

Agenda and Minutes

Washington County Opioid Settlement Council

Meeting Information

- Date and time: April 16, 2025 (Wednesday) from 4:00 pm to 5:30 pm
- Location: Washington County Government Center, Stillwater
- Council meetings are held on the third Wednesday of each month from 4:00 pm to 5:30 pm.
- This is a closed/nonpublic meeting due to sensitive information being discussed. Except in special circumstances, council meetings are open to the public.

Opioid Settlement Council Members

- | | | |
|--|---|--|
| <input type="checkbox"/> Emily Brunner | <input checked="" type="checkbox"/> Josephine Igwacho | <input checked="" type="checkbox"/> Jay Pernu |
| <input checked="" type="checkbox"/> Deb Chmielecki | <input checked="" type="checkbox"/> Lori Kelley | <input checked="" type="checkbox"/> Seth Perry |
| <input checked="" type="checkbox"/> Jessica Feider | <input checked="" type="checkbox"/> Rose Kosin | <input type="checkbox"/> Carla Schweich |
| <input type="checkbox"/> Kristi Gullett | <input checked="" type="checkbox"/> Denise Lasker | <input checked="" type="checkbox"/> Jamie Steber |
| <input checked="" type="checkbox"/> Alicia House | <input type="checkbox"/> Jess Muszynski | |

Public Health and Environment (PHE) Chief Strategist Representatives

- Rolando Vera | *Correctional Health Nursing Manager*
- Sean Young-Stephens | *Public Health Program Coordinator*
- Allison Spears | *Administrative Assistant*

Agenda Items

- Welcome and introductions
- County slogan activity

Council members completed a survey activity to provide input on the new Washington County slogan.

- Discuss quarterly reports

Council members spent the majority of the meeting discussing the quarterly reports submitted by each of the eight current grantees:

- *Strengthening Families Through Evidence-Based Education, Thrive! Family Recovery Resources*

- *Project Access, YourPath*
- *Trusted Messenger Campaign, Sheletta Makes Me Laugh LLC*
- *Recovery and Peer Support, Waymakers to Recovery*
- *Project Salud, Wellshare International*
- *Education in Rural/Faith Communities, Elim Lutheran Church*
- *Youth Programming in Schools, Change the Outcome*
- *Opioid Support for Vets, First Responders, and Their Families, Invisible Wounds Project*

The council discussed each project in detail, noting any concerns or follow-up questions for grantees. This first round of quarterly reporting provides an early snapshot on project progress to date. PHE and the council will continue to monitor progress throughout 2025. Future rounds of quarterly reporting will be informative for future funding decisions.

PHE provided a quick refresher on the Conflict of Interest expectations from the Opioid Settlement Council Bylaws: “Council members must disclose to the Council, refrain from participating in discussions, and recuse themselves from voting on any matter in which they may have financial, ethical, or other conflicts of interest. A financial conflict of interest includes a financial association that has the potential to bias or have the appearance of biasing a Council member’s actions or decisions.”

- *Closing and next steps*

The council will be gearing up for some important work in the coming months.

- *PHE and the council will continue to monitor the progress of current projects.*
- *The council will also be working to identify funding priorities for the next round of funding distribution. The 2025 funding application process is currently anticipated to open in June.*

Shared Agreements

- Honor confidentiality
- Be present at meetings and participate
- Listen to understand, not respond – we all have something different to offer
- Be open and respectful to the ideas of others – use respectful language to talk about those impacted
- Speak from your own experience and speak objectively
- Take space/make space – everyone has an equal voice during the meeting
- Have an agenda and stick to it – be efficient
- Only one person speaks at a time

Opioid Settlement Funding Project Descriptions



Family Recovery Programming

Thrive! Family Recovery Resources

Funding amount: \$37,348

Project description: Thrive! Family Recovery Resources (Thrive) is a recovery community organization (RCO) that brings hope, help, and healing to the families of loved ones struggling with substance use disorder by providing resources, peer support, education, advocacy, and connections with compassion, kindness, and love. This project will support Thrive's implementation of the evidence-based *Strengthening Families Program* in Washington County, offering workshops in English and Spanish. This program has been researched and is highly effective in equipping parents with actionable solutions, improving the relationship between the parent and child, mitigating harm and reducing negative behaviors in the child.



Technology and Access to Care

YourPath

Funding amount: \$158,750

Project description: YourPath exists to respond to the suffering in our communities caused by issues related to substance use and worsened by systemic inequities and discrimination. The *ACCESS: Advancing Community Care and Effective Support Systems* program is a Washington County-based collaborative effort aimed at improving access to evidence-based treatments for substance use disorders (SUD) and common comorbid issues that accompany SUD. This program has two parts:

- A low-barrier, collaborative care model
- An innovative software platform to power community response

YourPath's unique blend of collaborative services and innovative technology allows for improvement in the entire system of care in Washington County, not just the addition of another service or program.



Focused Community Education

ShelettaMakesMeLaugh, LLC

Funding amount: \$64,800

Project description: ShelettaMakesMeLaugh.com is a Twin Cities-based podcasting platform, multi-media production company and integrated marketing firm. With a loyal following of subscribers, the organization floods social media channels with key messages that promote specific activities and initiatives that target the black community. This project supports a multi-media education campaign revolving around a series of podcast interviews that address the full complement of opioid awareness, risks, treatment options, and programs available to the community. The education and awareness campaign will focus messaging on the youth, teens, and adult populations of all ethnic demographics.



Recovery and Peer Support

WayMakers to Recovery

Funding amount: \$120,000

Project description: This project supports the establishment of *WayMakers*, a new recovery community organization (RCO) that is currently being developed in Forest Lake. *WayMakers'* plans include:

- Onboarding and training Certified Peer Recovery Specialists (CPRS)

- Improving access to Medication Assisted Therapy and Harm Reduction
- Creating a strong recovery community

Those who are at or below poverty level will benefit the most from this project.



Hispanic/Latino Community Health

Wellshare International

Funding amount: \$50,000

Project description: With 45 years of experience pioneering the Community Health Worker (CHW) model in Minnesota, Wellshare has deep roots in community health practices and long-established trust in the communities they serve. Wellshare’s *Project Salud* will use a holistic mental health and substance abuse education/promotion strategy to reduce stigma, promote access to care pathways, and provide culturally relevant resources and education to combat addiction. The focus population for all activities are Latin/x leaders and community members of all ages, within Washington County zip codes.



Education in Rural/Faith Communities

Elim Lutheran Church

Funding amount: \$9,000

Project description: This project from Elim Lutheran Church in Scandia will support an educational documentary podcast and resource that aims to inform listeners about the diverse addiction and mental health issues faced by faith communities in Washington County. Elim Lutheran Church is focused on:

1. Education and Stigma Reduction of Addictions and Mental Health Issues
2. Connecting Rural Communities and Churches with Evidence-Based Interventions

The project is multicultural, multi-faith, BIPOC-inclusive, LGBTQIA+-inclusive, and interdenominational in focus.



Youth Programming in Schools

Change the Outcome

Funding amount: \$50,000

Project description: Change the Outcome’s mission is to provide focused, real time, fact-based learning opportunities for Minnesota youth, educators, parents, and community members on substance use disorder and the opioid epidemic. With this project, Change the Outcome aims to broaden their impact within Washington County by forming new partnerships with school districts, particularly focusing on schools that serve underserved populations and those in more rural areas. Education on the opioid epidemic can prevent addiction, overdoses and overdose fatalities, reduce stigma, and empower people to ask for or offer support and save lives.



Support for Veterans and First Responders

Invisible Wounds Project

Funding amount: \$30,000

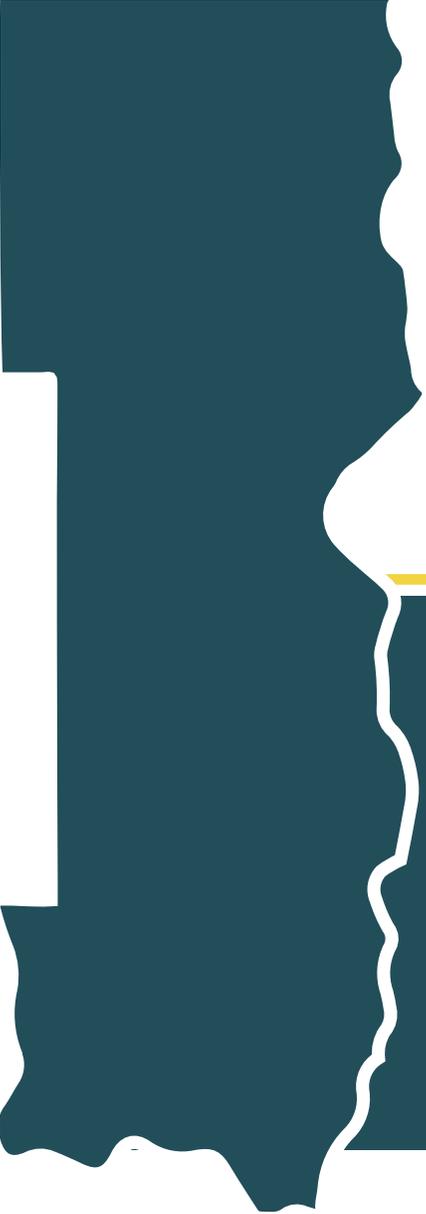
Project description: The mission of the Invisible Wounds Project is to positively impact and enhance the lives of those who serve(d), including military, police, fire, EMS, frontline medical staff, corrections, dispatch, and their families related to mental health and wellness. The organization provides a space for safe and healthy social connection, therapeutic services, therapy resources, and regular groups and activities that are tailored to their specific at-risk group. This project will specifically support increased social connection activities and family support.

Opioid Settlement Project Quarterly Reports

Q1 2025



- **Strengthening Families Through Evidence-Based Education**
Thrive! Family Recovery Resources
[Page 2](#)
- **Project Access**
YourPath
[Page 9](#)
- **Trusted Messenger Campaign**
Sheletta Makes Me Laugh LLC
[Page 18](#)
- **Recovery and Peer Support**
WayMakers to Recovery
[Page 26](#)
- **Project Salud**
Wellshare International
[Page 35](#)
- **Education in Rural/Faith Communities**
Elim Lutheran Church
[Page 44](#)
- **Youth Programming in Schools**
Change the Outcome
[Page 55](#) (report), [Page 64](#) (supplemental document)
- **Opioid Support for Vets, First Responders, and Their Families**
Invisible Wounds Project
[Page 84](#)

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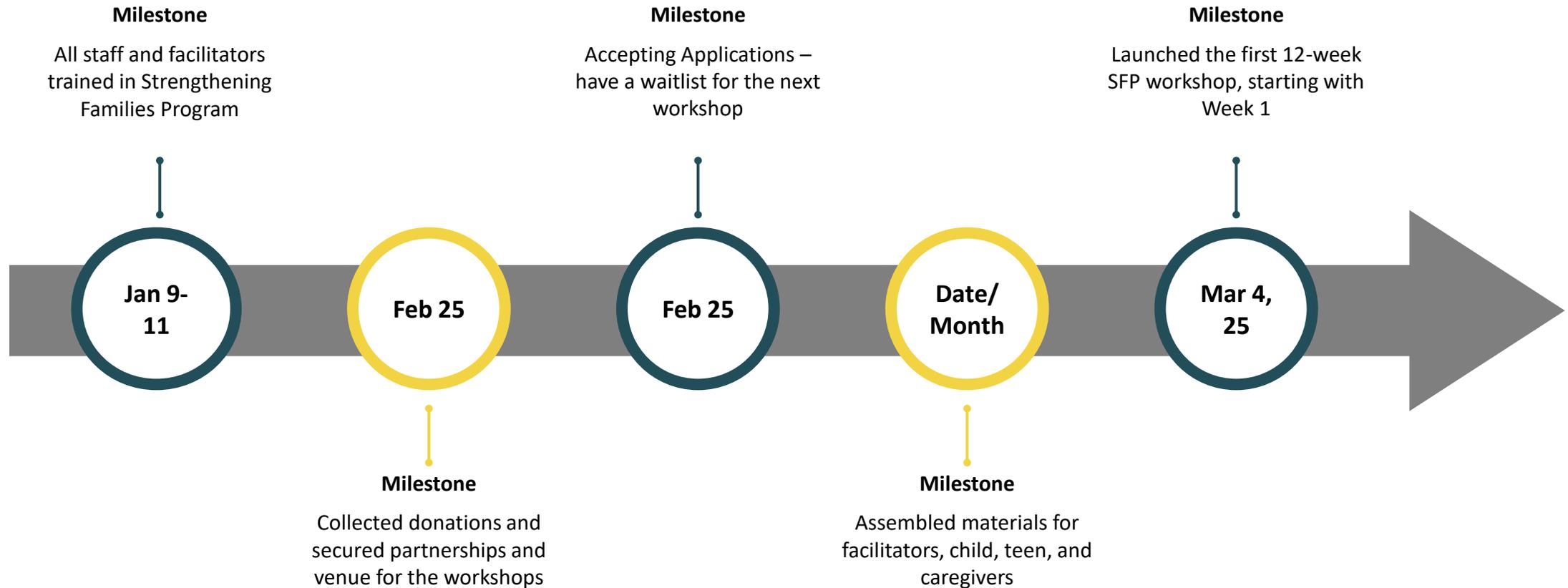
Strengthening Families Through Evidence-Based Education Thrive! Family Recovery Resources

Opioid Settlement Project Quarterly Report for Q1 2025

Summary of Work Completed in Q1 2025

- **January 9-11, 2025** – All staff and facilitators completed training in the Strengthening Families Program (SFP 7-17).
- **January 20, 2025** – Began accepting applications for the first SFP workshop series.
- **March 4, 2025** – Launched the first 12-week SFP workshop, starting with Week 1.

Timeline



Spending Breakdown

- Total funding awarded for this project: \$37,348.00
- Funding received/invoiced by your organization so far: \$4,192.14
- Spending breakdown:
 - \$3,400.00 spent on the purchase of the program and staff and facilitator training
 - \$443.64 spent on staff hours for training
 - \$108.50 spent on travel for outreach
 - \$240.00 spent on staff hours for program implementation

Progress on Deliverables

Complete this section based on the “Scope of Services” specified in your contract agreement.

