as local COVID-19 hotline, became general public health hotline and will continue.

## VACCINATIONS

PCPH has administered **9,708** vaccines from December 2020 to today.

## RECOVERY

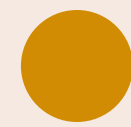
Focus for COVID funding transitioning to community and staff recovery.

# Community Health Assessment Process



## REVIEW DATA

Assess the needs of the community through review of over 100 health indicator data points.



## PRIORITIZE THE NEED

Survey Advisory Committee, utilize the Hanlon Matrix, and conduct a Root Cause Analysis.



## IDENTIFY PRIORITY ACTION AREAS

Create "buckets" that multiple identified root causes fall within.



## LEARN FROM THE COMMUNITY

Ask the community: What are we doing well, what could we be doing better, what are we not doing that we should be?



# WHAT WE FOUND



## Top Health Issues:

- Mental Health
- Obesity
- Substance Use



## Many Root Causes:

- Trauma
- Lack of Connection
- Lack of Access To Healthy Foods



Our community has strong partnerships with many .

- Schools
- Churches
- Mental Health Providers
- Health Care Systems

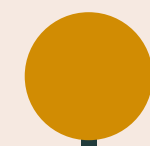


A Need for a Root Cause Approach.

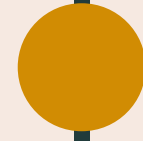
- Work toward addressing root causes.
- Collaborate with the community

# THE CHIP FOCUS AREAS

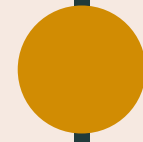
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IMPROVE MENTAL HEALTH AND WELL-BEING  
OF COMMUNITY MEMBERS



INCREASE OPPORTUNITIES FOR SOCIAL  
CONNECTION



IMPROVE ECONOMIC SECURITY



CONTINUE TO RE-ASSESS AND INVOLVE  
COMMUNITY IN PROCESS

# CHIP GOALS

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BUILDING  
RESILIENCE  
THROUGH A  
MORE TRAUMA-  
INFORMED  
COMMUNITY

