Community Health Worker within a Clubhouse Setting

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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
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
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
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
References

- County Health Rankings and Roadmaps. Accessed at: www.countyhealthrankings.org/app/Minnesota/