

Wellness Bulletin

May 2021



How Collaboration Can Help In the Act of Healing

Acts of Violence Against a Community: The Allina Clinic Tragedy

CMMHC uses the May Wellness Bulletin to celebrate Mental Health Awareness Month. This year we wanted to focus on a tragedy that occurred in our community and the use of partnerships to stand together through the trauma. On February 9th, 2021, a mass shooting occurred at the Allina Health Clinic-Buffalo Crossroads. This act of senseless violence has far reaching impact on Allina and the entire community of Buffalo. As part of our mission, CMMHC aims to foster healthy lives and thriving communities. We also celebrate a value of collaboration in our mission. We

collaborate to provide excellence in care for each other, the people we serve, our partners and communities. Today we choose to focus on how we have stood together with our partners to live this mission and values during one of our greatest times of need.

As the crisis unfolded in the Allina Health Clinic on February 9th, CMMHC showed up for the community. Even as our own staff evacuated, we were there for our community. Even as our own SLMH providers were evacuated from local schools, we were there for our community. Even as we worried about our own safety and the safety of our family, we were there for our community.

Specifically, Stephanie Barnes, MSW, LICSW, Sheri Tesch, MS, LMFT and Tracy Lord (among countless others) helped to live our mission and coordinate our response. Providers across CMMHC reached out to indicate they were willing and able to help our community heal. We also helped the community heal by providing group and individual debriefing to care for our caretakers. We joined other community organizations and members to respond to this traumatic event. We are #BuffaloStrong.

Our mission emphasizes that we collaborate to provide excellence in care for each other, the people we serve, our partners and communities. While CMMHC responded to the acute tragedy in February, we must now shift to healing in the months and years to come. We also must focus on what proactive steps we can take to prevent tragedies like this from happening again. CMMHC continues to meet with our valued partners to be part of healing and recovery following this tragic event.

We stand with Allina Health, the City of Buffalo, Buffalo Police, Rivers of Hope, the Buffalo Chamber, Buffalo Free Church, Wright County Area United Way, and MN Mental Health Advocates. We are all #Buffalo Strong.

In the spirit of collaboration, we share this space with a valued and trusted partner, Rivers of Hope. Teresa McNamee, LICSW is the Executive Director at Rivers of Hope and will talk more about the importance of community response to crisis, violence, and mental health. We feel strongly that we must create many pathways to recovery, the cost of under-responding it simply too significant.

Domestic Violence

Being an advocacy organization, Rivers of Hope has experience partnering with community organizations, like CMMHC, to address needs in the community. Specifically, the organization's mission is *to provide a community coordinated response to end family violence through advocacy, education, and interagency collaboration*. It is through collaboration that true change can occur to address the long-term impacts of trauma individuals and communities.

Rivers of Hope has specifically seen an increase in the impact of trauma on victims of relationship violence over the last year. Average monthly contacts with victim survivors have increased by over 50% in the last year, with many of these calls and emails from clients needing mental health support. We are all maxed out at this time, with the effects of the past year impacting victim survivors of relationship violence exponentially. Thankfully, the partnership with CMMHC has allowed Advocates to connect clients with mental health providers in a timely manner through the Crisis Response Team and Trauma-Informed Care appointments. The Rivers of Hope Team is grateful for the continued partnership with the CMMHC Team. This partnership often facilitates the first step for victim survivors to receive the mental health support necessary to start their healing journey.

CMMHC and Rivers of Hope have come together as part of the Buffalo Strong effort to further raise awareness of mental health needs in the wake of the Allina Health Clinic shooting. By coming together and supporting those impacted by trauma, both individually and at the community-level, perhaps such partnerships can prevent future violence.



Allina Health

2925 Chicago Avenue
Minneapolis, MN 55407-1321

Dear Community Member,

In the weeks following the senseless tragedy at our Allina Health Clinic- Buffalo Crossroads on February 9, 2021, we have collectively experienced a range of powerful emotions: grief, disbelief, heartbreak, anger and many more. Our roots in the Buffalo community run deep as a care provider, employer and as your neighbor. We thank you for your many words of comfort, cards, donations and acts of kindness. That gratitude is deeply felt by the Buffalo Crossroads clinic team, who wanted to share their appreciation in their own words:

We want to thank everyone, those nearby and those we do not even know around the country, for the outpouring of love and support that has surrounded our Buffalo Crossroads clinic team over the last month. To see an entire community come together to show their compassion and care for each of us has brought us comfort when we needed it most.