CONNECTING  
COMMUNAL  
RESOURCES –  
WORKING  
BETTER,  
TOGETHER

INCREASING  
OUR PRESENCE  
IN OUR  
COMMUNITY  
THROUGH  
OUTREACH

INCREASING  
OPPORTUNITIES  
FOR OUR  
COMMUNITY TO  
FEEL INCLUDED  
AND  
CONNECTED

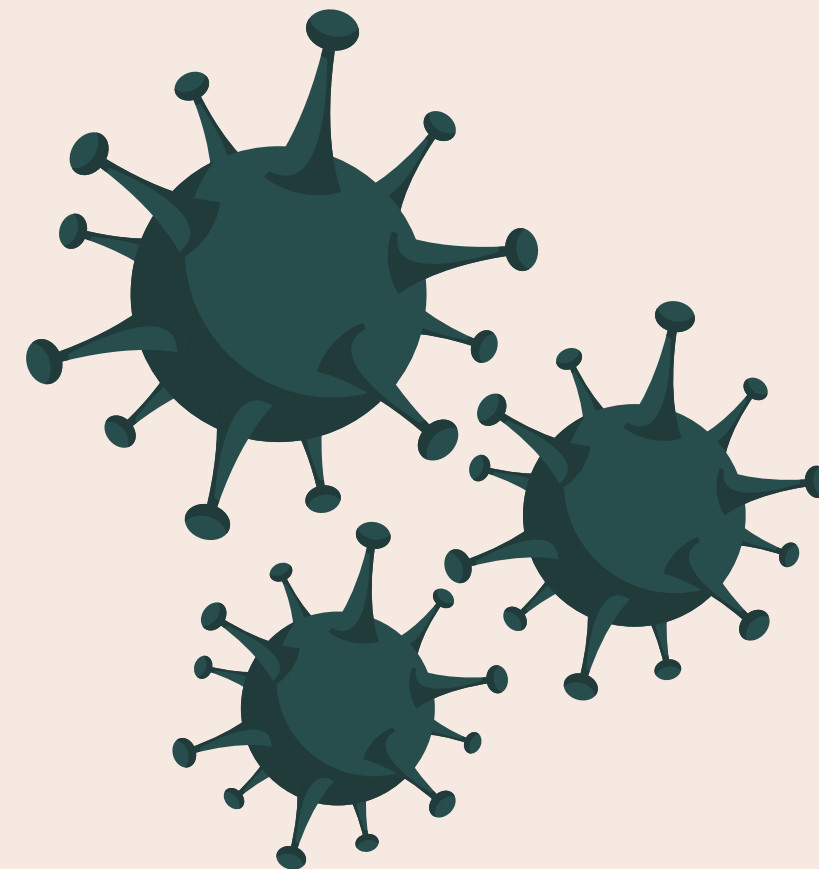


THE IMPACT

# BUT WHAT ABOUT COVID?

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HOW DID THINGS CHANGE DUE TO  
COVID?