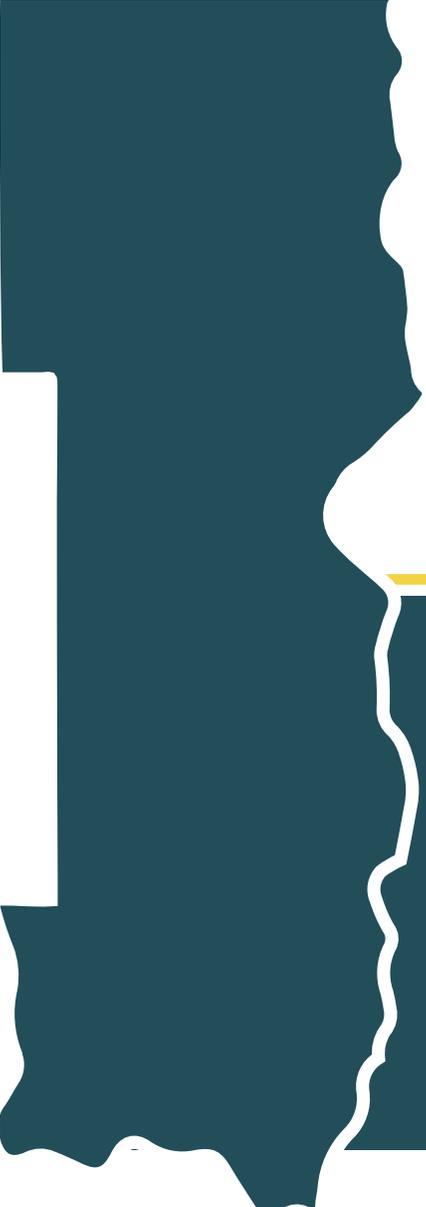
- Deliverable #1
 - Goal: All Thrive! Family Recovery Resources staff and facilitators successfully completed training in the Strengthening Families Program (SFP 7-17).
 - Progress to date: Completed January 11, 2025
- Deliverable #2
 - Goal: The first 12-week Strengthening Families Program workshop began in Washington County, providing structured sessions for parents and children ages 7-17.
 - Progress to date: Families are actively engaged in Week 1, and ongoing participation and progress will be tracked throughout the 12-week program.

Unexpected Hurdles

- One of the primary challenges encountered during this reporting period was that the initial funding request did not fully cover all necessary expenses for implementing the Strengthening Families Program (SFP). This has required adjustments in resource allocation and operational planning to ensure the program remains sustainable.

Success Story

- Since opening applications for the first Strengthening Families Program (SFP) workshop on January 20, 2025, we have seen a strong response from families in Washington County. Enrollment filled quickly, demonstrating a high demand for evidence-based family support programs. This confirms the need for continued investment in prevention and education efforts for parents and youth.
- At the start of the evening on the first workshop, families arrived hesitant, and some children appeared resistant. However, by the end of the night, laughter filled the room as families bonded and had fun together. When asked how they felt, they described the experience as "hopeful," "energizing," and "optimistic."



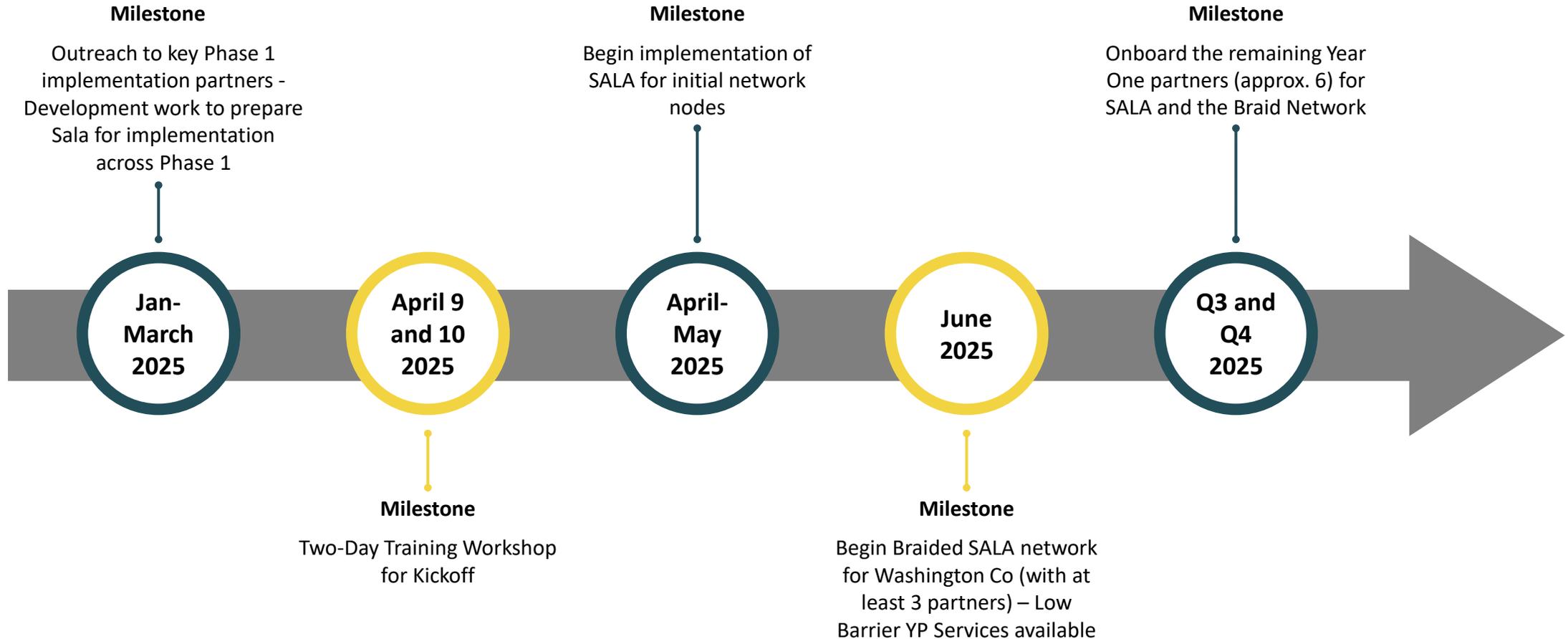
Project Access YourPath

Opioid Settlement Project Quarterly Report for Q1 2025

Summary of Work Completed in Q1 2025

- Coordination with Rolando throughout this first quarter – he has been incredible to work with!
- Pre-meeting, the interview and several follow ups with Sheletta Makes Me Laugh for the marketing article
- Tech Team development work to prepare Sala for implementation across specific network - ongoing
- Scheduled Two-day Kickoff Training Workshop with initial teams to implement SALA
- Two-day Training Workshop Flyer Developed and sent to Rolando
- Workshop space reserved
- Content and PPT development in process and significant content created for Two-Day Training Workshop
- Rolando has sent “Save the Date” to key initial internal Wash Co. implementation teams
- Outreach and planning with Canvas Health, Thrive!, Pastor Seth, Steve Rummler, have attempted to contact WayMakers RCO
- Also looking at inviting St Croix Valley Foundation for exposure to what we are doing together

Timeline



Spending Breakdown

- Total funding awarded for this project: \$158,750.00
- Funding received/invoiced by your organization so far: \$79,375.00
- Spending breakdown:
 - \$16,667 (**inclusive of the delivery for the training – overlaps with start of Q2**) – Jordan, Steve, Shelly, Nick – Planning, Development, Content Creation, Flyer, PowerPoint, and Delivery on April 9 and 10 for Two-Day Training Workshop
 - \$7,312.50 – Implementation Lead – Pre-Implementation Planning and Process Development (working with Jordan and Steve)
 - \$27,697.00 – Jordan, Steve, Shelly and SALA tech team
 - Outreach to key Phase 1 implementation partners – as above working in collaboration with Implementation Lead to prep for GoLive implementation in Q2 for the first 3-4 partners - Target for 6-8 networked partners in 2025
 - Development work to prepare Sala for implementation across:
 - Jail, treatment court and other justice-involved settings
 - Recovery Community Organizations and Family Recovery Community Organizations
 - Medical and Psychiatric Service Providers
 - Other community-based treatment and recovery support organizations

Progress on Deliverables

Complete this section based on the “Scope of Services” specified in your contract agreement.

- Deliverable #1
 - Goal: Training for community related to SUD and ROSC
 - Progress to date: Initial training scheduled as part of the two-day training kickoff workshop – this workshop covers initial training goals (Flyer attached)
- Deliverable #2
 - Goal: Onboarding community-based partners onto SALA for the BRAID Network
 - Progress to date: Key Phase 1 partners have been identified and meetings held. Two-Day Kickoff Training Workshop scheduled for April 9 and 10, 2025. Implementation for initial Phase 1 partners planned for month following Workshop – additional partners to onboard Q3 and Q4
- Deliverable #3
 - Goal: Provide low-barrier services for assessment and opioid use disorder
 - Progress to date: These services are available now through direct referral to YourPath. Plan for BRAID network access is pending SALA implementation – May and June

Unexpected Hurdles

- No significant hurdles
- Some delays primarily related to communication delays with key Phase 1 partners
- April Kickoff workshop training scheduled to accommodate key members and Spring Break dates across the broad kickoff team
- Potential unknown hurdles related to Implementation Phase will be identified as they emerge, but at this time we do not foresee any major hurdles

Success Story

- We had a successful interview with Sheletta
- We have had very positive meetings with key community partners
- Working with Rolando has been incredible – THANK YOU.
- Excited to be entering the active phase of this project with the April 9 and 10 kickoff training workshop
 - Invitees include:
 - From Washington County - Crisis Response, Community MH/SW, Re-entry, and the PHE Substance Use Team
 - Steve Rummler Hope Network
 - Thrive! Family Recovery Resources
 - Canvas Health
 - Hope to also have representatives from Cottage Grove EMS

(Optional Slide) Feedback

- On this slide, you are welcome to share any feedback you have for Washington County and/or the Opioid Settlement Council.
 - As mentioned earlier, we have found connecting with Rolando as our point of contact with the County to be working very well.

Kickoff Training Workshop - April 9 and 10, 2025



Washington County and YourPath present:

Healing Through Connection: Creating and Empowering Recovery Oriented Networks to Address Substance Use

April 9 and 10, 2025

About the Training Workshop

Join us as we help build the future of recovery-oriented systems of care in Washington County. This workshop will focus on understanding how the science of substance use and recovery can inform how we collaborate to best serve our community. Participants will gain insights into brain science, recovery-oriented systems, human attachment, and how technology can empower connection and healing across our county.

What we will do and Our Objectives

This workshop is designed to strengthen recovery support systems, enhance community collaboration, and integrate services for individuals with substance use disorders (SUD). Participants will engage in discussions, activities, and strategy-building sessions to improve outcomes for those in our community with SUD.

- Navigate Current Barriers:** Understand the barriers to effective care for individuals with SUD. These include the historical health and criminal-legal inequities, limited access to evidence-based care, siloed resources, and competing priorities. We will look at the issues and together explore solutions.
- Define Recovery Oriented Systems of Care:** Define recovery-oriented systems of care and investigate how creating a person-centered network of care in a community will expand and enhance the nature of services available for substance use disorder, while improving integration and coordination with the rest of healthcare.
- Explore the BRAID Model of Recovery:** Explore the Three-stage BRAID Model where recovery is achieved through re(Engagement) to address life- and treatment-interfering behaviors; Stabilization through person-centered treatment and addressing So(Social); and re(Learning) skills to promote connection with Self, with Others, with Purpose.
- Understand the intersection of SUD, ACEs/Trauma, and Human Connection:** Explore the overlap in the neurobiology of SUD, ACEs/Trauma, and attachment; using this knowledge to reduce stigma and understand the importance of recovery-oriented systems and healing networks within communities.
- Empower Healing Ecosystems:** Explore ways that your organization and our community can collaborate to create healing ecosystems. We will engage in county mapping exercises and learn how to leverage the SALA platform to empower greater collaboration across care and support resources and enhance client engagement through HIPAA-compliant communication (Text and Video).

Event Details

- Date:** April 9th and 10th, 2025
- Time:** 8:30am - 3:00pm both days
- Location:** Cottage Grove Service Center (rm 149&150), 13000 Ravine Parkway South, Cottage Grove, MN 55014



Who Will Facilitate the Workshop

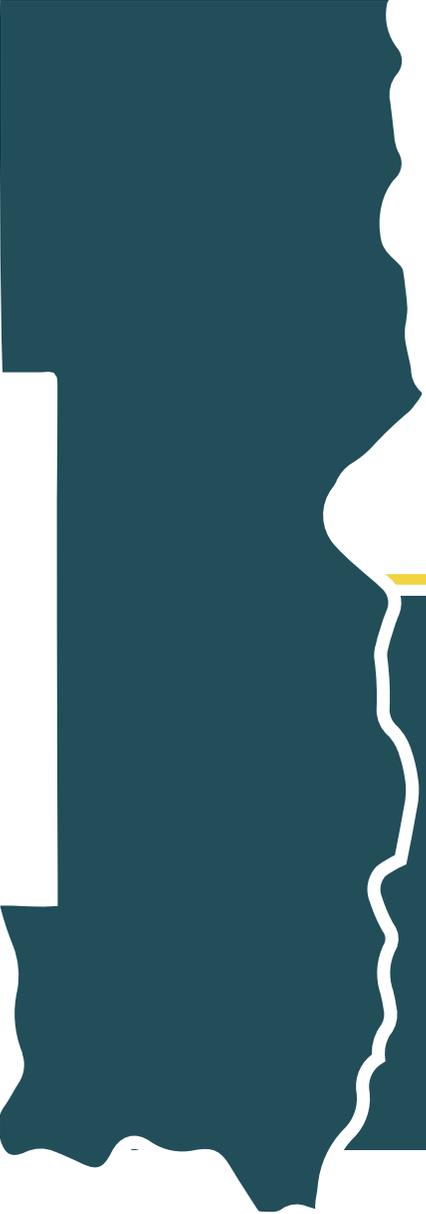
Dr. Steve Delisi, MD, FASAM, DABAM, CMO, YourPath, Inc., YourPath Care, PLLC

Dr. Delisi is board certified by both the American Board of Psychiatry and Neurology and the American Board of Addiction Medicine. Before joining the YourPath team as CMO and President, Dr. Delisi had served as a psychiatrist for the Hazelden Betty Ford Foundation from 2005-2023. During his time with Hazelden, Dr. Delisi most recently served as Medical Director, Enterprise Solutions. Prior to that role, he also served as Medical Director of Professional Education, Assistant Dean of the Hazelden Betty Ford Graduate School of Addiction Studies, and Midwest Regional Medical Director for Recovery Services at Hazelden Betty Ford. Dr. Delisi continues as an Adjunct Faculty member of the Hazelden Betty Ford Graduate School. Prior to joining Hazelden Betty Ford, he held positions as Director of Psychiatric Services at Rush Behavioral Health-DuPage and Associate Director of the Psychiatric Residency Program at Rush University Medical Center. Dr. Delisi is a nationally recognized leader, speaker, and consultant on the use of evidence-based, integrated treatments for co-occurring and substance use disorders, as well as the risk conferred by the epigenetic effects of Adverse Childhood Experiences and trauma.

