



Community Health Worker within a Clubhouse Setting

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Northern Lights Clubhouse

Well Being Development

Ely, Minnesota



Overview

- Ely, Minnesota
 - Northern Lights Clubhouse: a Clubhouse model
 - Ely Community Care Team
 - Community Health Worker
 - Minnesota Department of Health Grant
 - Looking to the Future
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Ely, Minnesota – The End of the Road

▶ Target Population

- ▶ Ely population of 3,460 with a combined total of over 12,214 with-in a 30-mile radius (US Census Bureau 2000 and 2010)
- ▶ 25.5% of Ely population is below poverty vs. 14.6% state-wide (www.city-data.com/poverty/poverty-Ely-Minnesota.html)
- ▶ Of the 8,932 people receiving services from Ely Essentia 17% have a mental health diagnosis (Essentia Health Report) compared to 6% of adults nationwide (National Institute of Mental Health: The Numbers Report)
- ▶ Mental Health provider ratio in St. Louis County is 688:1 and Lake County is 2,761 (www.countyhealthrankings.org/app/Minnesota)

▶ Transportation and access to mental health care

- ▶ Virginia, Minnesota - 60 miles
- ▶ Duluth, Minnesota 120 miles
- ▶ Most individuals do not have vehicles and rely on public transportation



A Challenge Issued...

- In 2008 the need for mental wellness support was identified
 - 2010 Well Being Development (WBD) 501(c)3 organization was incorporated
 - 2011 WBD board explored options for programs to meet identified need
 - Northern Lights Clubhouse was formed
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What is a Clubhouse?

- An international movement with over 330 Clubhouse in 33 different countries (Clubhouse International)
 - A program recognized by the National Registry of Evidence-based programs and practices (Clubhouse-model)
 - Supports members (participants) recovery through skill development, education, and job placement
 - Minnesota Clubhouse Coalition
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Ely Community Care Team (CCT)

- ▶ Community collaborative team created through a Clinical and Transitional Science Institute (CTSI) grant in 2012
 - ▶ Area partnerships consisting of health care, school, non-profit, and other organizations/agencies
- ▶ Two part-time Community Health Worker (CHW) positions funded with training
 - ▶ Heidi Favet – lead CHW and works as a Care Coordinator through Essentia Clinic – focuses on family and youth CHW support with emphasis on mental health challenges
 - ▶ Eva Sebesta – secondary CHW and works as a CHW and Program Director through Northern Lights Clubhouse and focuses on adults with mental health challenges



Minnesota Department of Health Emerging Professions Grant

- Awarded in July 2014
- Expands position to full-time
- Greater outreach
- Community education



Community Health Worker Role

- ▶ Assist in forming and achieving wellness goals – examples:
 - ▶ Consistently taking medications
 - ▶ Exercise program
 - ▶ Overcoming unhealthy behaviors
- ▶ Assist with medical appointments – set-up, reminders, appointment, follow-up
- ▶ Work with provider agencies and organizations (available services)
- ▶ Advocate for individuals and/or community
- ▶ Paperwork - due date reminders, assist completion, and filing
- ▶ Identify community needs and provide support to meet needs



Community Health Worker Role within a Clubhouse

- ▶ Create educational programming to meet member needs
 - ▶ Healthy cooking and basic dietary education
 - ▶ Tutoring for college classes or to obtain a GED
 - ▶ Development of life skills and effective communication
- ▶ Provide employment support
 - ▶ Pre-employment training
 - ▶ Positive employee skills
- ▶ Reduce isolation
 - ▶ Create a safe, positive environment
 - ▶ Create a support network of others living with mental health challenges



Looking to the Future

- Expand outreach farther into community
 - Develop WRAP Pal support group
 - Develop community education programs
 - Continue to identify and meet community needs
 - Expand CHW availability through additional positions in other Ely and outlying locations
 - Coordinated Care & Community Health Workers empower individuals to live healthier lives
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References

- City-Data.com. Accessed at: www.city-data.com/poverty/poverty-Ely-Minnesota.html
- Essentia Health Report. Accessed at: <http://www.essentiahealth.org/Main/Annual-Report.aspx>
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- National Institute of Mental Health: The Numbers Report. Accessed at: <http://www.nimh.nih.gov/health/statistics/index.shtml>
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