

WORKPLACE WELLNESS: SUPPORTING BREASTFEEDING MOMS

Improving Return on Investment (ROI) is often at the forefront of employers' minds. Research shows that providing a lactation support program is not only highly desired by breastfeeding employees who return to work after childbirth, it can also improve your company's ROI by saving money in health care and employee expenses.

August is National Breastfeeding Awareness Month. Crow Wing Energized offers grants to local businesses to help set up lactation rooms and to help pay for employees to become certified lactation counselors (CLCs). Crow Wing County Public Health Department recently received a grant and added two more CLCs to their staff, making a total of seven.

CTC in Baxter is one of the workplaces who leveraged grant funding to create a private room for employee wellness activities and for use as a breastfeeding location. The room includes a couch and a small fridge. The Brainerd CTC office also has a lactation room.

Graphic Packaging in Crosby also implemented a breastfeeding friendly policy and a private room. "Even though our location is 90% male and we only have about three women of childbearing age, we have found that it is also helpful to have the space for visitors." Said Karleen Nelson-Richards, Human Resources Manager.

Crow Wing County understands that supporting working mothers and the health of their babies is known to improve productivity and staff loyalty, and decrease absenteeism, health care costs, and employee turnover. Through a grant from Crow Wing Energized, the county recently added a defined breastfeeding room set up with a calming presence in mind.

Resources exist to inform and support employers in providing a breastfeeding-friendly workplace. The Business Case for Breastfeeding offers tools to help employers



provide worksite lactation support and also offers guidance to employees.

Some workplaces have gone through the steps to receive the Minnesota Department of Health Breast Feeding Friendly Workplace designation. Essentia Health St. Joseph's Brainerd and Baxter Clinics received the designation earlier this year, and Essentia Health-St. Joseph's Medical Center was recognized with this award in May of 2016.

Paulette Thoennes, CTC account manager, co-chairs Crow Wing Energized's Workplace Wellness Committee. Her goal is to bring awareness to small businesses in the community that supporting breastfeeding moms as they return to the workplace is important and that there are grants available to help.

"A grant can help you start a room. Maybe you just need locks or shades. As long as the room is secure and private," explains Thoennes.



BECOME A BREASTFEEDING-FRIENDLY WORKPLACE

The basic needs to create a lactation space are:

- 4' x 5' space minimum
- A locking door for privacy
- Comfortable chair and table
- Electrical outlet
- Have or be near a small refrigerator
- Access to water nearby

Interested in learning more about creating a supportive environment for employees to continue breastfeeding after returning to work? The North Central Breastfeeding Network will assist you and provide you with the tools you need. Contact Erica Schmid, Crow Wing County WIC Breastfeeding Coordinator, at 218-824-1082 for more information.

Crow Wing Energized can provide up to \$500 to help support starting a lactation room in your current space.

Download the Business Case for Breastfeeding Toolkit from the U.S. Department of Health and Human Services at <https://www.womenshealth.gov/breastfeeding/breastfeeding-home-work-and-public/breastfeeding-and-going-back-work/business-case>

Become a Crow Wing Energized Trainer to help others in our community

Finding support and encouragement from others is often the key to long term successful life change. Crow Wing Energized's grassroots efforts to make the healthy choice the easy choice happens through the volunteers that lead classes and trainings in our community.

Interested in becoming a trainer? Multiple opportunities are happening over the coming months to become trained to host classes within our local community. Together we can improve health and wellness within Crow Wing County.

Healthy Community Grants DEADLINE AUGUST 22, 2018

Crow Wing Energized (CWE) currently has simple, short grant applications currently open for Workplace Wellness, Startup, and Sustainable projects that align to the CWE goals. **Applications are due August 22, 2018.** Funding must be spent by September 30, 2018.

STARTUP HEALTHY COMMUNITY GRANTS (\$50-\$500) for partners with CWE wanting to jump-start a project that supports policy, system, and environmental changes surrounding health and wellness within the community.