Jordan Hansen, MA, LADC, YourPath, inc., Chief Executive Officer/ Co-Founder

Jordan is an experienced leader with proven clinical experience. He is focused on delivering value to healthcare systems through implementation of effective, integrated care for people with substance use disorders. Jordan previously was the Vice President of Strategy and Growth for a recovery technology company, and before that, was the Clinical Director of Hazelden Betty Ford's Professional Education Solutions team. In that role, he built a team that provided innovative solutions at the federal, state, local and program level. He is particularly interested in building innovative technology-driven services to address inequity and system dysfunction, helping to establish effective, low-threshold medication-assisted treatment programs in emergency departments, correctional settings, primary care clinics, and specialty care facilities; assisting with strategic development of effective, recovery-oriented systems of care in rural areas and among underserved populations; and affecting cultural shifts across service systems.

And we will ALL learn from each other!

A dark teal silhouette of Washington County with a white, torn-paper-style border on its right side.

Trusted Messenger Campaign Sheletta Makes Me Laugh LLC

Opioid Settlement Project Quarterly Report for Q1 2025

Summary of Work Completed in Q1 2025

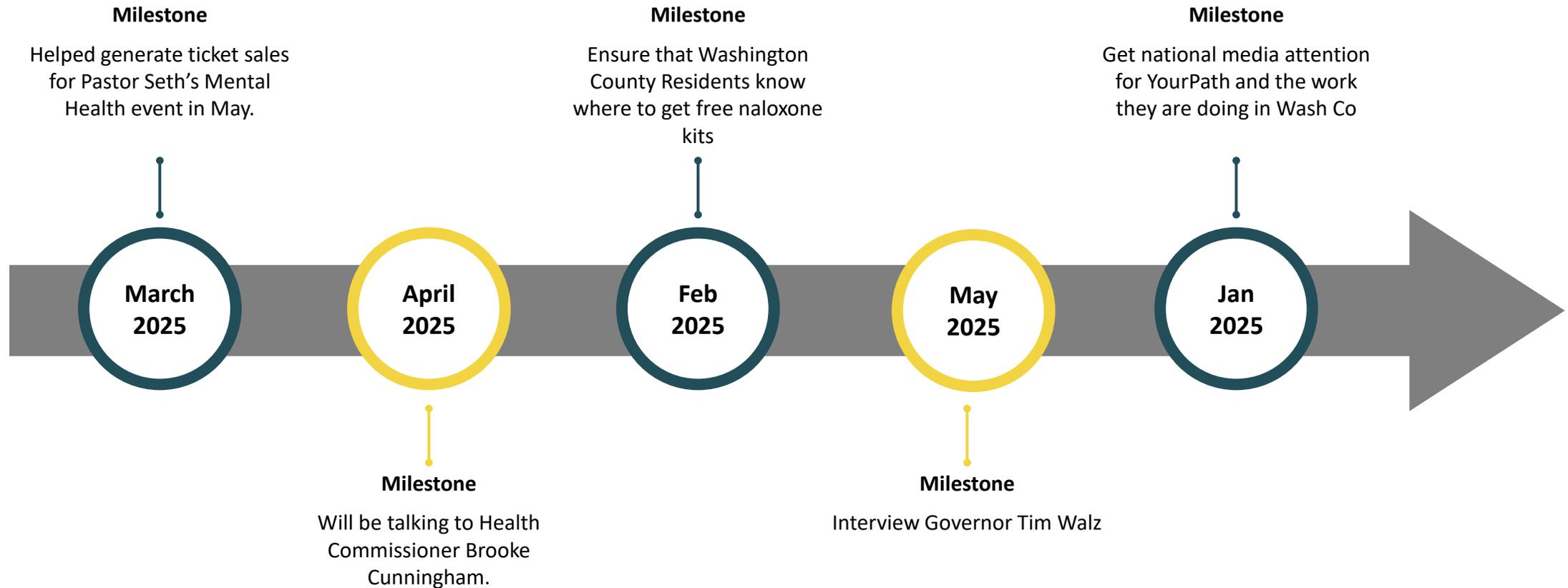
Sheletta Makes Me Laugh LLC is a podcast and promotions company that assists corporations and organizations develop organic and engaging campaigns to market their initiatives.

We are based in Cottage Grove and have been successful in helping agencies in Washington County get the word out about their services.

For this activation, we've been hired to help Washington County Health and Environment publicize the programs that are benefitting the community that are being funded by the opioid settlement.

Every month, my agency works with Washington County to identify a specific program to highlight. It is our job to make sure that we publicize that work not just to the people living in Washington County, but throughout the state as well as the country through earned media opportunities on our podcast network and published news stories.

Timeline



Spending Breakdown

- Total funding awarded for this project: \$64,800
- Funding received/invoiced by your organization so far: \$11,050
- Spending breakdown:
 - \$4,500 spent on podcasting
 - \$2,400 spent on earned media
 - \$2,800 spent on ad placement
 - \$1,350 spent on newsletter/social media engagement

Progress on Deliverables

Scope of Services

- Deliverable #1
 - Goal: Each podcast would generate 30,000 downloads
 - Progress to date: Podcast engagement is between 35k to 38k
- Deliverable #2
 - Goal: Generate national media attention for the highlighted programs
 - Progress to date: The YourPath story was picked up by MSN and Yahoo
- Deliverable #3
 - Goal: Generate an increase in awareness of events and initiatives
 - Progress to date: Pastor Seth has seen more traffic to his website and interest in his May event and podcast launch.

Unexpected Hurdles

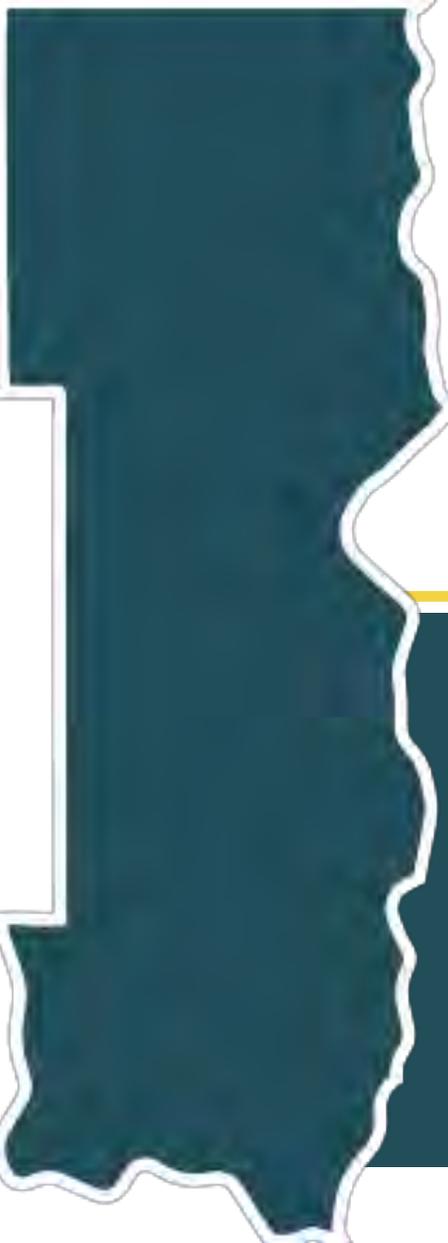
- Every month I meet with Sean and Rolando to talk about programs to feature and highlight. There are so many amazing stories that I could tell a different one every week and still wouldn't have enough time to showcase them all. Picking which stories, agencies, organizations and programs to promote is hard because there are so many options to choose from.
- Scheduling podcast interviews with people who are already busy can be tricky. So I'm making myself available to chat with people early mornings, sometimes as early as 7 a.m. to record an episode or do an interview as well as weekends. The people who run organizations also have full time jobs so their schedules are pretty tight.

Success Story

- I've heard from people who read my newsletter and saw that they could get free naloxone kits and went to get them to keep in their cars in case someone needs help
- Pastor Seth, who is hosting an event in May, has seen increased foot traffic on his website and interest in his upcoming podcast
- The story we did on YourPath was picked up by national media outlets CBS Radio, MSN and Yahoo
- Heath Commissioner Brooke Cunningham will be joining me in April to talk about how Washington Co is using funding from the opioid settlement to fund projects and how that impacts people struggling with substance misuse.

Feedback

- Feedback for Washington County and/or the Opioid Settlement Council.
 - What's working well: The monthly meetings with Sean and Rolando are amazing because we get to work together and brainstorm which organizations to promote and what programs they have available to the people of Washington County that we need to get the word out about. Three heads are better than one. So going through the list of programs and talking about them and what they do and the services they provide helps to guide my coverage and give me the background knowledge I need so that I can do a better job. They are easy to work with and very knowledgeable about all the programs from who would be the best person to talk with to what events they have coming up that I can highlight.
 - What could be improved: I enjoy the virtual meetings but I would welcome an opportunity to meet in person quarterly. Online interactions are great but nothing beats an in person in the conference room brainstorming session.

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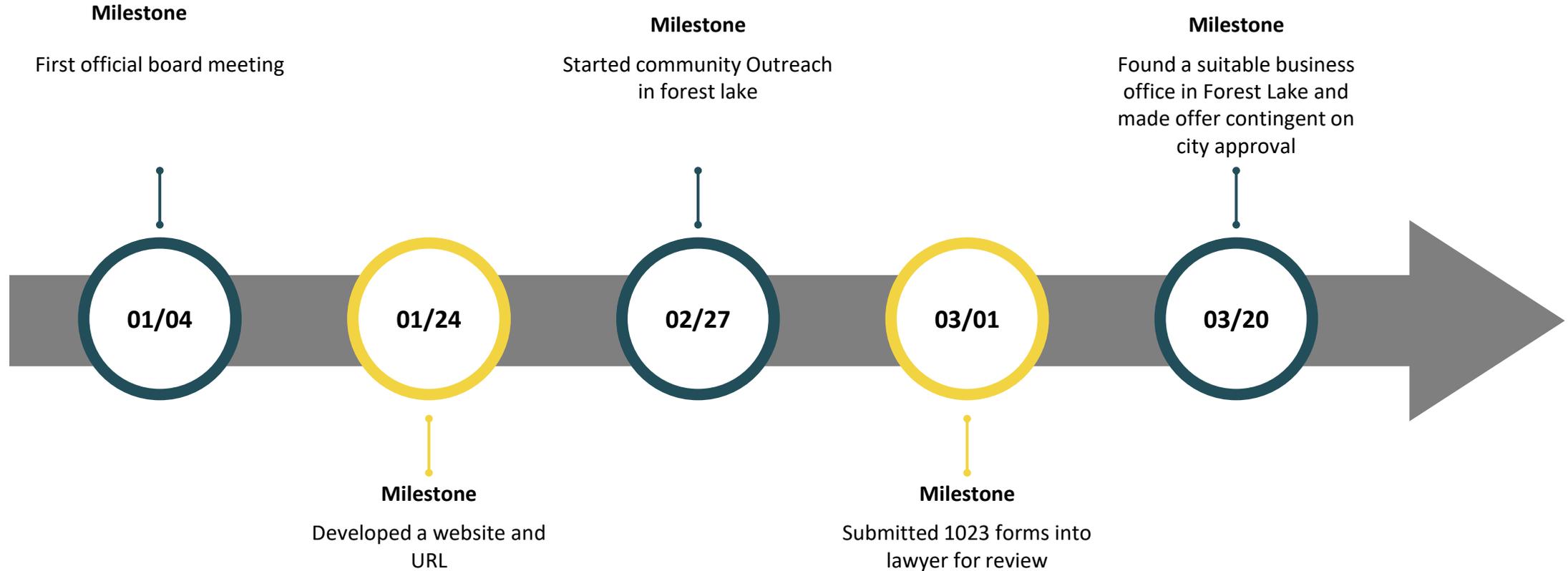
Recovery and Peer Support WayMakers to Recovery

Opioid Settlement Project Quarterly Report for Q1 2025

Summary of Work Completed in Q1 2025

Since receiving the funding to the grant, it has allowed us to be able to really dig in to developing this program. We have a solid board currently consisting of four dedicated individuals and this has provided the opportunity to get a clear vision on what we want to do. We have been able to meet with other companies within Washington County to be able to see what type of support that others believe that the recovery community has been lacking so we can fill in some of these gaps. We have started networking with others in the community and we now have a clear defined outline on what types of services that we can offer and a road map developed on how to get there. On March 1st, we obtained a lawyer that we plan on working closely with to develop policies, procedures and assist with the paperwork aspect to ensure we are taking the proper steps in developing a solid foundation for this company. We have the 1023 non-profit forms all drafted up however, we are having our lawyer review the paperwork prior to submitting it with Federal. WayMakers officially has a website and we are currently in the process of securing an office space that we looked at on 03/20/2025 in Forest Lake MN.

Timeline



Spending Breakdown

- Total funding awarded for this project: \$120,000.00
- Funding received/invoiced by your organization so far: \$60,000
- Spending breakdown:
 - \$995.85 spent on website/branding/advertisement
 - \$386.49... spent on educational material
 - \$34.00 spent on fees for state forms
 - \$1,671.87- Insurance policies
 - \$2,280.21- electronic/business supplies
 - \$2,500- legal expenses

Progress on Deliverables

Complete this section based on the “Scope of Services” specified in your contract agreement.

- Deliverable #1 Submit 501c3 paperwork to lawyer
 - Goal: 09/30/2024
 - Progress to date: Lawyer retained and reviewing all documentation 03/01/2024
- Deliverable #2 Attend trainings that will assist in being ambassadors in RCO
 - Goal: 10/01/2024
 - Progress to date: Have attended MNsure nav training and restorative practices training also have attended resource fairs. This goal is ongoing.
- Deliverable #3
 - Goal: Achieve nonprofit status 03/01/2025
 - Progress to date: Have non-profit status with state but waiting for legal to finish review and make changes prior to submitting federal 1023 form

Progress on Deliverables

- Deliverable #4 Open center
 - Goal: 05/2025
 - Progress to date: on track
- Deliverable #5 Achieve RCO status by
 - Goal: 09/01/2025
 - Progress to date: on track
- Deliverable #6 Begin our own CPRS training program by
 - Goal: 10/01/2025
 - Progress to date: on track

Unexpected Hurdles

- I have to acknowledge that the current government decisions regarding federal funding has provided a hurdle that I was not anticipating when I began this process. These decisions have created barriers for funding availability.
- The biggest hurdle that I am experiencing at this time, is time. I knew that this would be a challenge, however I did not take into account how many things that need to be accomplished that requires regular business hours.