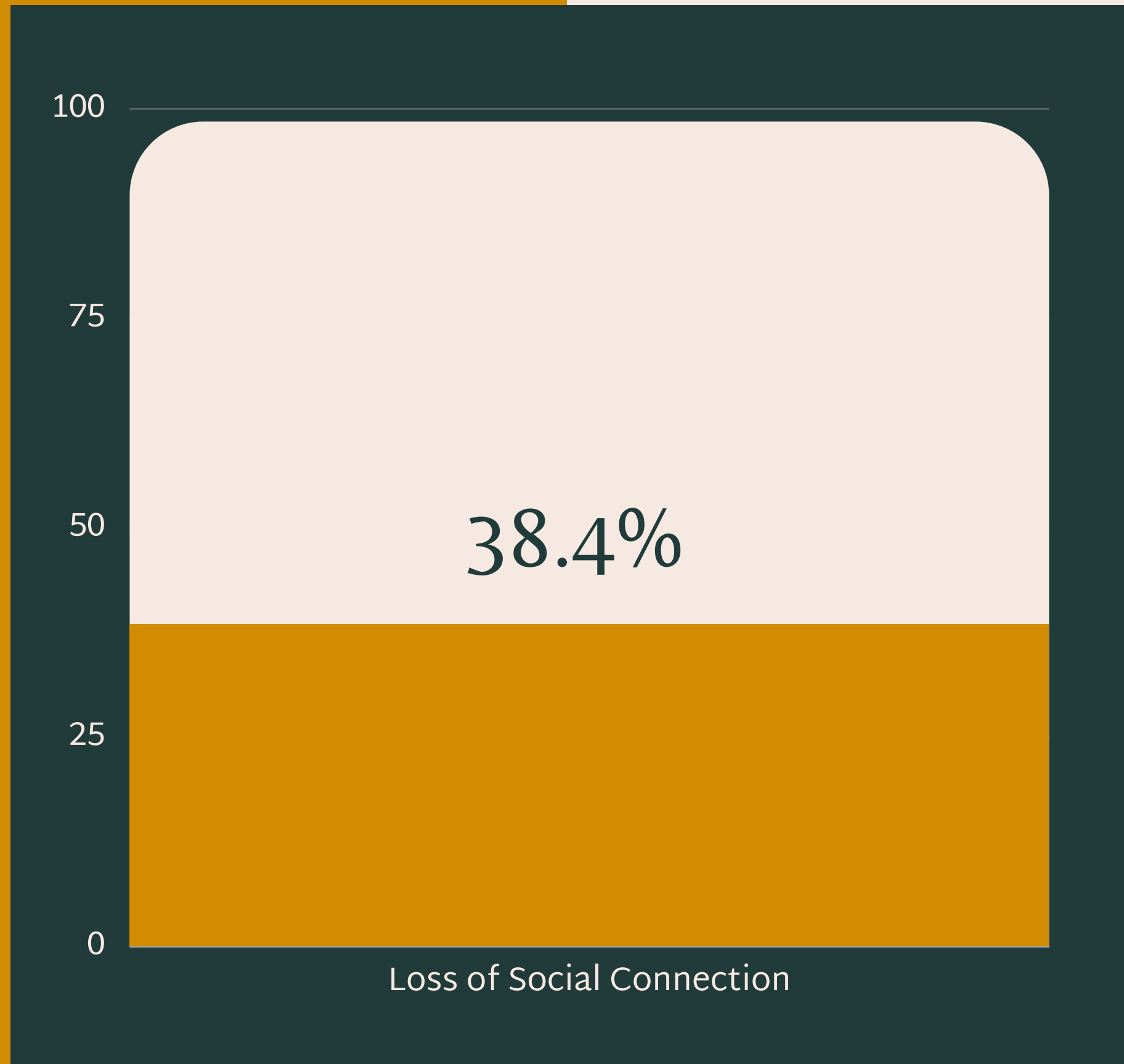


# IMPACT OF COVID -19

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## SOCIAL CONNECTION

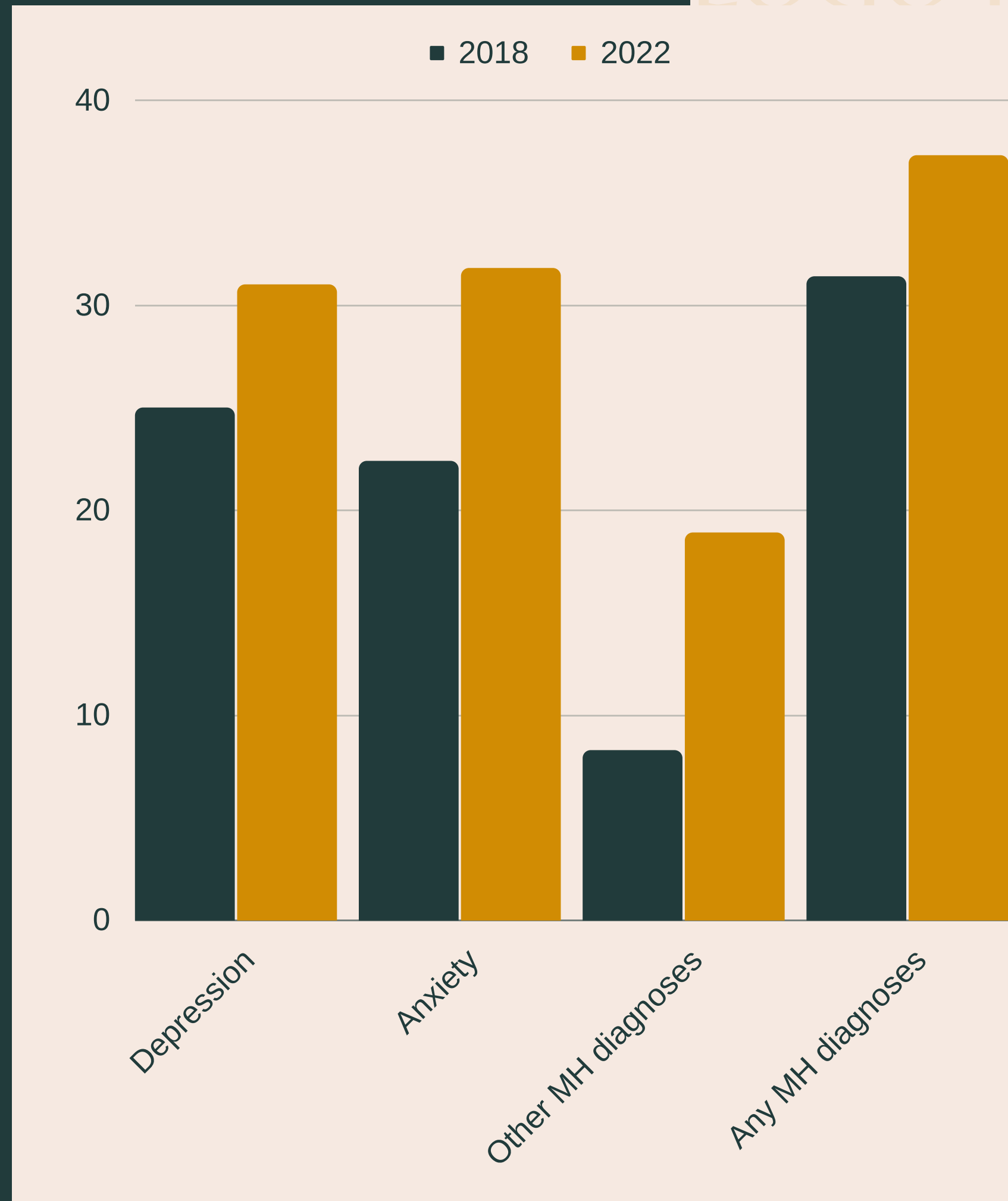
In 2022, 8% of Pine County residents surveyed often or always feel lonely or isolated, and an additional 27.8% sometimes feel lonely.