SUSTAINED HEALTHY COMMUNITY GRANTS (\$50-\$500) for partners with CWE showing sustainability of their projects through the past years, to further work on a particular project.

WORKPLACE WELLNESS STRATEGY SUPPORT FUNDING (\$50-\$500) for partners to work with CWE to complete the CDC Scorecard to learn about needs and help promote health and wellness within the workplace and community, identify one Wellness Strategy to implement, and agree to do a report out about the project to CWE's Workplace Wellness Goal Group.

To apply, contact Cassie Carey at Cassie.Carey@CrowWingEnergized.org or call 218-828-7443.

No Such Thing as a Bad Kid

When: August 20, 2018, 9:00 a.m. to 4:00 p.m. at First Lutheran Church, 424 S 8th St, Brainerd.

Strength-based practice is an emerging approach to guiding at-risk kids and their families that is exceptionally positive and inspiring. Its focus is on strength-building vs. flaw-fixing.

Described as "the best youth care trainer in America" the speaker Charlie Appelstein, MSW, is an engaging, informative, and humorous speaker. He is the author of three critically acclaimed books on youth care including the recently revised, *No Such Thing as a Bad Kid – Understanding and Responding to Kids with Emotional & Behavioral Challenges Using a Positive, Strength-Based Approach.*

Cost: Varies. See registration link. Pre-registration is required and can be done through Eventbrite at <https://www.eventbrite.com/e/no-such-thing-as-a-bad-kid-tickets-47601683918>.

For more information contact Linnea Ames, at linnea.a@womenscenteronline.org or 218-828-0022 x1004.

Mental Health First Aid for Adults Who Support YOUTH

Children are dependent on the people who care for them. This eight-hour course teaches how to help YOUTH who may be developing a mental health problem or experiencing a mental health crisis. The training helps identify, understand, and respond to signs of mental illnesses and substance use disorders.

Monday, September 10, 2018 from 8:00 a.m. to 4:30 p.m. at Essentia Health - St. Joseph's Medical Center, Thabes 1, 523 North Third Street, Brainerd.

Free lunch is included. Eight CEU's are included in this offering.

Register online at: <http://crowwingenergized.org/events/mental-health-first-aid-for-adults-who-support-youth-3/>

Mental Health First Aid for Adults Who Support ADULTS

This eight-hour course teaches how to help adults who may be developing a mental health problem or experiencing a mental health crisis. The training helps identify, understand, and respond to signs of mental illnesses and substance use disorders.

Tuesday, September 11, 2018 from 8:00 a.m. to 4:30 p.m. at Essentia Health - St. Joseph's Medical Center, Thabes 1, lower level, 523 North Third Street, Brainerd.

Register online at: <http://crowwingenergized.org/events/adult-mental-health-first-aid-5/>

Free lunch is included. Eight CEU's are included in this offering.

National Diabetes Prevention Program (NDPP) Train the Trainer

Become a certified lifestyle coach by taking this two-day course so you can learn how to facilitate and utilize the evidence-based curriculum for the National Diabetes Prevention Program (NDPP) by supplying diabetes prevention education and support to people with pre-diabetes.

Help support those to lose weight, increase physical activity, develop problem solving skills, and coping skills. This two day course will prepare participants to launch at least one NDPP class offering over the course of the next year following training. Trained instructors lead 16 group sessions offered over 6 months, and 6 monthly follow-up sessions for the remainder of the year.

When: September 25 & 26, 2018, 9:00 a.m. – 5:00 p.m.

Where: Essentia Health SJMC, Brainerd
Register: Training is FREE (\$750 value), but registration is required.

<http://crowwingenergized.org/events/lifestyle-change-coach-training/>

A grassroots community health and wellness movement led and funded by



Essentia Health



For more information email Cassie.Carey@CrowWingEnergized.org

www.CrowWingEnergized.org