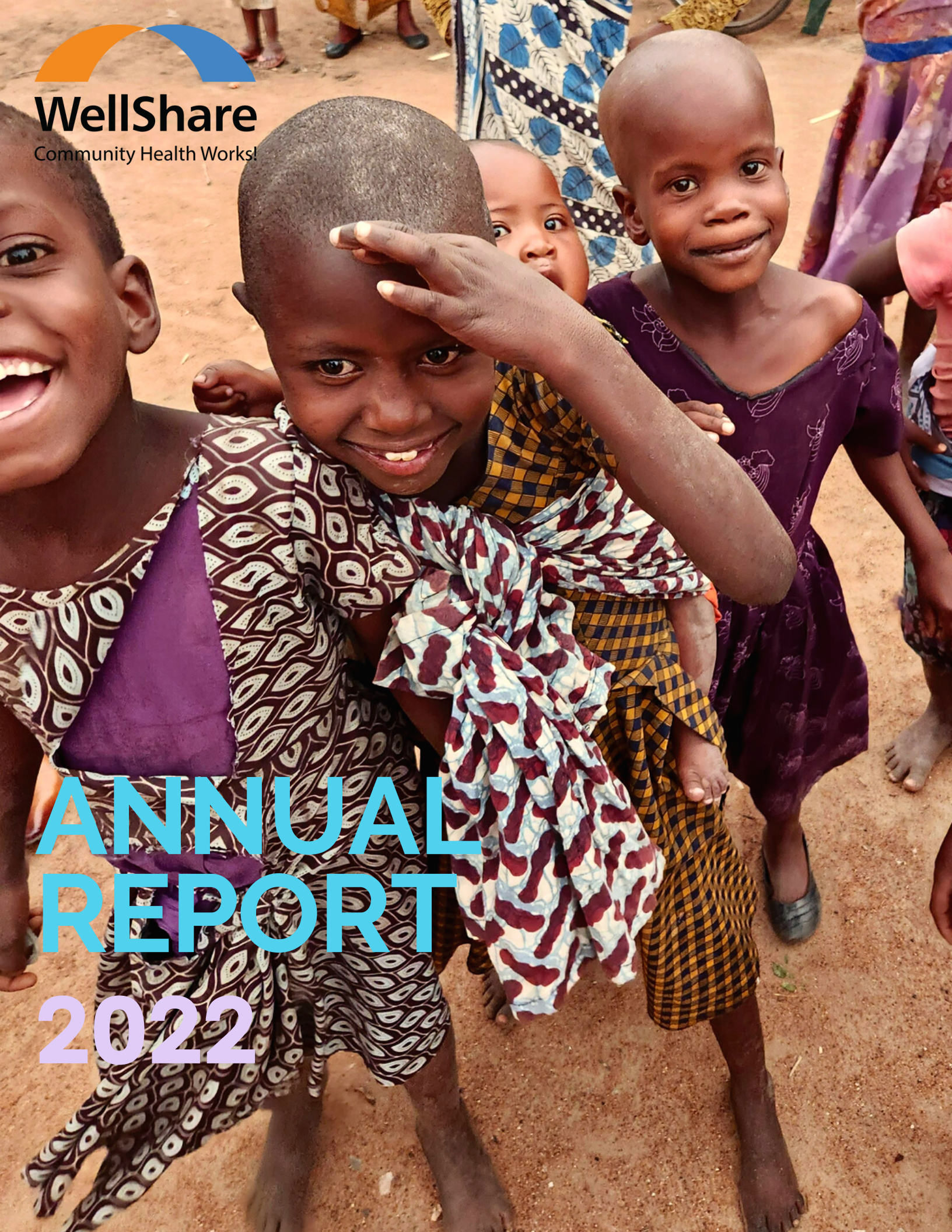




WellShare
Community Health Works!



ANNUAL REPORT 2022



We served **108,100** people across **2** countries and **17** Minnesota counties.

159%

Increase in people served between 2021 and 2022.

Impact Snapshot

23

PROGRAMS

61

VOLUNTEERS

78

COMMUNITY PARTNERS

495,852

MASS & SOCIAL MEDIA REACH



INTERNATIONAL PROGRAMS TANZANIA



IMPACT SNAPSHOT

80,758

People served

598

Participants in local
cooperative micro-financing

75%

Local female population
participated

"WellShare really transformed me and helped improve my health and my life, economically and socially. The program provided me with a loan for my shop and to invest in agriculture. I am very happy because I have enough to meet my family's basic needs now." Nchama, WellShare Survive and Thrive Program participant

WellShare's programs in the Bariadi District of Tanzania integrate health education, economic self-sufficiency and social connectedness for mothers and their families.

