

FY2023 Mental Health Grant for Health Care Professionals Awards

Grantee	Project Location	Award	Project
Allina Health System	Minneapolis	\$100,000.00	Compare outcomes of two evidence-informed peer support opportunities for medical providers
Critical Care Services, Inc. Life Link III	Bloomington	\$50,000.00	Expand the CARES Program and implement PeerConnect mental health management system app.
Essentia Health	Duluth	\$94,500.00	Expand the system's Peer Emotional First Aid Response Program to serve employees at 23 rural ambulatory clinics, 7 critical access hospitals, and 2 regional hospitals.
Fairview Health Services	Minneapolis	\$100,000.00	Increase the number of peer supporters and offer peer support throughout the system
Fernbrook Family Center	Owatonna	\$94,260.00	Providing a space for staff to problem solve, provide feedback, and express stress barriers at work in conjunction with Reflective Consultation and Conscious Conversations. Provide free therapy to participants
Gillette Children's Specialty Healthcare	St. Paul	\$100,000.00	Train new Peer Support Mentors, conduct a wellness survey and resurvey to understand burnout and stress, develop and execute operational improvement initiatives to improve mental health of staff
Kittson Memorial Hospital Association	Hallock	\$40,551.20	Provide resources and stress reduction activities such as peer to peer support, massage, Calm App, relaxation breaks, and healthy food choices. Schedule health care employees for mental health appointments and mental health medication needs
Knute Nelson	Alexandria	\$100,000.00	Group counseling cohorts with peer to peer support included, Mental Health First Aid Training, free on site massage therapy, and self-care coaching

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LeadingAge Minnesota Foundation	St. Paul	\$72,346.00	Host Mental Health First Aid Courses and host train the trainer of Mental Health First Aid Trainer Course
Nexus Family Healing	Plymouth	\$34,238.16	Become a trauma-informed workplace by offering team members Talkspace online mental health platform
Regents of the University of Minnesota Community-University Health Care Center (CUHCC)	Minneapolis	\$82,356.00	Implement strategies to support health care professionals including: peer to peer support, training in Secondary Trauma and Vicarious Trauma Assessment, quarterly wellness programs, and identify areas to support staff with electronic health record requirements and related burnout
Sanford Health of Northern Minnesota	Bemidji	\$99,250.00	Provide mental health services to employees with a full time licensed mental health professional and organize quarterly peer lead support groups for participants
St. Luke's Foundation	Duluth	\$32,498.64	Support direct care providers through the development of resources including: a recharge room, yoga, qigong and tai chi and meditation classes