Success Story

- I feel that every small step in the right direction has been a victory!
- Seeing business template with the name and logo on it is uplifting.
- Outreach has been uplifting and has become a source of determination to turn this project into something that offers the community healing and hope..
- Being included in this group that is driven to make a difference and that believes in this project has been the biggest success for us.



WAYMAKERS

TO RECOVERY

A dark teal silhouette of Washington County with a white, torn-paper-like border on its right side.

Project Salud Wellshare International

Opioid Settlement Project Quarterly Report for Q1 2025

Summary of Work Completed in Q1 2025

Project Salud has been instrumental to Hispanic Communities in Washington County. We experienced a lot of barriers but ultimately were able to connect with Hispanic Leaders and communities. Both Roxana and Sr. Program Manager Raquel went out scouting different community leaders and Faith leaders in Washington county on 01/30/2025.

Roxana our Community Health worker attended a Health Resource Fair on 02/24/2025 with the assistance of more than 350 in Washington County, Roxana distributed newsletters in Spanish and English about Project Salud. Roxana was able to collect contact information on 10 Hispanic community members interested in Project Salud.

Wellshare created a Project Salud flyer and brochure describing the goals and services we are providing for outreach events. We also provided messaging on opioid abuse in all our social media platforms in Spanish and English on 1/16/2025 and 1/17/2025 reaching a comprehensive total of 905 across our platforms.

Timeline

Media Campaign

With the support of our communications manager Wellshare posted disseminating information in English and Spanish on Stigma around substance abuse on all social media platforms.

01/16
&17

Educational Material

Created a program flyer that explains the basics of the project as well as contact information. Brochure was also created which has more in depth understanding of project salud, referrals, and contact information.

2/10

Assessment

Produced and translated into Spanish a 19 question assessment to be completed by 10 community members end of March.

3/13

1/30 &
2/5

Recruitment

Roxana and Sr. Program manager took a trip to scout for leaders in the Hispanic community to implement Project Salud.

2/24

Community Outreach

Our CHW Roxana attended Multilingual Resource Fair in Washington County and shared outreach materials on Project Salud as well as collect contact information of people interested in learning more.

Spending Breakdown

- Total funding awarded for this project: \$50,000.00
- Funding received/invoiced by your organization so far(Jan-Feb): \$7212.27
- Spending breakdown:
 - \$5,135.15 spent on Salaries
 - \$1,102.57 spent on Fringe
 - \$198.89 spent on Mileage
 - \$120.00 spent on Phones and IT services
 - \$655.66 spent on Admin Costs

Progress on Deliverables

- Deliverable #1
 - Goal: Implement community needs assessment to better comprehend community's understanding, and needs around the program topic.
 - Progress to date: A 19 question assessment tracking communities understanding around substance and opioid abuse and resources available has been created and translated into Spanish. It will be completed by 10 community members by March 2025. An incentive in form of a \$20 visa gift card will be provided.
- Deliverable #2
 - Goal: Recruit and train two pastors/leaders in a latin/x place of worship to co-lead program implementation
 - Progress to date: Connected with leaders at Family Means (in Cimarron and Landfall), Danilo McCarthy - South Washington School District, Valley Outreach, Stillwater school district, Pastor Raul(Iglesia de Dios Pentecostal el Oasis en el Desierto), Achdiocese of MN, Samuel Lopez(Catholic Priest) and Alex Calero with Washington County.

Progress on Deliverables

- Deliverable #3
- Goal: Media Campaign – 3 articles and social media posts created and shared on all platforms
- Progress to date: Published messaging on opioid and substance abuse in all our social media platforms (Instagram, Facebook and LinkedIn) in Spanish and English on 1/16/2025 and 1/17/2025 reaching a comprehensive total of 905 people across our platforms.
- Deliverable #4
- Goal: Educational outreach in the Latinx community in Washington County
- Progress to date: Roxana our Community Health worker attended a Health Resource Fair on 02/24/2025 with the assistance of more than 350 in Washington County, Roxana distributed newsletters in Spanish and English about Project Salud. Roxana was able to collect contact information on 25 Hispanic community members interested in Project Salud.
- Deliverable # 5
- Goal: Produce and print and publish 3 educational brochures
- Progress to date: Wellshare created and translated in Spanish a flyer and brochure describing the goals, services, and referrals we are providing through Project Salud.

Unexpected Hurdles

- Created an assessment for Hispanic Communities to get a better understanding on what barriers and knowledge they have when it comes to substance and opioid abuse and we had to brainstorm on how community members with tech barriers or barriers with reading or writing could complete the assessment.
- Visited and contacted a few catholic churches in Washington County but there were none that offered mass in Spanish. A administrator at one of the churches suggested we reach out to the Archdioces of St Paul and Minneapolis because they have information of all the Catholic Churches in the state. After reaching out they informed us that there is no Spanish Catholic masses in Washington County.
- Wellshare was able to get in contact with a pastor in a Hispanic Christian Congregation but he was not comfortable with discussing Project Salud with his congregation due to the nature of the topic. So this added to the challenge of finding Latino leaders in Washington County.
- We budgeted accordingly to be able to spend equally through the year but find that we are needing to spend more staff time on the project.

Success Story

- Below is a picture of Roxana attending a Washington County Resource Fair where more the 350 people attended. She was able to get contact information for 25 people that live in this county and are interested in learning more about Project Salud.



Feedback

- On this slide, you are welcome to share any feedback you have for Washington County and/or the Opioid Settlement Council.
 - What could be improved?
 - More funding due to the complexity of the project



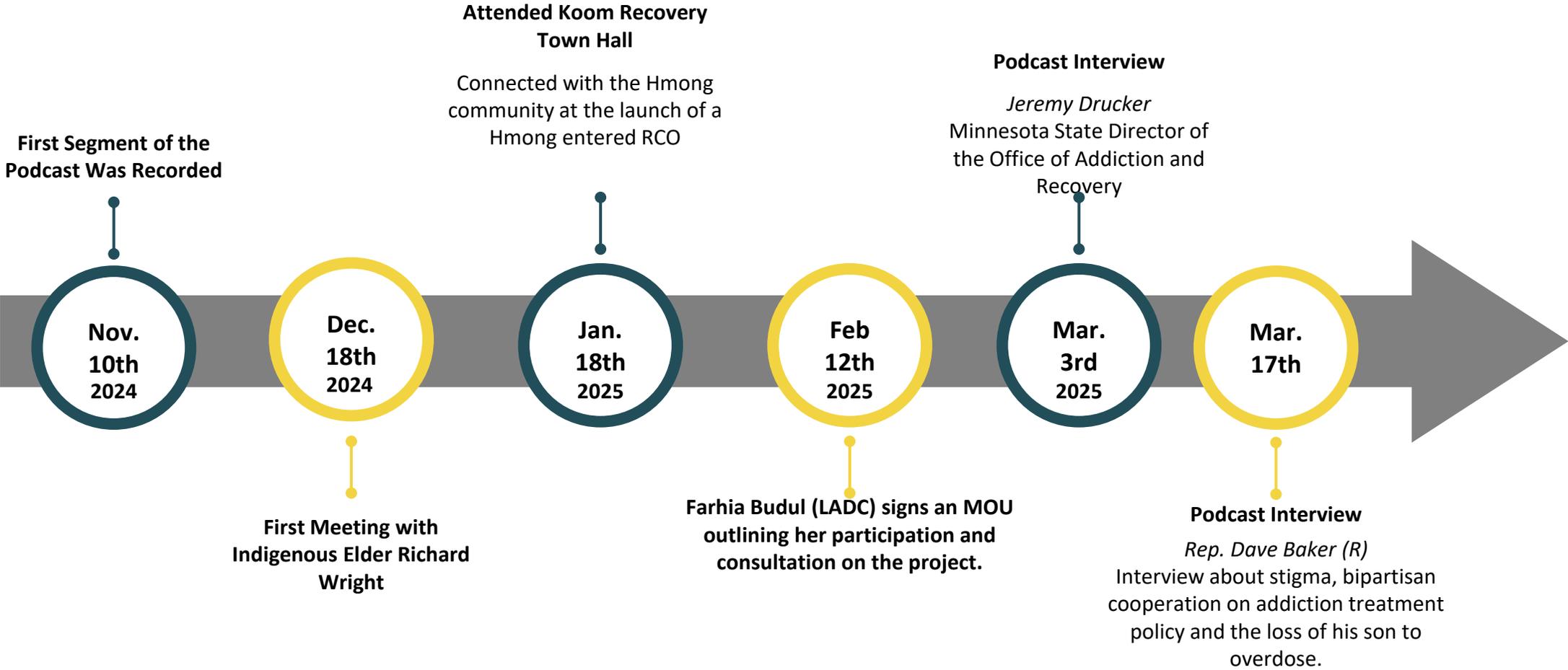
Education in Rural/Faith Communities Elim Lutheran Church

Opioid Settlement Project Quarterly Report for Q1 2025

Summary of Work Completed in Q1 2025

- Built relationships with faith partners in Hmong, Indigenous, East African, African American, and rural communities (October 2024 – January 2025)
- Established connections with experts and policymakers in the field of addiction (January 2025)
- Began production with Good Faith Media, including writing narration and structuring scripts for six episodes (November 2024)
- Conducted over 12 interviews (November 2024 – March 17, 2025)
- Planned the *Our Stigma Podcast* launch event for May 3, 2025
- Hosted a webinar for RCOs and community groups ahead of the May 3rd launch event (The webinar was on March 6, 2025)
- Scheduled two focus groups to develop the companion study resource for the podcast
- Released the promotional trailer on February 17, 2025
- Paid Good Faith Media \$7,500 for ongoing production costs

Timeline



Spending Breakdown

- Total funding awarded for this project: \$9000.00
- Funding received/invoiced by your organization so far: \$9000
- Spending breakdown:
 - \$7500 spent on production costs billed by Good Faith Media
 - \$600 spent on consulting fee for “podcast cultural consultant”

REMAINING FUNDS: \$900

Progress on Deliverables

- **Deliverable #1: Create a documentary audio podcast featuring the issues faced by rural community focusing on the opioid crisis and related mental health issues**
 - Goal: Extensive interviewing in rural Washington County
 - Progress to date: This episode of the podcast is near completion and tells emotional and educational stories from the region.
- **Deliverable #2: Create a documentary audio podcast featuring a variety of issues related to racial disparity in addiction treatment** (*Indigenous Generational Trauma, Inequity in Black Communities, Culturally Specific Treatment in East African Communities, Stigma in Unhoused Communities, Culturally Specific Treatment in The Hmong Community*)
 - Goal: Build relationships with cultural navigators and consultants and develop episodes that compare the challenges of rural folks to their neighbouring communities.
 - Progress to date: All episodes of the podcast are in production and on schedule to be completed
- **Deliverable #3: PDF Study Resource To Accompany the Podcast**
 - Goal: To work with addiction professionals to develop a study resource to accompany the podcast
 - Progress to date: Two focus groups to gather content for the educational resource are scheduled on March 27th and March 30th. I will be working with some LADC's and social workers.

Unexpected Hurdles

- Building relationships and earning the respect of our cultural collaborators (*with enough time, explanation, zoom calls and communication we overcame this hurdle*)
- Scheduling interviews takes a lot off negotiation and patience (*all interviews are recorded in person to make sure the audio quality is the best possible*)
- The creative process of writing and recording narration (*I collaborate with the Good Faith media production team in the cloud. It is a lot of work but worth it when you hear the finished product*)

Success Story

- The first trailer was released and received great feedback
- We received additional funding from MHealth Fairview, a private donor, Elim Lutheran Church and fundraising in the local community. The project has encouraged partnerships
- People in the rural community of Scandia openly shared their stories of recovery for the podcast. This project will highlight voices of lived experience, including individuals in recovery and their families.

Relationship Building



- Pastor Seth Perry brought a gift of quilts made by the women of Elim Lutheran Church to the American Indian Family Center
- Pastor Perry was surprised when the entire staff came out into the lobby to greet him and enter into dialogue
- Elder, Richard Wright (seen in the tan pants and shirt) has collaborated with Pastor Seth on two interviews. One more interview will be recorded before mid April

Interfaith Collaboration

- This is Pastor Seth Perry and Farhia Budul
- The content from this interview was riveting!!!
- Their discussion discussed the similarities and differences in their religious/cultural contexts as it relates to recovery



Cross Cultural Learning



- Pastor Seth Perry attended a fundraiser in the Hmong community hosted by Pastor Danny Yang
- Danny and Seth have had ongoing conversations about addiction recovery outreach and the unhoused Hmong community that Danny Yang works closely with
- Danny participated in an audio interview that lasted over an hour providing a detailed history of his immigration experience and his involvement in street outreach in the Hmong community

Podcast Launch Event
All are welcome!

THE MENTAL HEALTH FAITH FORUM

SATURDAY,
MAY 3, 2025
9:00 AM - 12:30 PM

EMPOWERING COMMUNITIES TO SUPPORT ADDICTION AND MENTAL HEALTH RECOVERY

Join us for a interfaith and multicultural gathering celebrating addiction and mental health recovery. Together, we'll mark the launch of Our Stigma—a new podcast and educational resource designed to destigmatize outreach and bridge gaps in your community.

Details : info@ourstigma.com

TRINITY LUTHERAN CHURCH

Stillwater, MN
115 4th St N,
Stillwater, MN

REGISTRATION FEE

\$15

(Special arrangements available for individuals in recovery contact us for details.)



Change the Outcome

Opioid Settlement Project Quarterly Report for Q1 2025

Summary of Work Completed in Q1 2025

To date, we have successfully delivered programming at Stillwater High School and Stillwater Alternative Learning Center (ALC) in **Washington County**, White Bear Lake ALC in Ramsey County, and Hastings High School in Dakota County (which serve students who live in Washington county), reaching a total of 408 students and 7 educators. This programming was conducted in November 2024 and January 2025, providing valuable educational experiences to students in each setting. We are proud of the positive engagement and impact this initiative has had on the students. We look forward to expanding our outreach efforts to other middle and high schools across Washington County in the coming months, with the goal of reaching several more Washington County schools in the 2025-26 school year.

Timeline



Spending Breakdown

- Total funding awarded for this project: \$50,000.00
- Funding received/invoiced by your organization so far: \$0*
- Spending breakdown:
 - Initial Visit Fee: \$3,000 per new program school. This cost will encompass all preliminary work required to establish a relationship with the school, including planning and coordination.
 - Additional Visits Fee: \$2,500 per visit (visit is equivalent to one day of Consultant/Contractor program delivery).
- This fee structure acknowledges the ongoing nature of engagement while ensuring cost-effectiveness.

*Due to the timing of contract finalization, we had limited capacity to add/schedule new schools during the 24-25 school year, however we will be returning to all the Washington County schools listed in the Summary, with whom we have established partnerships.