AFYA KWA, TOGETHER FOR HEALTH

Brings families lifesaving health service referrals and education on a range of topics from cervical cancer to chronic disease management. Technology is used to deliver content that is entertaining and effectively engages people in social exchange for improved knowledge and practice.

SURVIVE AND THRIVE

(STGs) for single mothers was established in 2012 to provide peer support and small business financing through strategies defined and self-managed by women-led cooperatives.

MENTAL HEALTH EDUCATION AND OUTREACH

Delivering evidence-based mental health programs to reduce stigma, promote access to care, and improve self-care through culturally-tailored individual and group education. Services address trauma recovery and substance abuse within communities where mental health challenges are taboo and availability of resources are low.

WellShare's new mental wellness programs are offered in English, Spanish, Oromo and Somali through social media and in-person promotional campaigns, as well as 7-week courses.

- **Learning to Breathe:** teaches skills in stress management and emotion regulation
- **Living Life to the Full:** Cognitive Behavioral Therapy practices to self-manage adverse events and resulting trauma



IMPACT SNAPSHOT

328

People participated in 7-week courses.

8,802

People reached with mental health education

15

Group courses completed

MATERNAL AND CHILD HEALTH PROMOTION

Employing a multigenerational, trauma-informed approach, our CHWs bridge system gaps providing women education, health system navigation and socio-emotional support through home visits and peer community gatherings.



222

People served
Family Home Visiting Program

1,166

People served
Family Planning Special Projects

YOUTH LEADERSHIP AND ENGAGEMENT



Our award-winning program engages immigrant youth using the arts, health science and personal development practices. Participants develop healthy lifestyles, leadership skills and social-emotional wellbeing, achieve academic success, and foster intergenerational relationships as they work to help transform the community around them. We also work with parents to build trust and bridges between the school-based activities and home.

162

Youth participants

HEALTH SYSTEM NAVIGATION AND TRANSFORMATION

Helping people navigate complex social and health systems for effective use of preventive health services and the full range of their service benefits. We partner with clinic systems, health plans, social service providers and government agencies to reduce access barriers and drive transformative change for gap closure in social drivers of health and use of clinical services.

" I am no longer afraid and frustrated when I need medical help. How I wish I had known about these services and how to select a clinic and use them sooner."

Emilia, WellShare client



IMPACT SNAPSHOT

5,268

Health plan members educated and supported in system navigation (e.g. immunization, well-child visits, covid-related care, etc.)

495

High users of ER services educated in benefits of urgent and preventive care

371

Plan members received culturally tailored maternal health and diabetes education

356

Social determinants of health gaps closed

GREATER MINNESOTA

WellShare Mankato offers a wide range of proven program models, as well as novel approaches to increase health equity for immigrants and low-income US-born people across southern Minnesota. Innovations include clinically integrated social drivers of health support, community-based participatory research, and a new partnership with the Department of Natural Resources in our youth programs. Our successful Mankato Somali Youth program is now being replicated in the neighboring St. Peter area.



14

Counties served across southern Minnesota

3

Local clinic system partners

WORKFORCE AND ECONOMIC DEVELOPMENT

Supporting clients and communities to create the financial stability required to build healthy, economically thriving communities. Our CHW certification scholarships, training, and micro-enterprise offer people in communities experiencing the greatest health disparities, a health career pathway that provides a livable wage for entry level positions and advancement opportunities.

PROGRAMS & PROJECTS ARE FUNDED BY:



BRIDGE TO HEALTH LEGACY SOCIETY

"If you're going to live, leave a legacy. Make a mark on the world that can't be erased." Maya Angelou



"One night I awoke and was remembering a recent visit with our Mankato team - and decided to become a Legacy Society donor myself. I recalled our staff - flush faced and excited as they came in from a winter storm and shared stories of an outreach event just completed at a local food processing plant. I was touched by the pride in their voices as they described the gratitude the immigrant workers expressed in response to our team showing up in blizzard conditions with smiles, health information and warm support. Thinking about the sacrifice and hardship that immigrants often experience, at times unwelcome in the places they move to, I decided to do my part to ensure future generations of our CHWs would be there to provide a helping hand."

Michelle Heerey, Executive Director

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