



## 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.

### 2024 Accomplishments

#### 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 welcomed 200 attendees to a **sold-out** inaugural 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.



#### Move This Way Wellness Activity

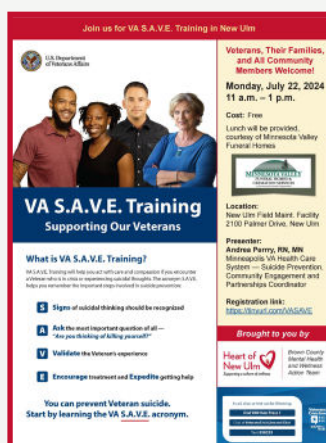
- In September, the team supported the HONU Leadership team as it launched the *Move This Way* activity at North Park. The popular activity provided a creative opportunity for people of all ages to be active, talk, think and learn about topics related to their physical, mental and social well-being.



At eight stations, people were encouraged to follow the posted prompts to engage in an activity and use the questions on the sign to spark discussion. The walk aimed to educate the community about mental health topics such as trauma and anxiety and guide them to local tools and resources available on the Heart of New Ulm's website.

#### VA S.A.V.E. Training

- In partnership with the Minneapolis VA Health Care System, the team hosted a VA S.A.V.E. Training in July, where 17 attendees, including veterans, their families and community members, learned how to act with care and compassion if they encounter a Veteran who is in crisis or experiencing suicidal thoughts. The acronym S.A.V.E. helps people remember the important steps involved in suicide prevention: S: Signs of suicidal thinking should be recognized; A: Ask the most important question of all — "Are you thinking of killing yourself?"; V: Validate the Veteran's experience; and E: Encourage treatment and Expedite getting help.



#### Mental Health First Aid Training

- In October, the team partnered with 2B CONTINUED and New Ulm Medical Center to host a National Council for Mental Wellbeing Adult Mental Health First Aid (MHFA) training for community members. The training welcomed a dedicated group of new MHFA First Aiders, including staff from Martin Luther College, New Ulm Medical Center, other local agencies, and engaged community members.