The horrific events of February 9, 2021 affected each of us in very profound ways. We are deeply grateful for each sunrise that we can wake up to be with those we love. What has not changed is our commitment to provide care for our patients and to our beloved Buffalo community. An act of evil will not define us. We will stand together with strengthened resolve because that is what we have always done. We will stand strong because we are #BuffaloStrong/ #LindsayStrong / #AllinaStrong.

Sincerely,

The Allina Health Clinic - Buffalo Crossroads team

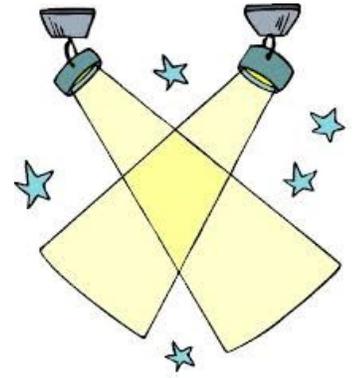
Across our Buffalo community and beyond, we are united in our determination to persevere and heal together. We will reopen our Buffalo Crossroads clinic, because it is an important part of this community. At this time, we do not have specific details or a timeline. As soon as we have updates, we will share them.

The last few weeks have made us prouder than ever to be part of the Buffalo community. Thank you for your continued support.

Yours in good health,

Allina Health

Employee Spotlight



Employee Name: Kelly Doss

Job Title: Director of Development & Communications

Location: Waite Park

Q: When you reward yourself, what is your go to reward?

A: "A trip to Caribou Coffee Shop."

Q: Why I work at CMMHC?

A: "I love being part of an organization that gives people the tools they need to live their best life."

Q: What is your favorite self-care activity? How do you implement this in your busy life? How does this help you with your wellness?

A: "Smudging! It is a spiritual practice of burning sage to cleanse my energy and invite positive energy. I learned it during my time in Santa Fe, NM. I have a room in my house called my Meditation Room, and I intently only use it for centering myself, visioning, and practicing gratitude."

Q: What makes you laugh?

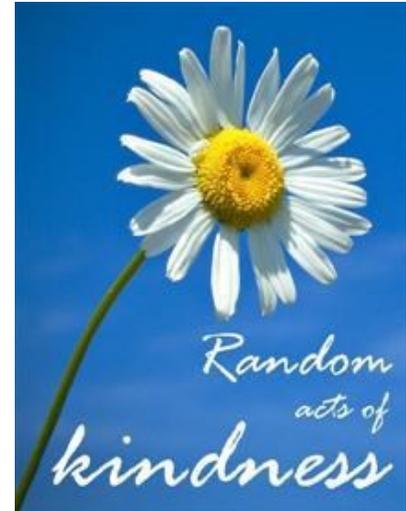
A: "Little kids--the way they can tell a story cracks me up sometimes!"



Let the Sun Shine Run

Random Act of Kindness Initiative

A new initiative from the CMMHC Wellness Committee, is a Random Act of Kindness Day. Each month the Wellness committee will be sending out a reminder to staff about completing a Random Act of Kindness around the 15th of each month. The Random Act of Kindness doesn't have to cost any money and can be something as simple as smiling at someone you don't know, leaving a kind comment or could be paying for someone's coffee order. The list is endless when it comes to doing a Random Act of Kindness. Are you interested in learning more about Random Acts of Kindness or the benefits? Visit the Bounce Back Project website! <https://www.bouncebackproject.org/random-acts-of-kindness/>



We hope that you will join the CMMHC Wellness committee in doing a **Random Act of Kindness day on May 15, 2021!**

CMMHC's Wellness Committee Mission Statement:

It is the mission of the CMMHC Wellness Committee to promote the health and wellness of staff through education and initiatives that:

- Encourage habits of Wellness
- Increase awareness of factors and resources contributing to well-being
- Inspire and empower individuals to take responsibility for their own health.
- Support a sense of community

Brought to you by your

Central Minnesota Mental Health Center Wellness Committee



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- Hannah LaDuke
- Anna Tienter
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