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FOR IMMEDIATE RELEASE



Mental and Behavioral Healthcare Needs in Silver Bay

Wilderness Health Hosts Community Listening Sessions

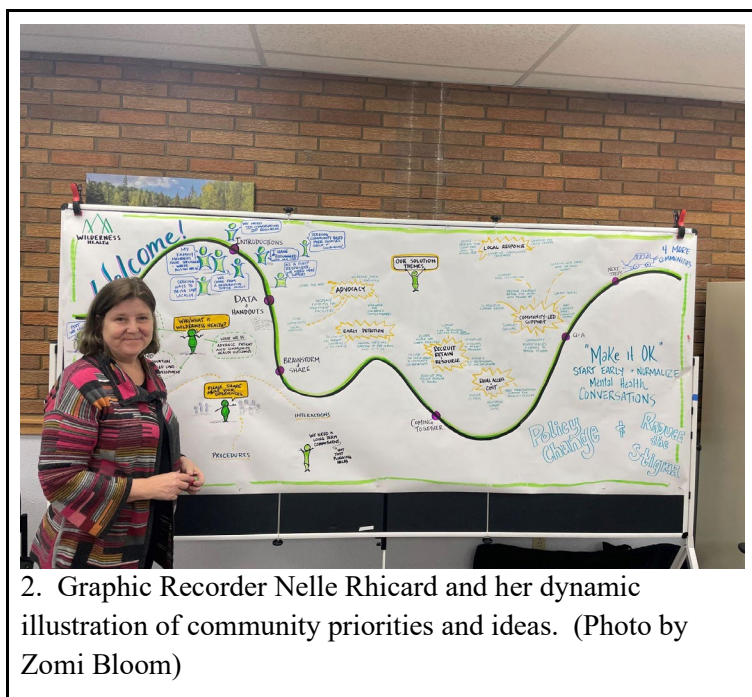
Silver Bay, Minn. - Mental and behavioral health needs remain a challenge throughout the state of Minnesota, and the unique needs of rural Minnesotans require targeted attention. To learn more about the needs of residents of Lake County, Wilderness Health invited community members to share their stories and help shape the future of mental health care. The listening session was held on Monday, May 20th at the North Shore Area Partners building in Silver Bay, MN.

Attendees shared stories of the ongoing challenges of stigma faced by those who suffer mental and behavioral health challenges alone. Communities like Silver Bay and surrounding towns have innovated their own responses to gaps in care, coalescing around community groups like the North Shore Mental Health Group. Key findings include a need for support that wraps around the community above and

beyond the patient needing care. These include support groups for first responders and family members of individuals experiencing mental health concerns. The attendees communicated a strong focus around community-led programs that can reduce isolation after mental health crises.

According to Zomi Bloom, Telehealth Program Manager for Wilderness Health and program manager of the new project around mental and behavioral health care coordination, “We need to hear directly from community members what they would like to see when it comes to navigating the system of mental and behavioral healthcare. Most of our health outcomes are determined by factors outside of the proverbial four walls of the hospital or clinic.”

The event was recorded by local Graphic Recorder Nelle Rhicard, who drew the feedback of the community into a wall-sized illustration of our priorities.



Impact of the Listening Sessions on the Future of Care

Through funding from the Health Resources and Services Administration’s Rural Health Network Development Program, Wilderness Health, Silver Bay, and other rural Northeastern Minnesota communities will identify successes, barriers, and possible solutions. For questions about the listening session please reach out to Zomi Bloom at 218-834-7323 or zomi.bloom@wildernesshealthmn.org.

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About Wilderness Health- a non-profit collaborative of independent providers working together to improve rural health care in Northeastern Minnesota and Wisconsin. Headquartered in Two Harbors since 2013, Wilderness Health aims to create a unified and supportive network for its members through its core values of collaboration, independence, networking, and quality. For more information about Wilderness, visit <https://wildernesshealthmn.org/>.

Wilderness Health Members:

Bigfork Valley Hospital
Community Memorial Hospital
Cook Hospital
Ely-Bloomenson Community Hospital
Fairview Range / Range Regional Health Services
Grand Itasca Clinic & Hospital
Lake View Hospital, now a part of Aspirus Health
North Shore Health
St. Luke's, now a part of Aspirus Health