Progress on Deliverables

- Deliver Change the Outcome programming to middle and high school students in Washington County.
 - Goal: Reach 16 schools throughout grant period.
 - Progress to date: Delivered programming to 4 schools reaching 408 participants.
- Educate young people on opioid use, the disease of addiction, and emerging drug trends.
 - Goal: Improve student understanding about the current risks related to substance use.
 - Progress to date: Survey results indicate that **100%** of students feel more informed about the current risks related to substance use with the information they learned from CTO.

Unexpected Hurdles

- One of the unexpected hurdles we faced this year was the rapid growth of our program, which exceeded expectations. While this growth is a positive development, our contract with Washington County was not finalized until late November, when we were already at full capacity for scheduling school programming. which delayed pursuing/scheduling new Washington County schools to our calendar. We reached full capacity for scheduling school programming by early December. We are actively expanding our capacity for the upcoming school year to ensure we can continue fostering new partnerships and meeting the demand in Washington County.

Success Story – Washington County Student Feedback

Any comments you'd like to share about the program?

- I like how everything is well explained to help us students learn.
- They were all very informative and I learned new stuff that I didn't know about.
- They did a good job explaining everything.
- I really liked this program and I wanted to thank all the speakers coming and sharing their story with us.
- It was really helpful to hear what it is like to go through a drug addiction.
- It was a good program and other kids should learn about this stuff.
- I really think it's a good program for other kids/adults.
- I loved your program. I learned a lot.
- Great program.
- I learned a lot.
- It was really helpful to learn about pressed pills.
- This program is amazing to spread awareness.

Success Story – Washington County Student Feedback

Any comments you'd like to share about the program?

- It's amazing and talks about stuff other programs don't.
- I found the different true stories interesting and I learned a lot from everything.
- I admire the bravery of the speakers and everyone in the program.
- It's good and it can help you in the future if one of your family members or friends experience an overdose.
- I feel like the stuff they came in to talk to us about we pretty much already knew from the documentary, but otherwise I think it's very beneficial for kids to know this.
- Learned a lot of new stuff that I didn't know, very informational and good.
- I really appreciated everyone being so vulnerable.
- I think it was awesome how they shared their stories. It really made you feel like they cared a lot and wanted to raise awareness.
- It was really helpful info.
- Very informative, good presentation on your personal experiences even though it may hard to talk about things like that.

Click the icon to see one of our Washington County survey analysis reports!



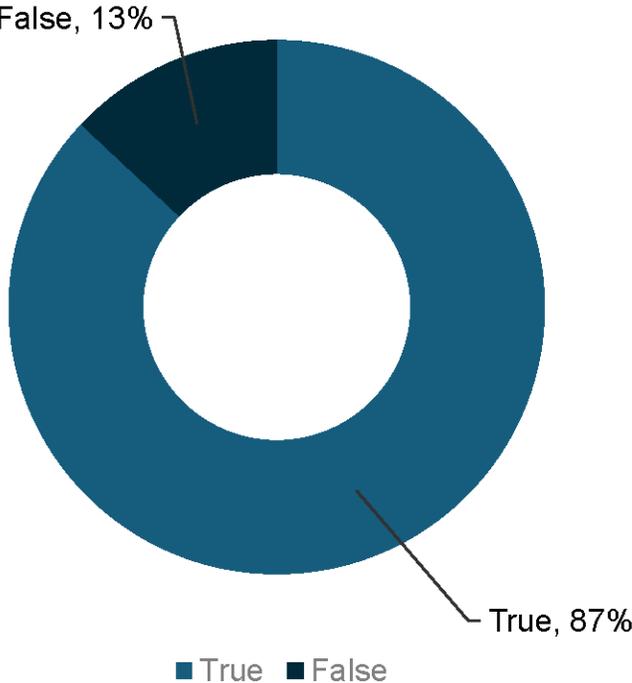
Stillwater High School Change the Outcome Survey Analysis November 2024.pdf



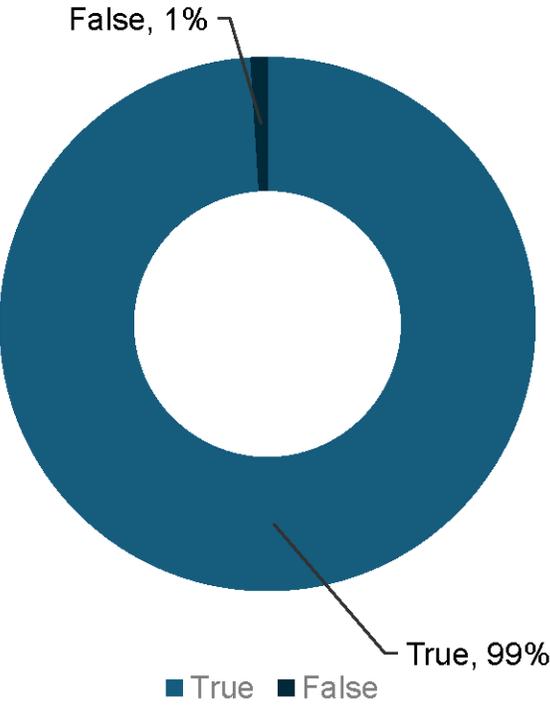
Stillwater High School: Survey Analysis

Thursday, November 21st, 2024

I know what factors could increase my personal risk of developing a substance use disorder.

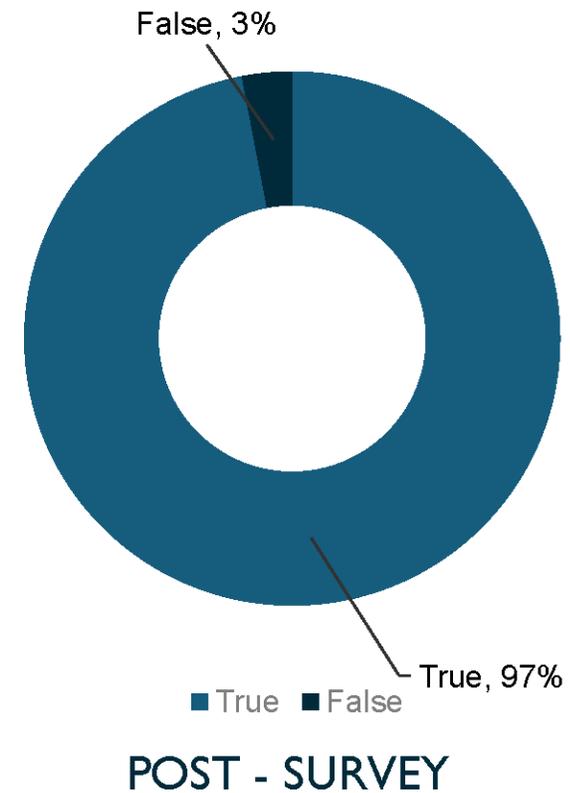
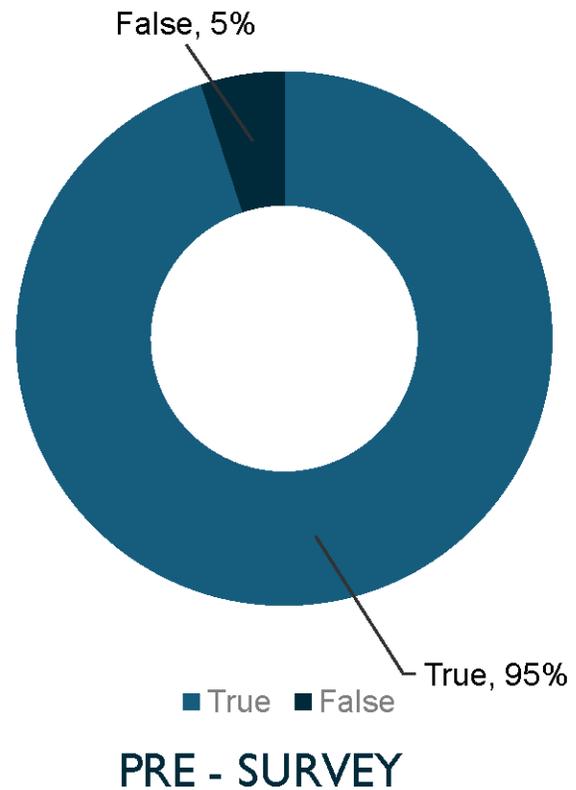


PRE - SURVEY

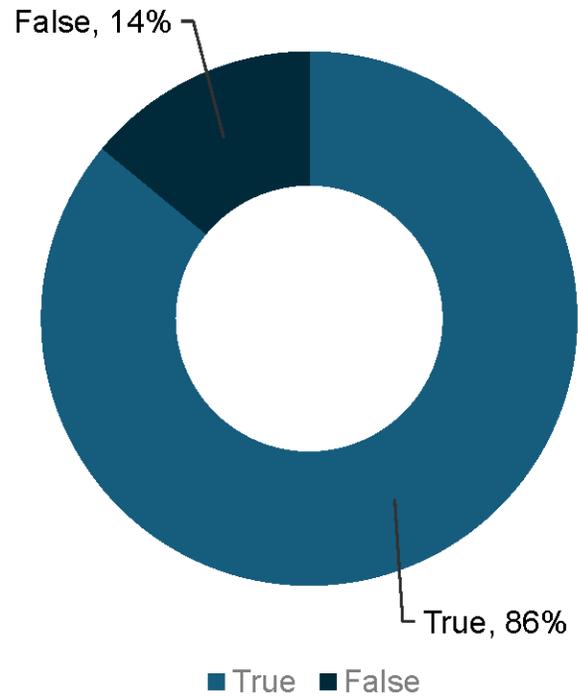


POST - SURVEY

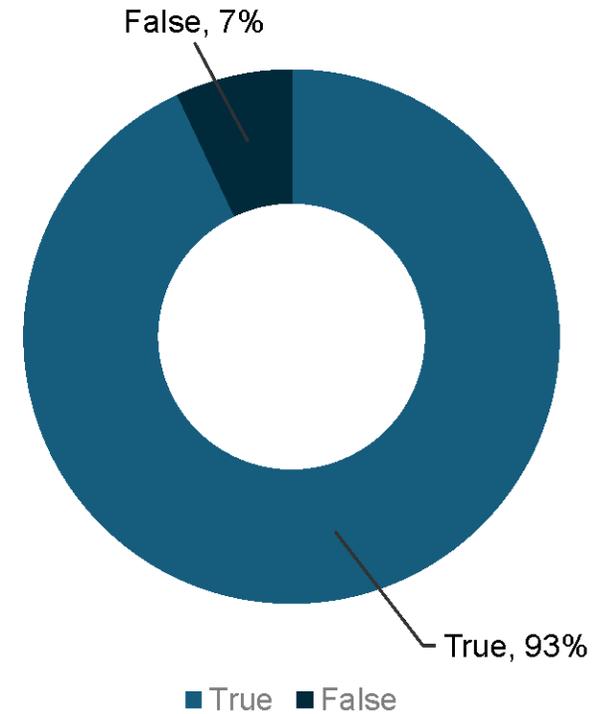
Some prescription medications could lead to dependence or addiction even if taken exactly as prescribed. (TRUE)



The chemical make-up of prescription opioids like (ex. Vicodin, Percocet and OxyContin) is very similar to the chemical make-up of heroin and fentanyl. (TRUE)

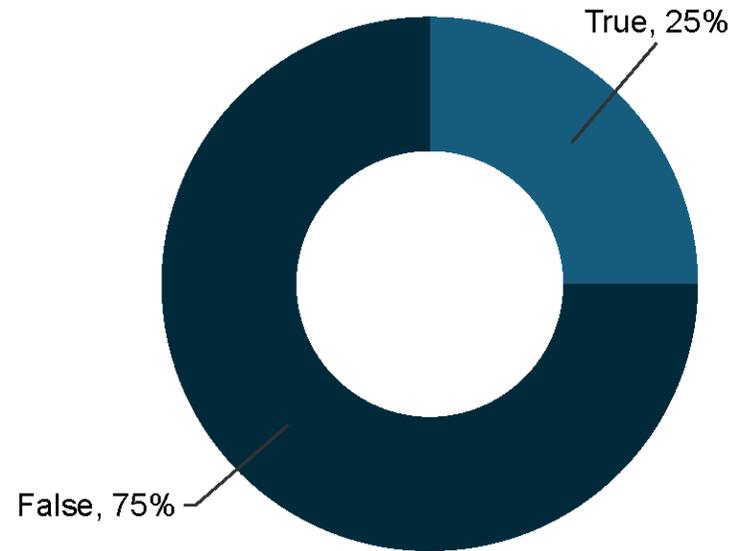


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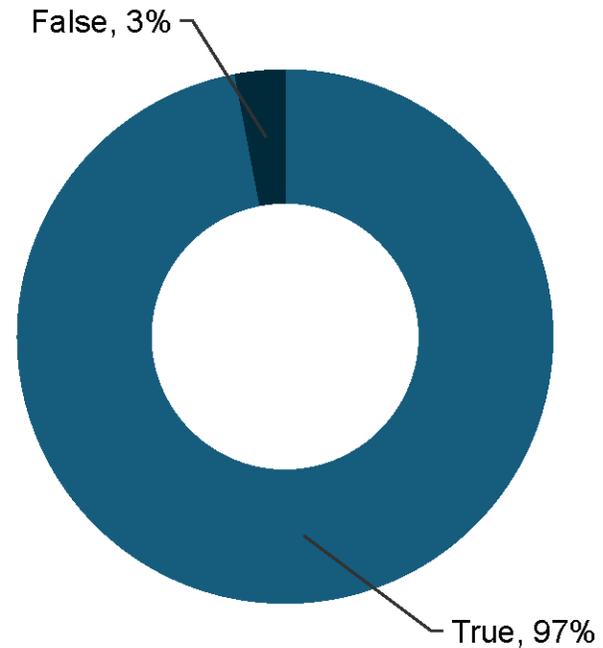
POST - SURVEY

I am familiar with what “pressed” pills are.



