

08/17/18

Honorable Rhonda Pownell

Dear Mayor Pownell:

I'm contacting you today on behalf of Allina Health regarding sponsorship of a proclamation in support of Change to Chill week September 10-14, 2018. Change to Chill is a free, online, teen mental well-being program, focused on helping teens identify areas of stress in their lives and build the skills and coping strategies to effectively manage stress. Allina Health created the Change to Chill program in response to the community health needs assessments (an in-depth assessment of the greatest health needs in communities we serve), which indicated a growing need for preventive mental health resources.

This year, Change to Chill is expanding our program to include a school-based component, the Change to Chill School Partnership, which provides funding and an in-depth version of the program, awarded to only nine schools throughout Minnesota and Western Wisconsin. We are excited to announce the 2018-2019 Change to Chill School Partnership has been awarded to Arcadia Charter School in Northfield. This provides a wonderful opportunity to educate the public on the issue of mental health and engage the community in solidarity to support one another and build resiliency and hope.

As program managers of the Change to Chill program, we would be honored if you would sponsor an official proclamation to recognize Sept. 10-14, 2018 as Arcadia's *Change to Chill Week*. Your proclamation would lend official recognition to the important work of educating the public on the issue of mental well-being in teens as well as emphasize your personal commitment to this issue. I have enclosed a sample proclamation which may help your office compose the appropriate proclamation for the city of Northfield.

If you, or your staff, have any questions concerning the request, the sample proclamation, or Change to Chill, please contact me at 612-262-1678. I will follow-up with your office on this request in the next few days. We appreciate your support of *Change to Chill Week* and the support of mental health initiatives in your community. Thank you for consideration on this special request.

Sincerely,

Kaila Jordan

Allina Change to Chill Team