# COVID-19 IMPACT

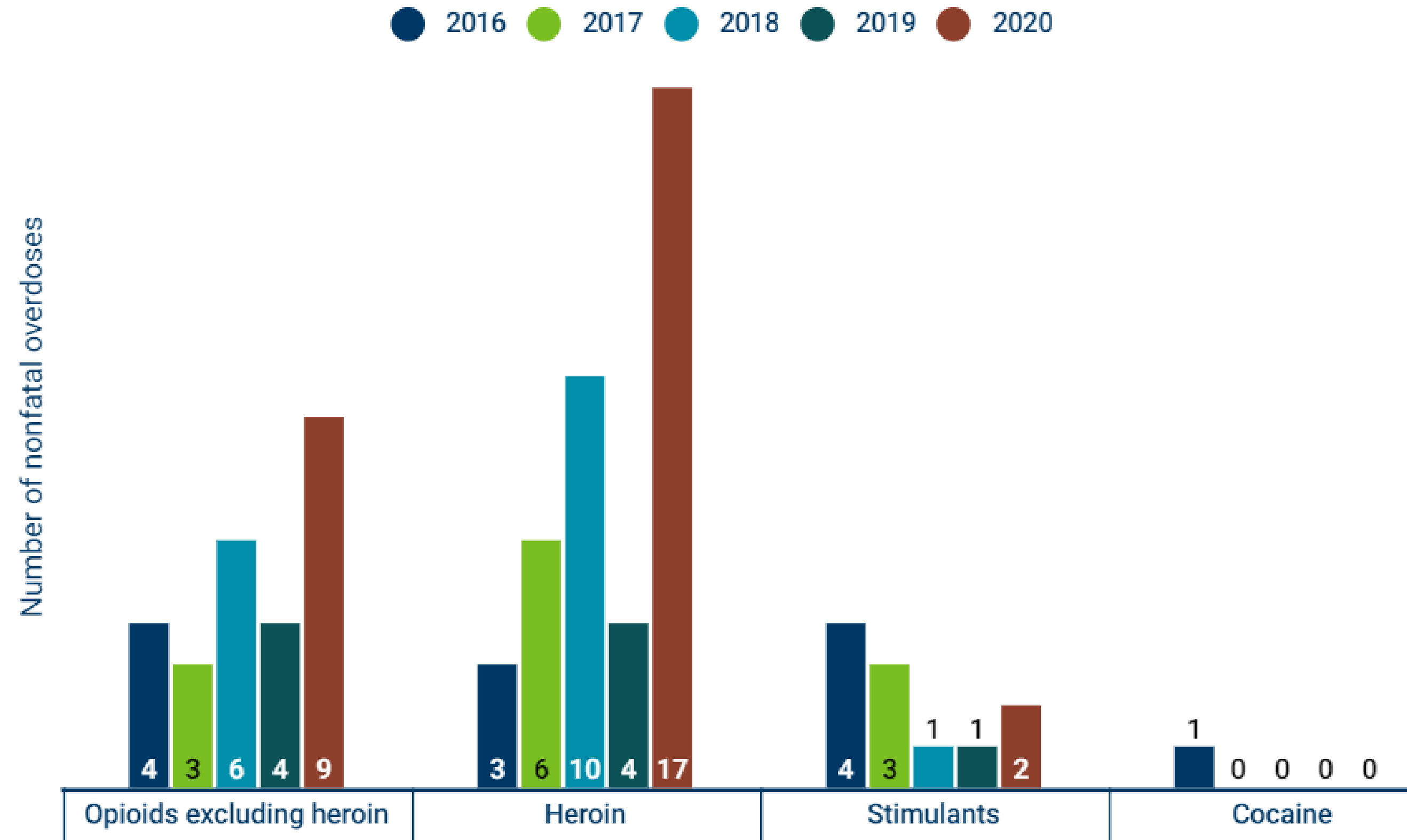
## MENTAL HEALTH

Data collected through the 2018 and 2022  
East Central Regional Health Survey



# COVID-19 IMPACT

## SUBSTANCE USE



Download data Source: Minnesota hospital discharge data

\*Opioids excluding heroin includes commonly prescribed opioids and synthetic opioids.