■ True ■ False

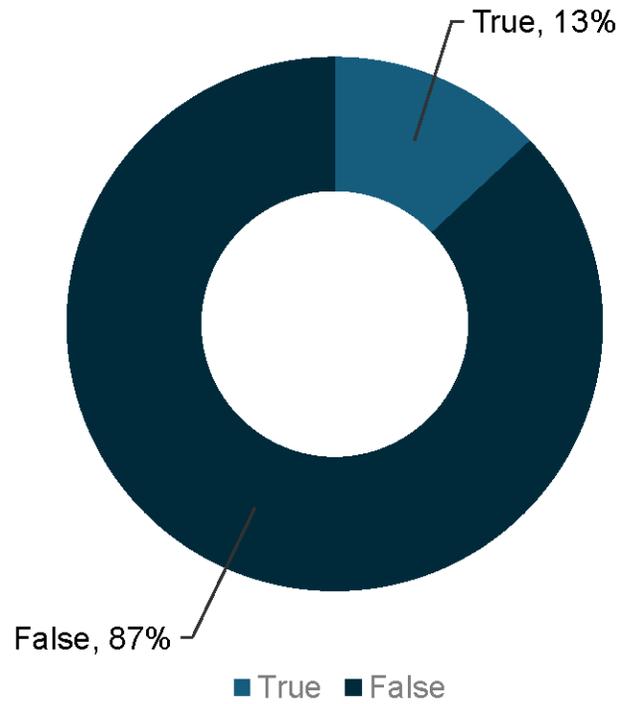
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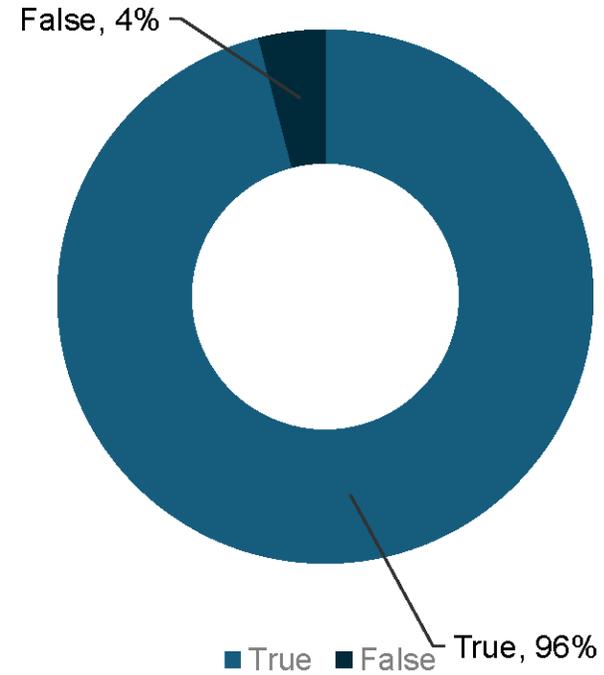
■ True ■ False

POST - SURVEY

I am familiar with Steve's Law.

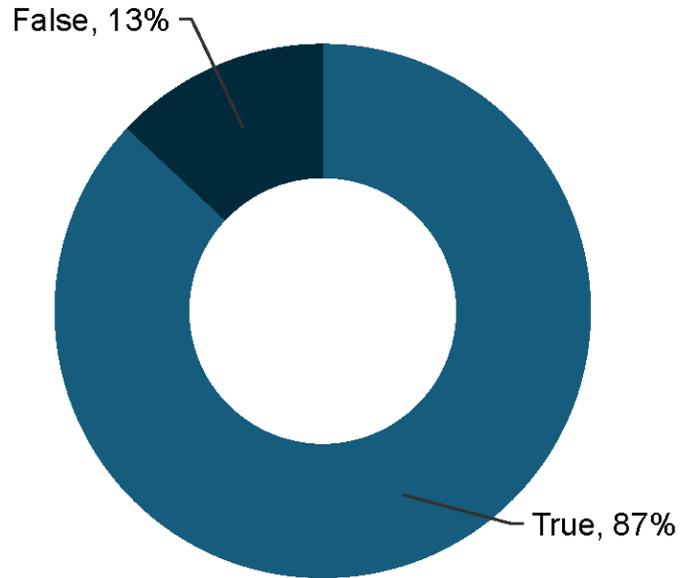


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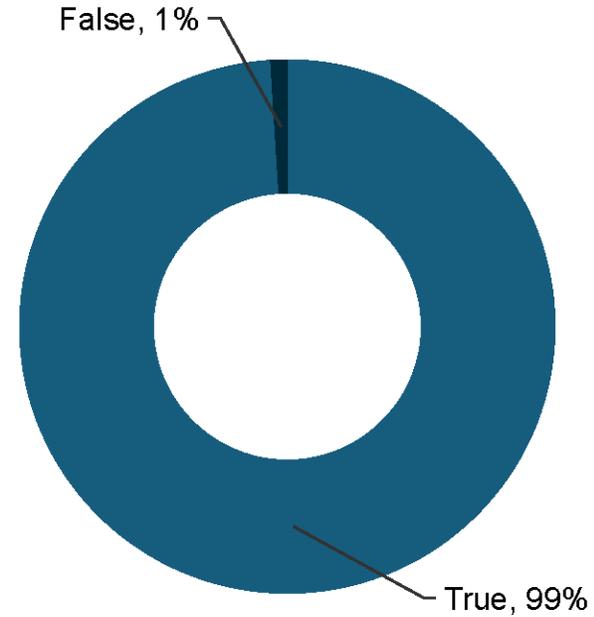
POST - SURVEY

The sternum rub test can be used to help determine if someone may be experiencing an overdose or other medical emergency. (TRUE)



■ True ■ False

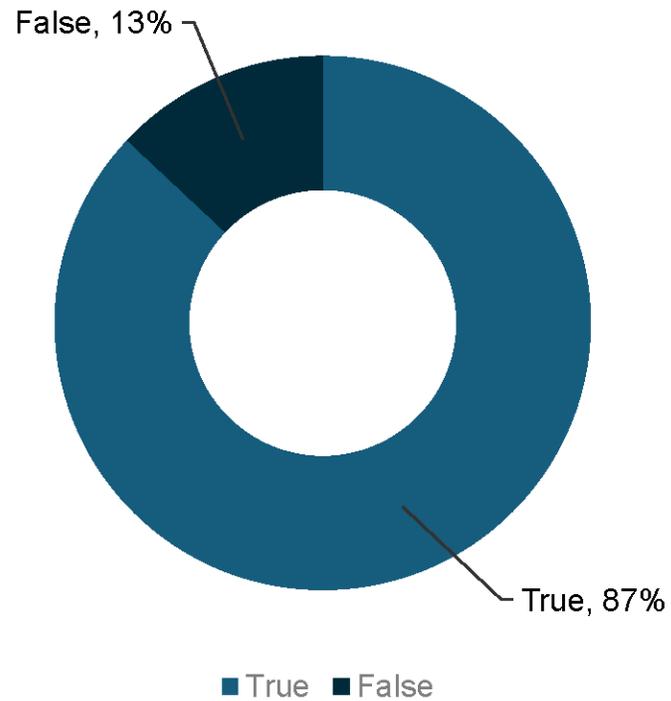
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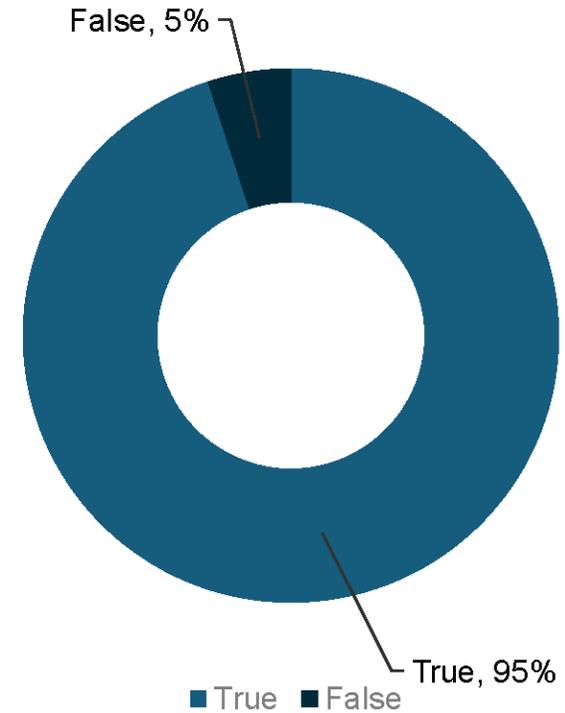
■ True ■ False

POST - SURVEY

The substance xylazine is sometimes being added to fentanyl which increases the risk for an overdose. (TRUE)

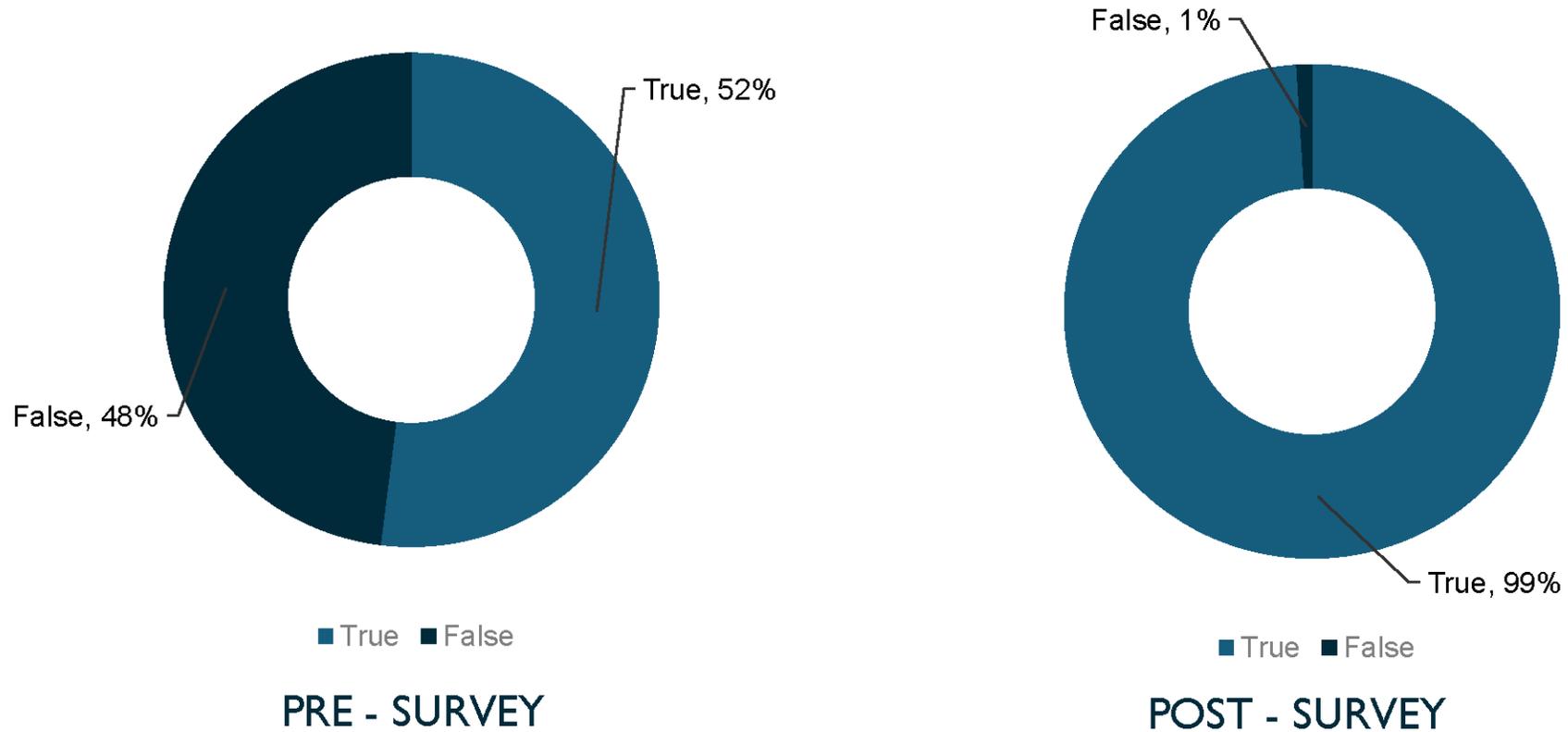


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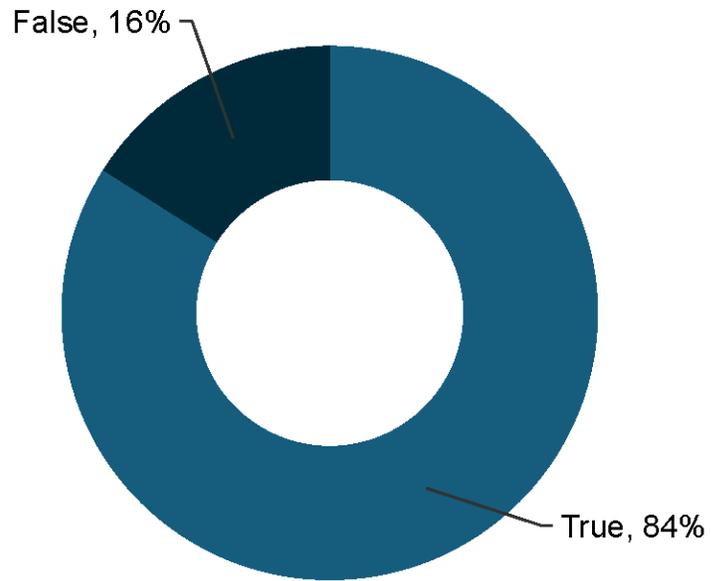


POST - SURVEY

I am familiar with what Narcan (naloxone) is used for.

