



## Brown County Mental Health and Wellness Action Team

This action team works throughout Brown County to reduce the stigma of mental health, increase resiliency and improve access to mental health treatment and services.

### 2025 Accomplishments

#### MLC Health Chats to Connect with Local Mental Health Professionals

- In March, April and May, the team sponsored a series of free monthly lunchtime health chats outside the Martin Luther College cafeteria where students could learn from local mental health professionals, gain valuable insights and practical tips and improve their well-being. Each month focused on a different topic, including Boundaries, Gratitude and Stress & Anxiety.

#### South-Central Minnesota Mental Health and Wellness Conference

- In May, in partnership with Brown County Public Health and a variety of local sponsors, the team once again welcomed 200 attendees to a sold-out second annual South-Central Minnesota Mental Health and Wellness Conference. By providing resources, raising awareness, and bringing people together, the conference aimed to help break down the stigma of mental health and create lasting conversations that will help our communities grow in wellness.



#### Anxious Generation Presentation

- In May, the team invited parents and community members to a presentation to help them better understand how the “Internet Age” has profoundly reshaped childhood and adolescent experiences. Drawing on a book, “The Anxious Generation,” Dr. Amanda Black discussed how the prevalence

of devices and unregulated Internet use affects mental health and overall wellbeing — especially in children and teens — and shared practical strategies to mitigate negative outcomes.



#### Move This Way Special Event

- In July, the team hosted a special Move This Way event with New Ulm’s “Chalk Lady” Kara Carlson, held in conjunction with New Ulm Park & Recreation’s Rec on the Go program. Located at North Park, the “Move This Way” sidewalk activity is designed to get young people and their parents to be physically active and to start having important conversations about mental health.

#### Mental Health Resources Distribution During Corn Drive

- In October, the team worked with FFA students from New Ulm and Springfield to distribute local mental health resources during their Corn Drive. Central United Cooperative generously provided the lunch bags that helped make this outreach even more impactful. Together, the effort helped plant seeds of support and resilience across our communities.