# COVID-19 IMPACT

## SUBSTANCE USE

Year	Alcohol	Methamphetamine	Opioids	Crack/Cocaine
2010	189	69	25	6
2011	135	75	51	*
2012	136	93	35	*
2013	129	101	52	*
2014	163	120	40	5
2015	122	114	47	5
2016	144	179	60	*
2017	144	226	101	*
2018	142	276	88	*
2019	141	273	89	*
2020	144	235	97	*

Source: Substance Use in Minnesota

# COMMUNITY CONCERNS

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THESE ARE THE COMMUNITY'S PERCEPTION OF CURRENT TOP ISSUES.







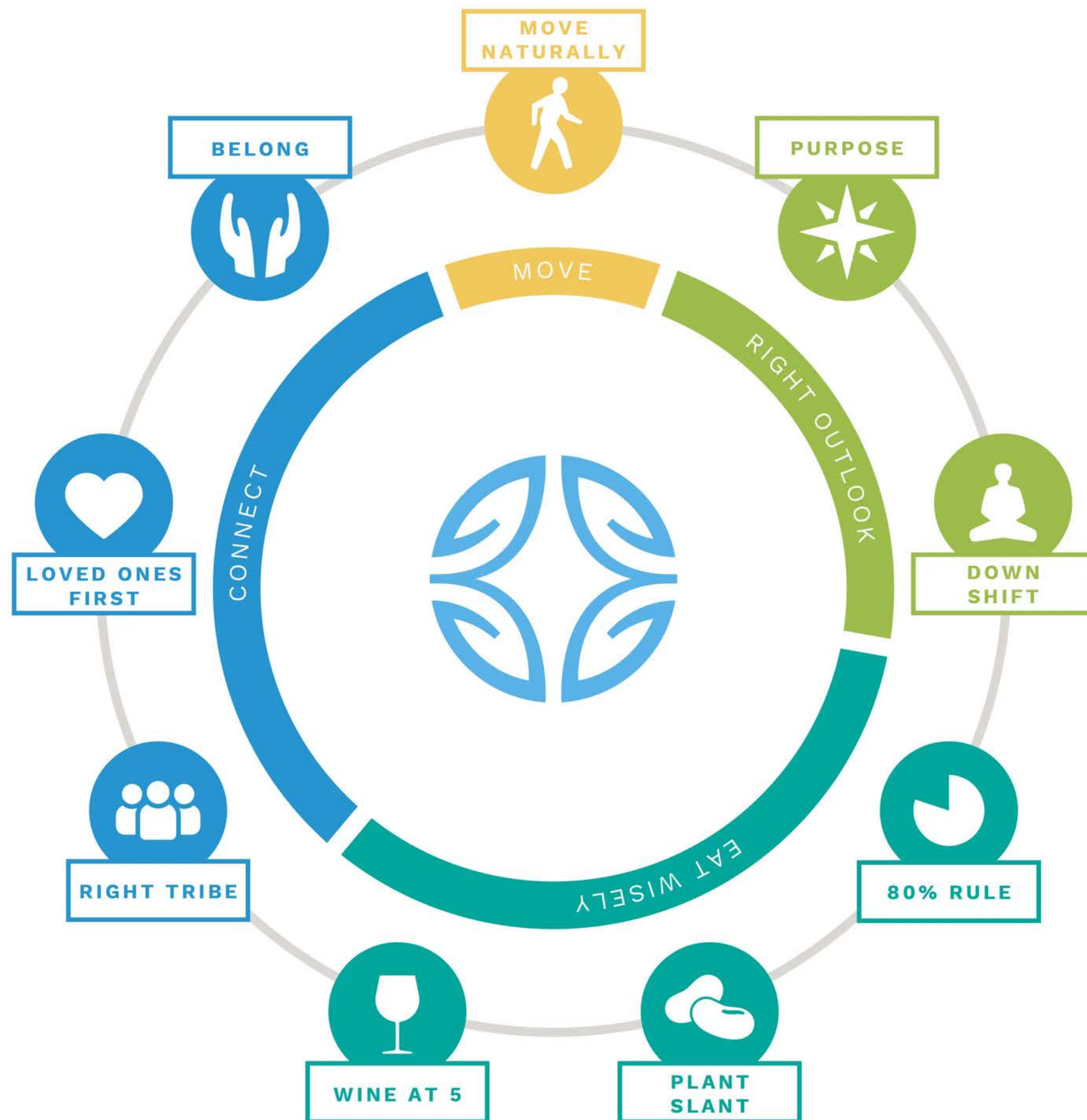
WHERE ARE WE GOING?

