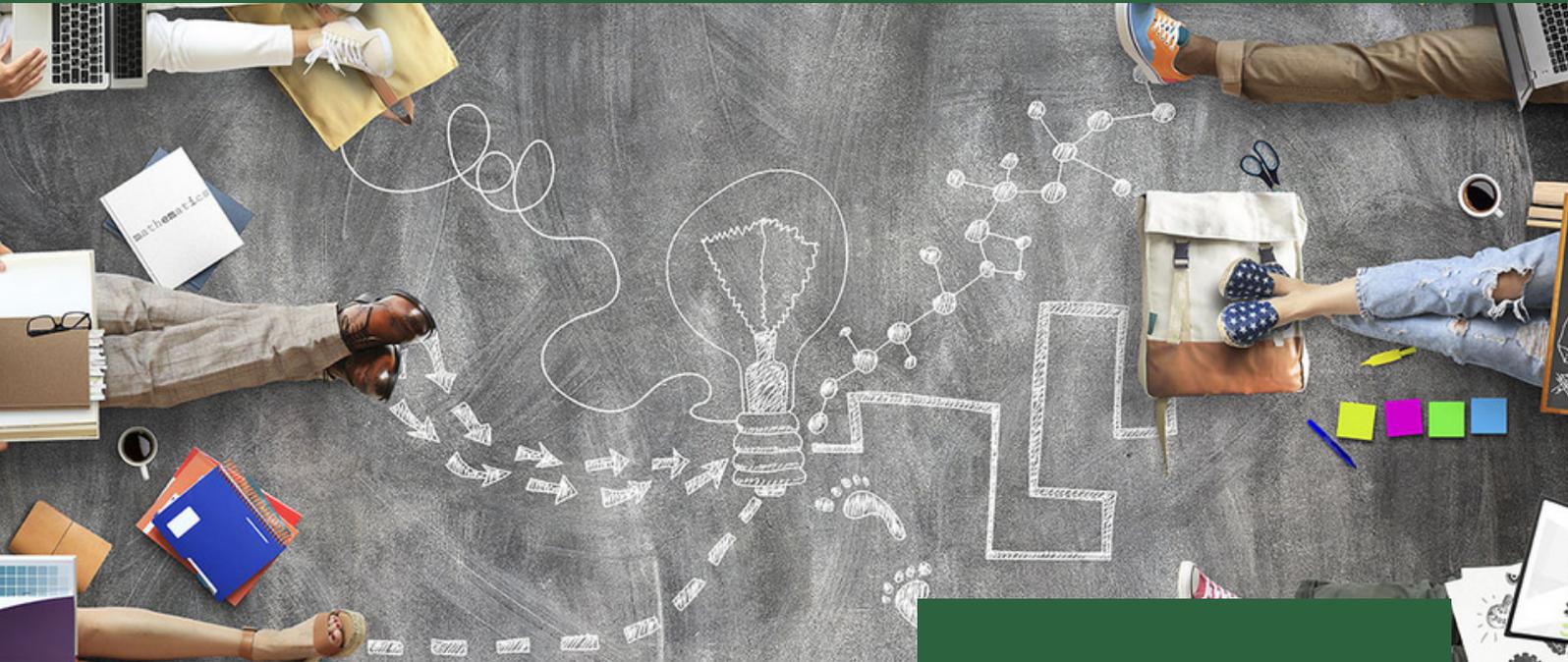


April 2022

www.healthynorthland.org

# Newsletter



## PARTNER SPOTLIGHT: MN THRIVES

During the COVID-19 pandemic, we all experience the need for well-being, and many found ways to support their families, organizations, and communities in unique ways. These valuable strategies can be captured and shared in this database.



### Collectively Sourced



### Interactive Database

MN Thrives is very excited to serve as a vehicle for positively bringing attention to all the great mental wellbeing work that is happening in communities.

For more information: Email Anna Lynn at [anna.lynn@state.mn.us](mailto:anna.lynn@state.mn.us) or call 651-201-3627

John Eshun at [john.eshun@state.mn.us](mailto:john.eshun@state.mn.us) or call 651-201-4427.



### Current MN Based Efforts



### Promoting Mental Health Wellbeing and Resilience

## What is MN Thrives?

MN Thrives is a collectively sourced and interactive database of current Minnesota based efforts that promote mental well-being and inclusive, thriving communities. MN Thrives is an initiative to help Minnesota communities create a comprehensive picture of current mental well-being strategies, locally and statewide, and to inform and guide planning efforts.

APRIL 2022

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## NEW STAFF SPOTLIGHT - SHANE TROUMBLY

Itasca County Local SHIP Coordinator

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My name is Shane. I have done a number of different things in my career. I have a BS in Science and an MA in Education. I started with Itasca county in 2013 as a financial worker working primarily with the MNSure program. During this time, I started to help with the worksite wellness group, writing and editing monthly newsletters. Three years later I moved over to Itasca Medical Care where I worked as a Data Project/Coordinator running the HEDIS (Healthcare Effectiveness Data and Information Set) project. In that role, I was able to dig through claims data and see where the population was in regards to health.



I was also able to be part of various initiatives that sought to improve the wellness of our clients. I have been a member of the Trout Lake Fire Department since 2014, where I am a fire fighter and first responder. Moving to Public Health in 2021 has been rewarding. It's helped me utilize my skill sets and actually teach some health outreach classes. I look forward to continuing to reach out to members of the community and businesses to help improve their physical and mental wellbeing.

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## UPCOMING EVENTS

### MAY IS BUS BIKE WALK MONTH



Bus Bike Walk is a month-long series of community events that celebrate, educate, and empower accessible people-powered modes for getting around town, now and into the future.

## 19TH NE MN BREASTFEEDING SUMMIT

**MAY 5, 2022 8:30AM - 12PM Virtual VIA ZOOM, FREE**

This year's agenda will include a panel of updates from local public health (Home Visiting, WIC, etc.), Tribal Public Health's Doula Program, the Northland and Minnesota Breastfeeding Coalitions, and the Minnesota Department of Health. In addition to the panel, there will be time for networking and discussion with other professionals. [Register Now](#)