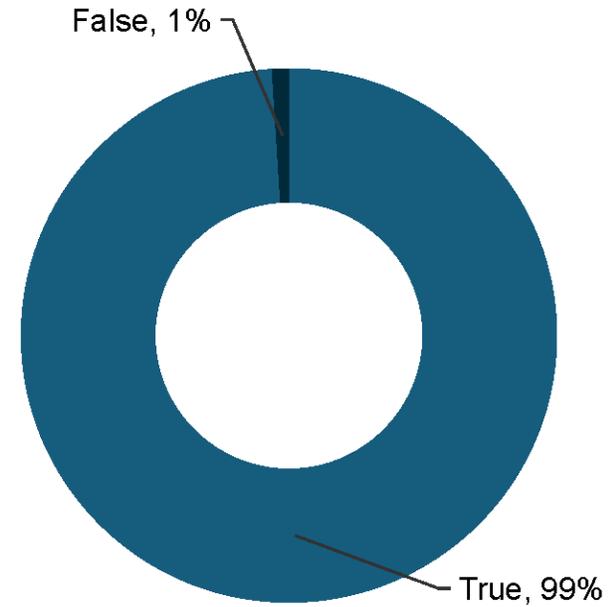


7 out of 10 “pressed” pills have the risk of causing a fatal overdose. (TRUE)



■ True ■ False

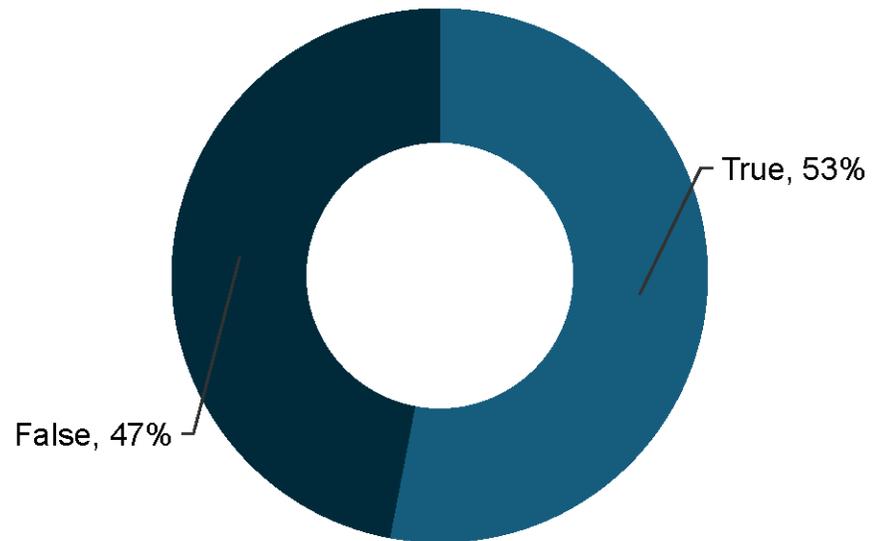
PRE - SURVEY



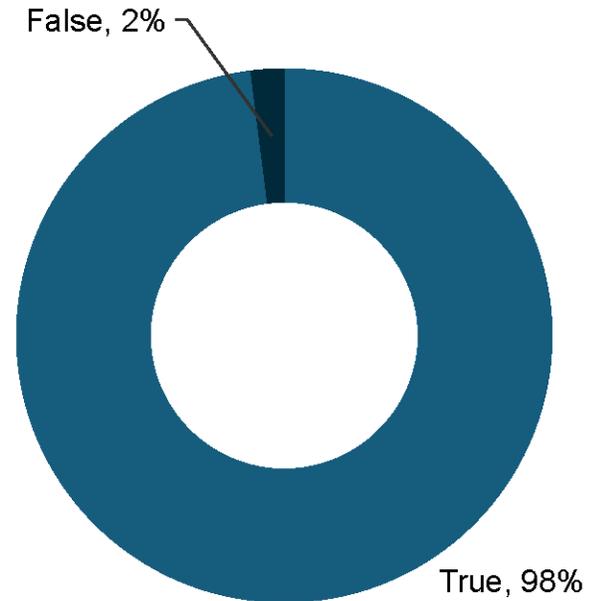
■ True ■ False

POST - SURVEY

Narcan (naloxone) only works on opioid overdoses, but it won't hurt someone who is experiencing a different medical emergency. (TRUE)

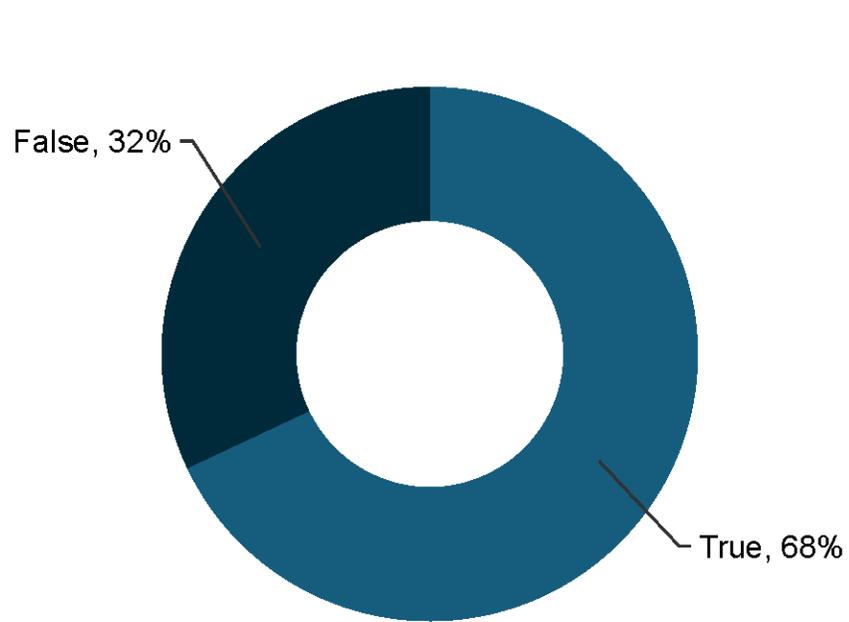


■ True ■ False
PRE - SURVEY

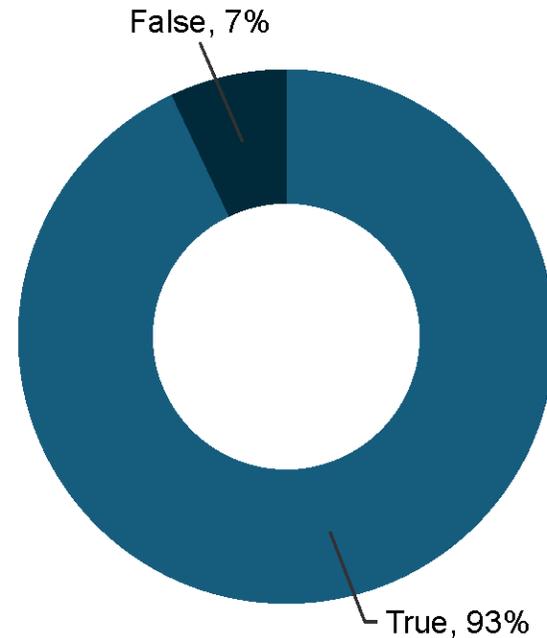


■ True ■ False
POST - SURVEY

If you were at a party and someone overdoses, everyone present is offered legal protections from minor drug charges if someone calls 911 to get help. (TRUE)

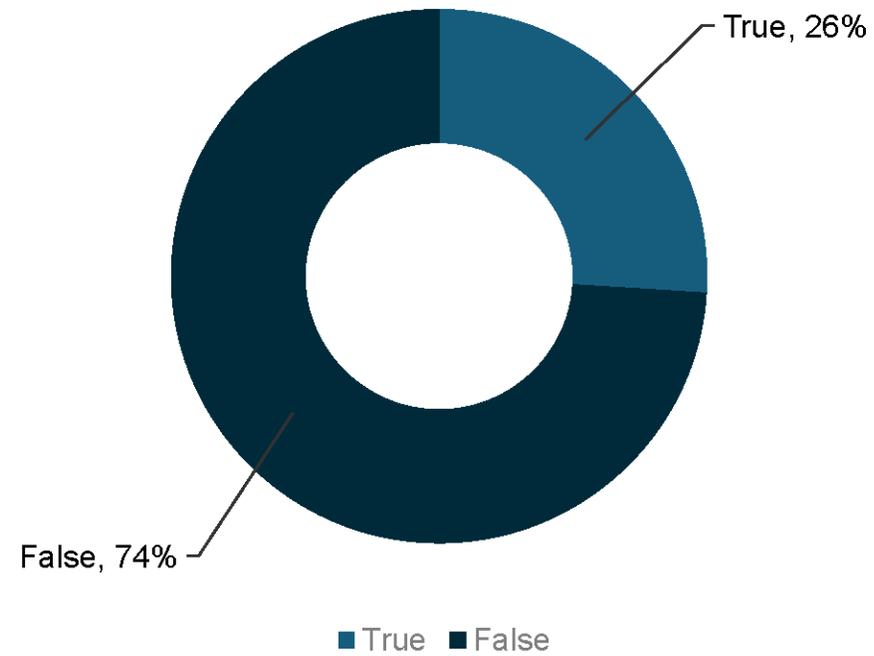


■ True ■ False
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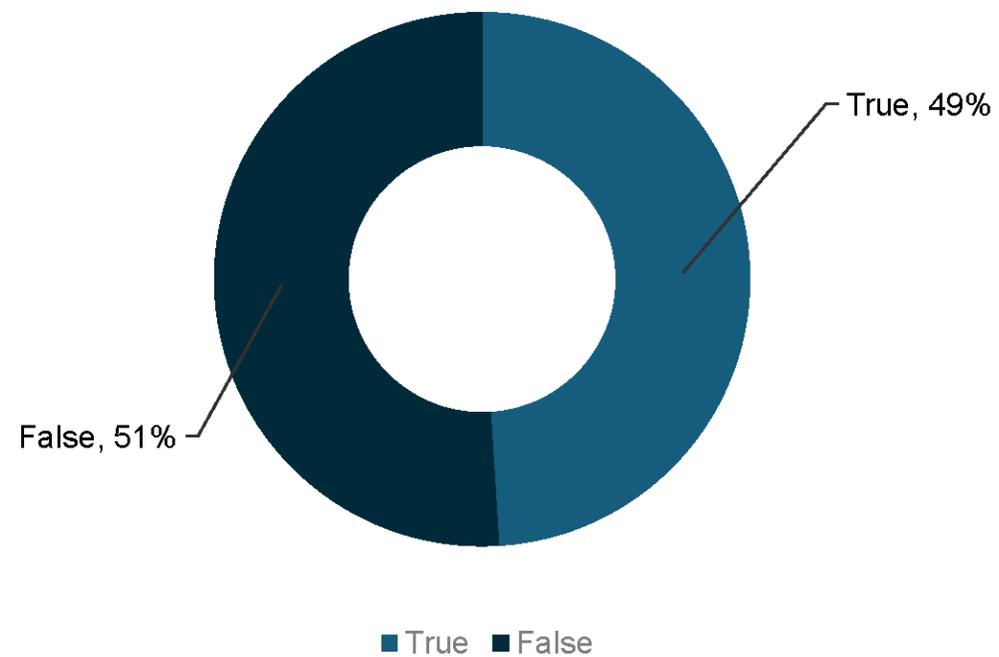


■ True ■ False
POST - SURVEY

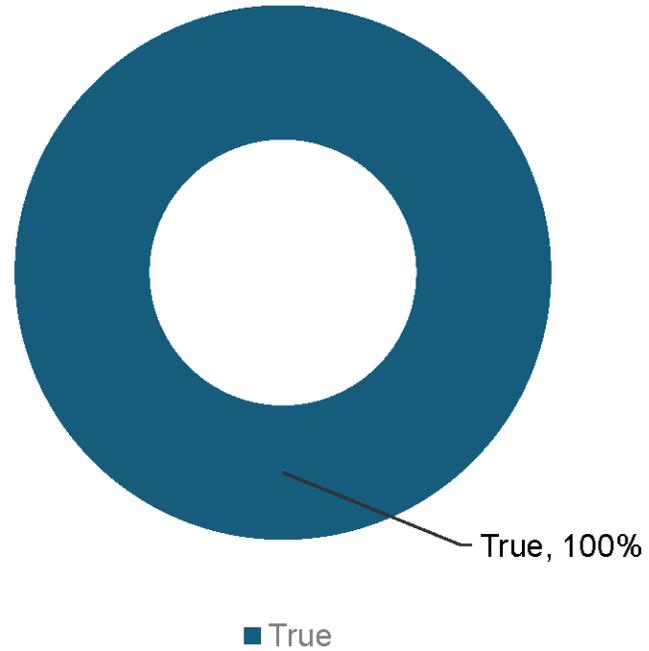
I personally know someone who has experienced a drug overdose.



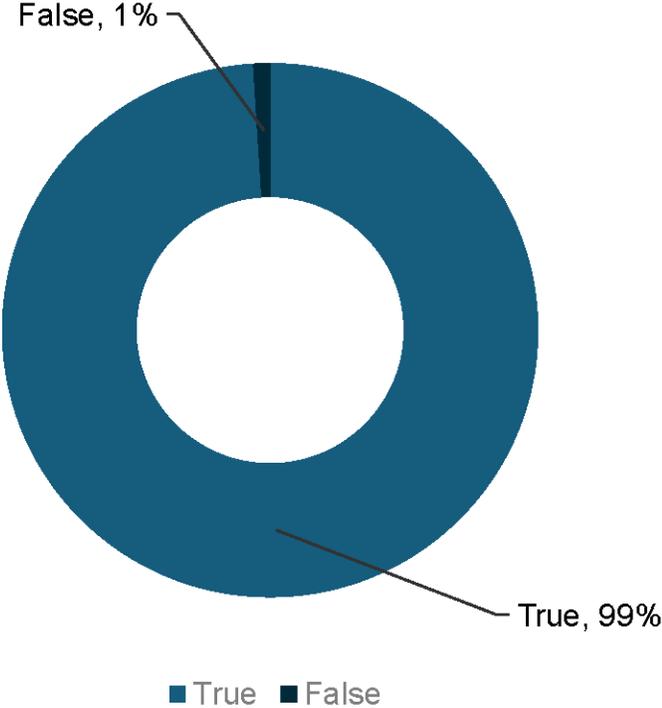
I personally know someone who has struggled with a substance use disorder.



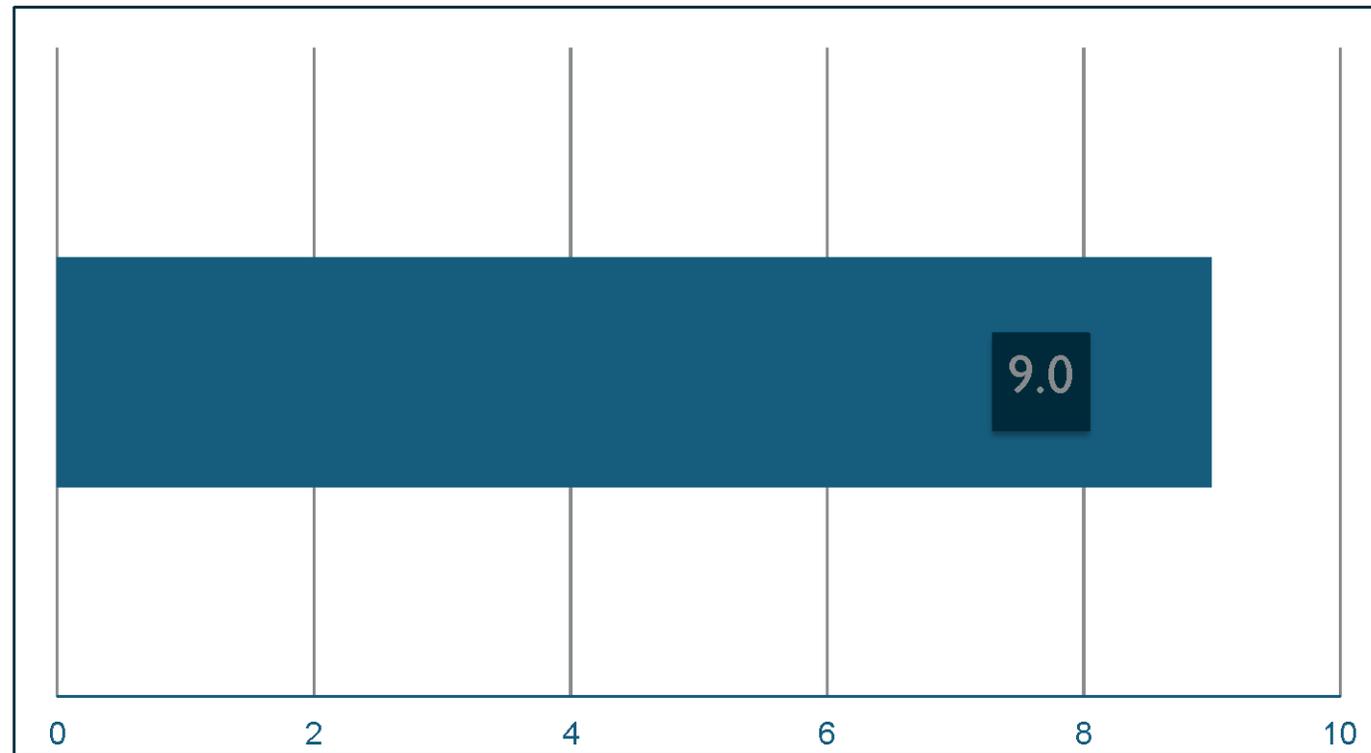
I feel more informed about the current risks related to substance use with the information I learned from CTO.