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Blue Zones!







Focus on 9 core areas and three areas - people, places, and policies. Policies that can make the healthier choice easier (not forced). Places like schools and workplaces. And working with people, such as volunteers.

Healthier communities also see significant cost savings and boosts in economic vitality.





NIGHTLY  
NEWS

BLUE ZONES

# BLUE ZONES PROGRESS



May 2022 - Blue Zones Community Presentation - gauge community interest



January 2023 - Community Assessment and Site Visit

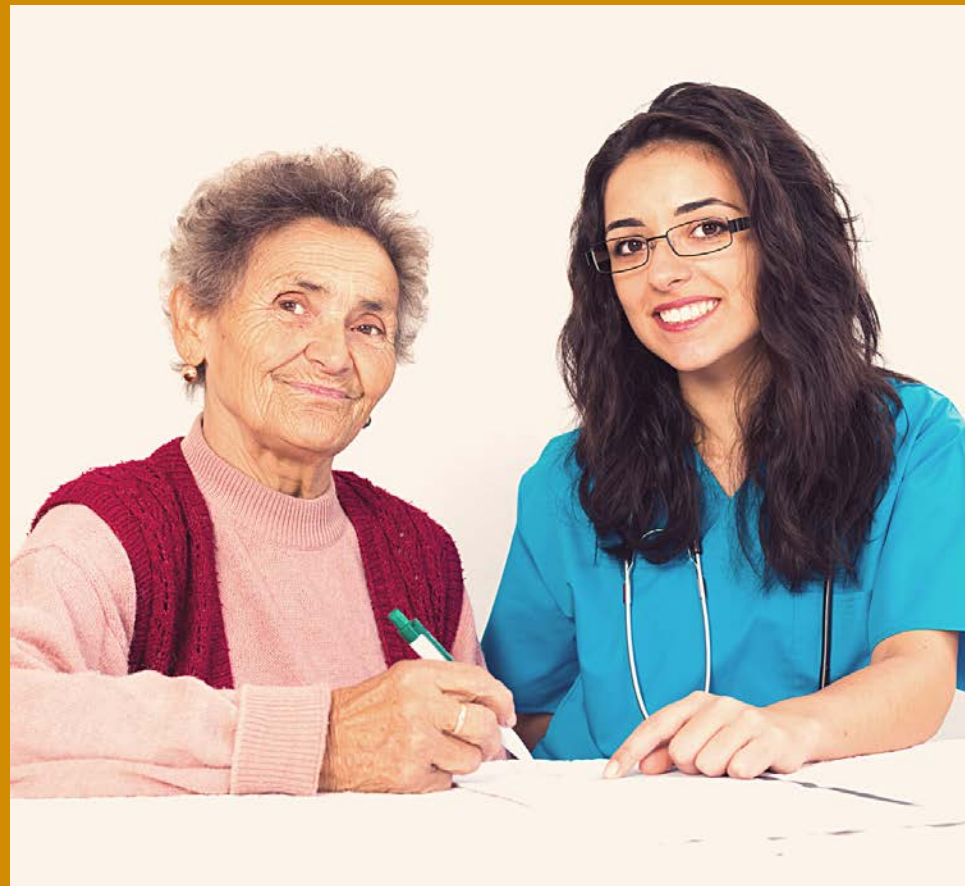


May 2023 - Receive Assessment and feasibility study.



Future?? How do we implement positive, sustainable changes.

