



Healthy Community

Our vision is to create a community where everyone has access to opportunities that support healthy lives. United Way of Central Minnesota's Healthy Community impact area invests grant resources in nonprofit partners that collaborate in our priority focus areas with the goal of promoting mental health and wellness through prevention, intervention and postvention.

Our Impact

During the 2024–25 investment cycle, UWCM funded 14 local programs supporting a Healthy Community, serving the needs of Central Minnesota children, caregivers and older adults.

- 1 **620 of 775** young people participated in programs designed to equip them with **emotional management and resiliency-building skills** exhibited in increased ability to do so.
- 2 **376 caregivers** reported a **decrease in parenting stress** levels and improvement in their ability to support their children in handling big emotions.
- 3 **88% of older adults** who participated in a volunteer program reported an **increase in a sense of wellbeing** after one year of service.

\$315,285

invested locally through United Way-funded programs that help people thrive and build a healthy community.

Priority Focus Areas

Children

Addressing accessibility: right time, right place, right service

Caregivers

Equipping parents, guardians, educators, afterschool staff or those caring for another individual

Older Adults

Promoting wellness throughout life and positive mental health for older adults

Investing in Positive Outcomes

A story of impact from UWCM-invested partner Central Minnesota Mental Health Center (CMMHC)

A trauma-informed advocate with CMMHC's St. Cloud Area Child Response Initiative (CRI) was called to intervene in a situation as law enforcement negotiated with a teenager who had barricaded himself in the upper level of his home and was threatening to harm himself and others. The trauma advocate, who had extensive experience communicating with individuals who feel distressed and overwhelmed, spent over an hour listening to and connecting with the teen. The advocate validated, empathized and affirmed the young man, eventually gaining his trust and helping to peacefully resolve a very volatile situation. The teen subsequently received a hospital mental health evaluation and the advocate worked with staff to coordinate a safety plan for him that allowed him to return to his home and receive ongoing services to deal with past trauma, relationships and improve his educational outlook.

Connecting & Collaborating

In 2022, UWCM hosted mental health summit that identified the need for a Central Minnesota mental health navigator. This position, first funded by United Way, is now part of Central Minnesota Mental Health Center.

UWCM's Health Advisory Board recently founded a Navigator Network that connects over 150 local individuals who seek to mobilize community action around mental health.

The Central Minnesota Community Foundation advanced this initiative by funding a coordinator position that will support the network.

In 2021
20% of Minnesotans did not seek health care due to cost.

HEALTHY COMMUNITY by the numbers

Students Reporting
Long-Term Mental
Health Problems

23% vs. **29%**
2019 2022

Source: Minnesota
Student Survey (MSS)

1 in 5 Minnesotans
are caregivers

Did You Know?

The association between **social isolation** and **adverse health** today is as strong as U.S. Surgeon General C. Everett Koop's evidence was that associated **smoking to cancer** in **1983**.



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