I think others my age would benefit from this program.



On a scale of 1 to 10, with 1 being poor and 10 being excellent, how would you rate this program?



Any comments you'd like to share about the program?

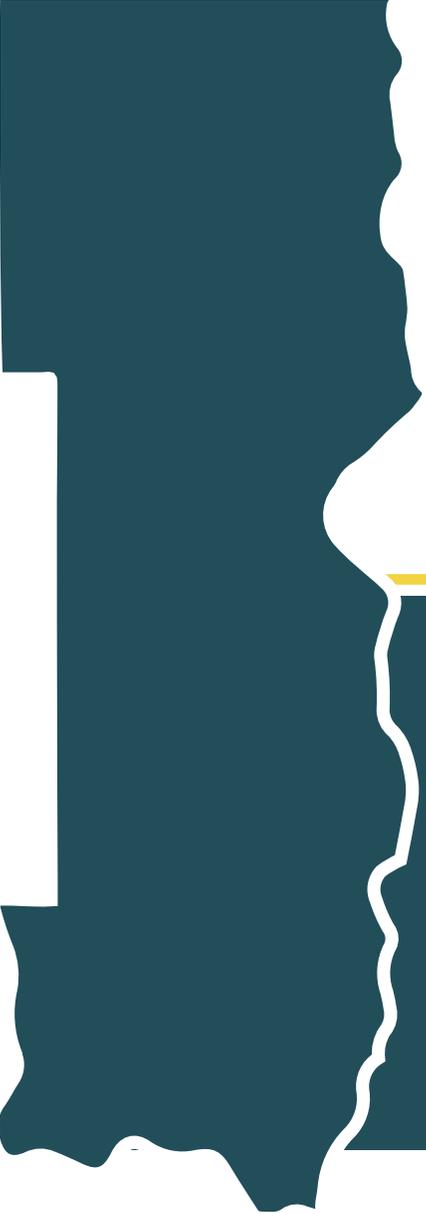
- I like how everything is well explained to help us students learn.
 - They were all very informative and I learned new stuff that I didn't know about.
 - They did a good job explaining everything.
 - I really liked this program and I wanted to thank all the speakers coming and sharing their story with us.
 - It was really helpful to hear what it is like to go through a drug addiction.
 - It was a good program and other kids should learn about this stuff.
 - I really think it's a good program for other kids/adults.
 - I loved your program. I learned a lot.
 - Great program.
 - I learned a lot.
 - It was really helpful to learn about pressed pills.
 - This program is amazing to spread awareness.
-

Any comments you'd like to share about the program?

- It's amazing and talks about stuff other programs don't.
 - I found the different true stories interesting and I learned a lot from everything.
 - I admire the bravery of the speakers and everyone in the program.
 - It's good and it can help you in the future if one of your family members or friends experience an overdose.
 - I feel like the stuff they came in to talk to us about we pretty much already knew from the documentary, but otherwise I think it's very beneficial for kids to know this.
 - Learned a lot of new stuff that I didn't know, very informational and good.
 - I really appreciated everyone being so vulnerable.
 - I think it was awesome how they shared their stories. It really made you feel like they cared a lot and wanted to raise awareness.
 - It was really helpful info.
 - Very informative, good presentation on your personal experiences even though it may hard to talk about things like that.
-

Any comments you'd like to share about the program?

- The guest speakers were all amazing!!! Very good yes.
 - It's really important to learn about, especially because it can help kids understand what they're doing better.
 - People seemed nice.
 - I really appreciate them coming in and telling us their stories. It really provided insight on how common of an issue it is.
 - Thank you guys for the speech.
 - Thank you for the knowledge of opioids and its negative effects. It is very useful immensely.
 - The video was pretty hard hitting and the in person information was extra informational beyond what the video said.
 - It is very educational.
 - Inspirational stories and testimonies.
-

A dark teal silhouette of Washington County with a white, torn-paper-like border on its right side.

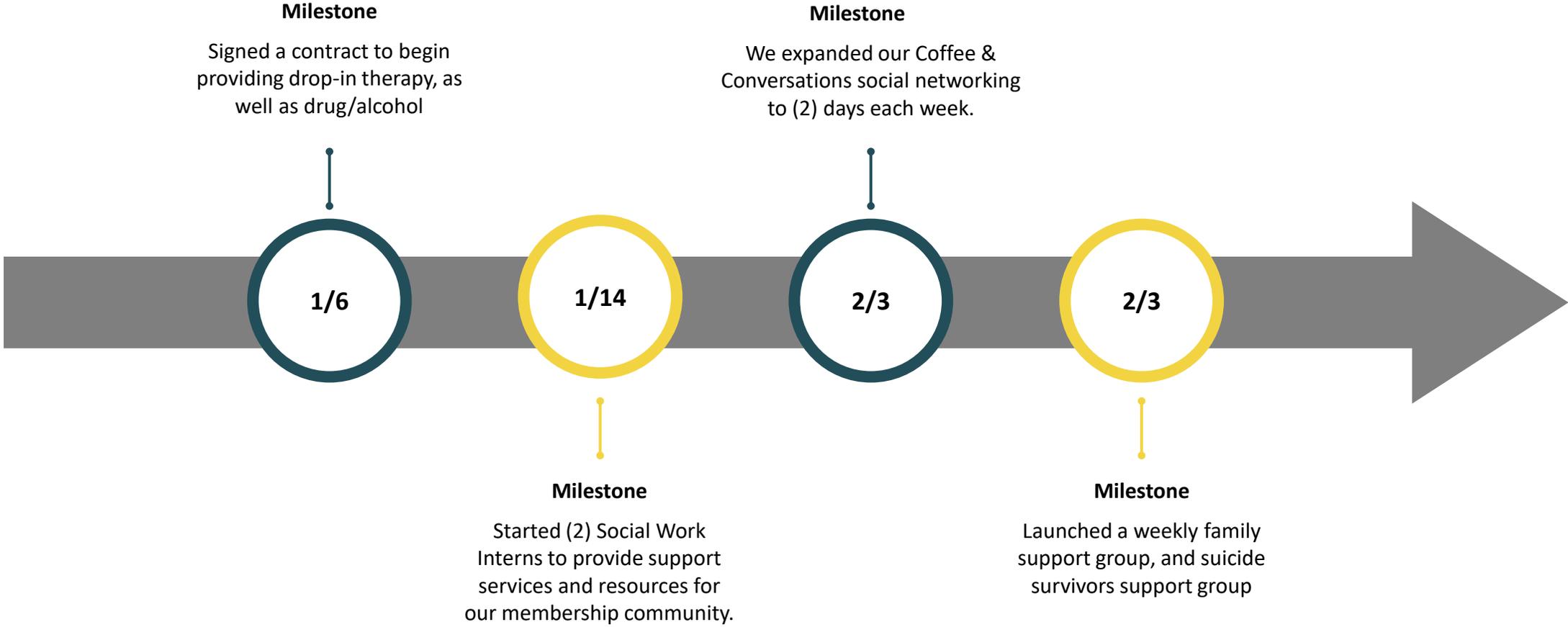
Opioid Support for Vets, First Responders, and Their Families Invisible Wounds Project

Opioid Settlement Project Quarterly Report for Q1 2025

Summary of Work Completed in Q1 2025

- Expanded Coffee & Conversations social connection programming to (2) days per week.
- We launched a Family Support Group where we discuss wellness, mental health, and addiction issues.
- We launched a Suicide Survivors Support Group where we frequently discuss and provide education and resources for families, co-workers dealing with the loss.
- Provided more than (120) woodworking classes for our members.
- Signed an agreement with a therapy company that will begin providing drop-in therapy and addiction recovery services 4 days per week at the end of March and continuing throughout the year. Provided more than 80 hours of therapy and social service support.
- We have averaged (12) new members each week of Q1 2025. Served more than 300+.
- We started (2) social work interns who are working under our Mental Health Director, providing support services, resources, and facilitation of groups to the community.

Timeline



Spending Breakdown

- Total funding awarded for this project: \$30,000.00
- Funding received/invoiced by your organization so far: \$30,000.00
- Spending breakdown:
 - \$3,325.00 spent on therapist/therapy, support program staffing
 - \$4,000.00 spent on social connection space, groups, food, etc (\$200 per session)
 - \$1,375.00 spent on transportation costs for a client to get to and from inpatient treatment program
 - \$3,000.00 spent on (120) woodworking sessions for clients

Progress on Deliverables

Complete this section based on the “Scope of Services” specified in your contract agreement.

- Deliverable #1
 - Goal: Social Connection Activities
 - Progress to date: More than 200 community members served in Q1 through these activities.
- Deliverable #2
 - Goal: Family Support
 - Progress to date: In Q1 we have provided more a weekly Family Support and Suicide Survivors Support Group every Tuesday reaching more than 30 community members. In addition, we provided 80 hours of direct support to families and individuals through therapist and social work services.

Unexpected Hurdles

- We had an unexpected resignation that caused a strain on staffing in January 2025 until the position could be restaffed. We now have a full-time Support Center Director who is implementing a new member/visitor tracking plan to provide better data, and experience follow-up.
- We signed a therapy agreement, but the agency had some struggles finding the right therapist to be embedded into the Support Center. The new therapist will be starting on 3/25/25.

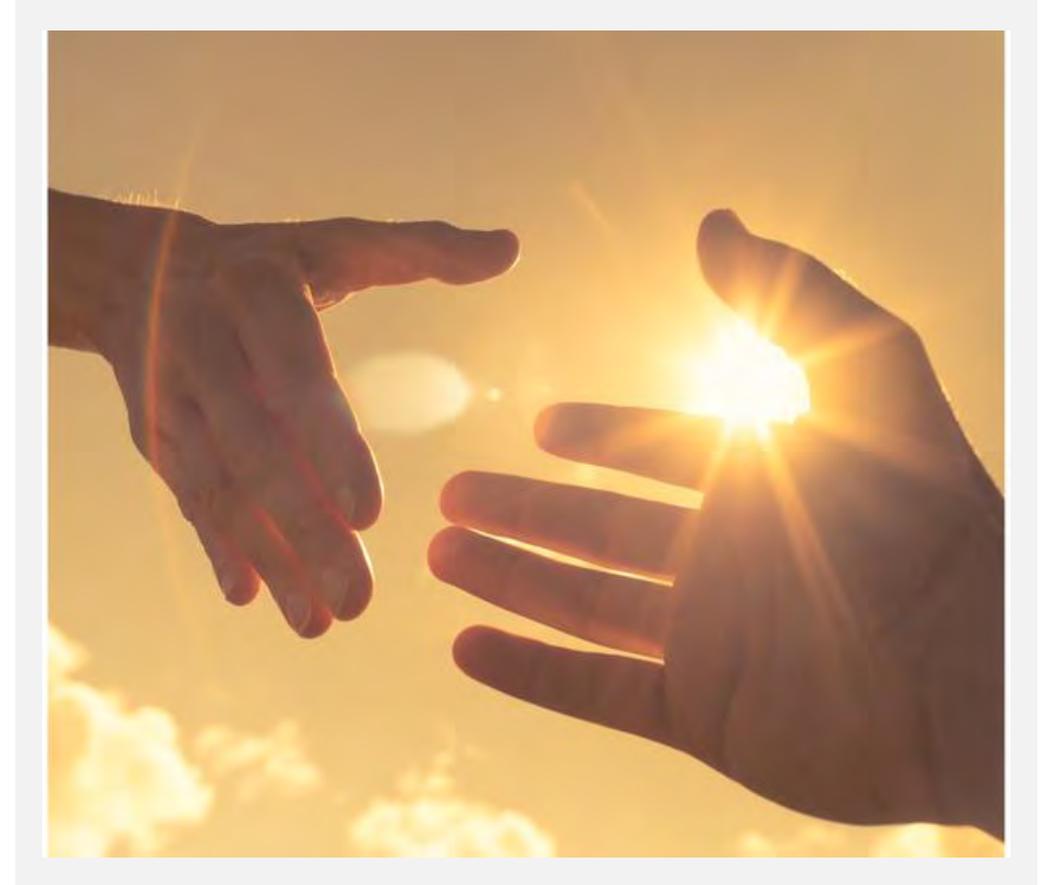
Success Story

There was an Air Guard member from Forest Lake who died of suicide in January. Our organization was able to support his unit, and his family, providing a safe space to connect, and celebrate his life. Following the service, his family has participated in support services, and our Suicide Survivor Support Group. We also assisted his father, and teenage brother in making a flag box in our woodworking shop.



Success Story

We've recently begun working with a local deputy who is dealing with a lot of pain from a line of duty injury. Some days, it's hard for him to get out of bed. In addition to the pain, he's also been struggling with his mental health. In the first quarter, he has visited (10) times, taking part in Coffee & Conversations, as well as several woodworking sessions. After a few sessions he opened up to us about his struggles, and with a big smile told us "This is the most fun I've had in a long time!"



Success Story



For more than 2-years, our organization has been partnering with the Washington County Sheriff's Office to support their mental health team in supporting a veteran with significant substance abuse issues, and mental health issues. Recently, this vet completed an inpatient treatment program, and came to visit us to ask how he could volunteer and give back to the Invisible Wounds Project program to help others. Oftentimes our vets and first responders who are no longer serving miss that "service" piece, and volunteering here gives them a new purpose and mission.