

CITY OF NORTHFIELD, MN
CITY COUNCIL RESOLUTION 2018-081
PROCLAIMING SEPTEMBER 10-14 CHANGE TO CHILL WEEK IN NORTHFIELD

- WHEREAS, according to the American Psychological Association, teens are under pressure and reporting comparable stress levels and symptoms of stress as adults; and
- WHEREAS, stress is linked to symptoms of depression and anxiety, which lead to a host of other psychological and physical issues; and
- WHEREAS, according to Minnesota Student Survey data, teens across the state are reporting increasing levels of anxiety and depression; and
- WHEREAS, Allina Health's Change to Chill™ program was created in response to 2013 and 2016 Community Health Needs Assessment data which indicated a need for teen-specific mental well-being programming and resources; and
- WHEREAS, Change to Chill provides activities, lessons and resources for teens, parents and educators aimed at building resiliency through mindfulness, meditation, guided imagery and gratitude practice; and
- WHEREAS, the Change to Chill School Partnership, a component of the Change to Chill program, was awarded to Arcadia Charter School during the 2018-2019 school year to provide customized mental well-being programming for the Northfield community.

NOW, THEREFORE, BE IT RESOLVED BY THE CITY COUNCIL THAT
The City Council declares September 10-14, 2018 as Change to Chill Week in the City of Northfield and call upon our citizens to join in this special observance by learning and caring for mental well-being, as individuals and as a community.

PASSED by the City Council of the City of Northfield on this 4th day of September, 2018

ATTEST

City Clerk

Mayor

VOTE: ____ POWNELL ____ COLBY ____ DELONG ____ NAKASIAN
 ____ NESS ____ PETERSON WHITE ____ ZWEIFEL