



## Legislation Text

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**City Council Meeting Date:** September 4, 2018

**To:** Mayor & City Council  
City Administrator

**From:** Deb Little, City Clerk

Proclaim September 10 - 14 as Change to Chill Week in Northfield.

**Action Requested:**

The Northfield City Council is being asked to approve the attached resolution proclaiming September 10-14 as 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 requested this proclamation to recognize Sept. 10-14, 2018 as Arcadia's Change to Chill Week. The proclamation would lend official recognition to the important work of educating the public on the issue of mental well-being in teens.