



Legislation Text

File #: 18-442, **Version:** 1

City Council Meeting Date: September 4, 2018

To: Mayor & City Council
City Administrator

From: Deb Little, City Clerk

Presentation Change to Chill Program.

Action Requested:

The Northfield City Council will receive a presentation on the Change to Chill Program. The City Council will be asked to approve a proclamation as part of the consent agenda declaring Change to Chill Week in Northfield.

Summary Report:

Arcadia Charter School Arcadia received a Change to Chill Grant from Allina Health. 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 the 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. 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.

Arcadia Charter School Representative Lisa Malecha, School Social Worker/Special Education Coordinator, and Allina Health Representatives, Kaila Jordan, Community Health Program Coordinator, and Natalie Ginter, Community Engagement and Development will be present at the meeting.