# Other Future Endeavors



FAMILY RESOURCE  
CENTERS

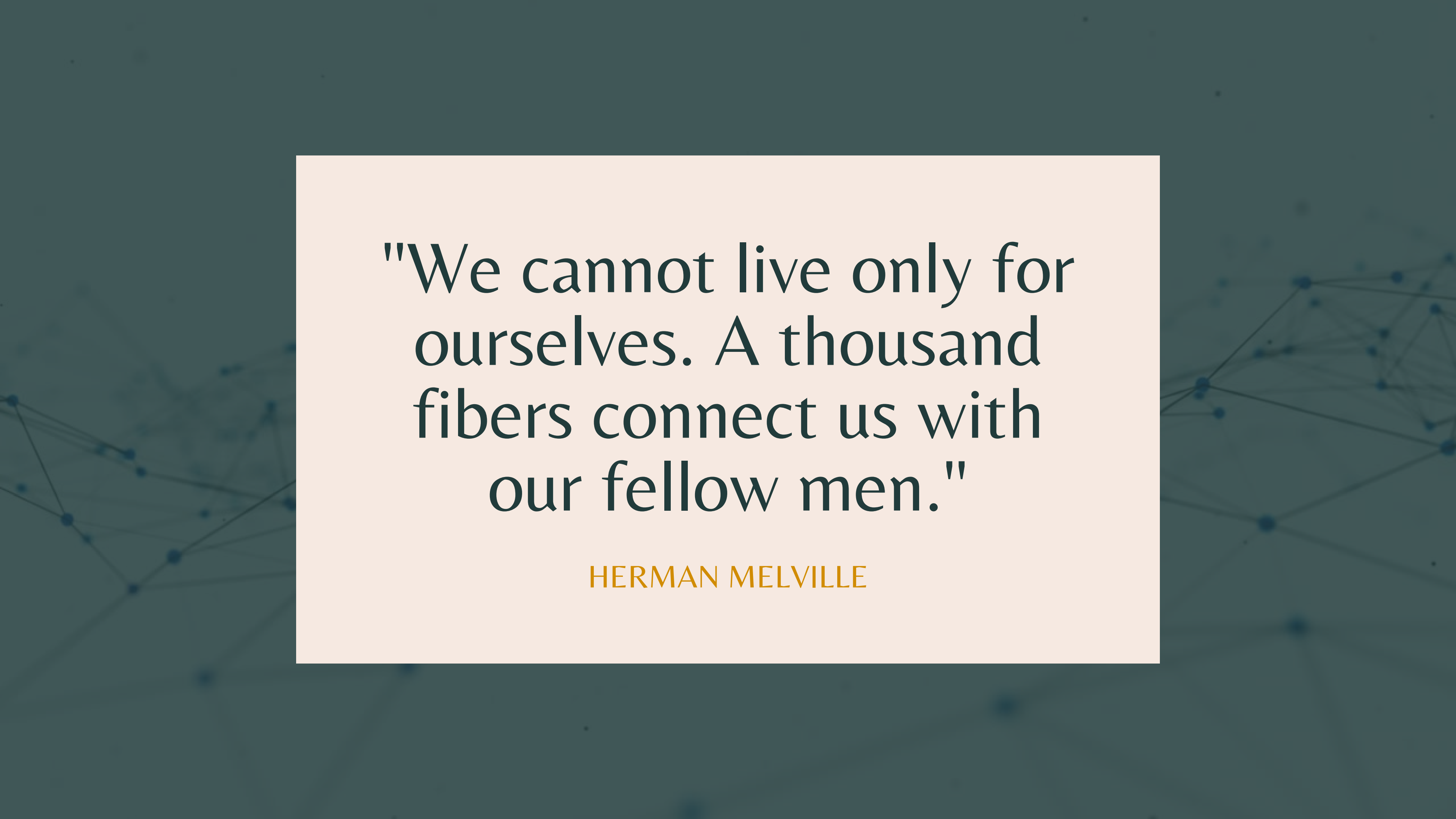


STAFF MENTAL  
HEALTH AND  
WELLBEING



OTHER GRANT  
OPPORTUNITIES





"We cannot live only for  
ourselves. A thousand  
fibers connect us with  
our fellow men."

HERMAN MELVILLE



# QUESTIONS?

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THANK YOU!

