

IMPACT REPORT

2023



Celebrating **45 years** of community
health innovation



2023 AT A GLANCE



29

Programs

19 MINNESOTA COUNTIES

150,252 SERVICE CONTACTS

113 PROGRAM PARTNERS

52 VOLUNTEERS

REGINA'S STORY

HISPANIC YOUTH PROGRAM



“ I no longer feel like I am alone or so different. **I am a more happy, social, and confident person.** ”

WellShare's Hispanic Youth Program was inspired by the success of our long standing, award-winning East African youth program.

Program participants **learn, share and grow alongside one another** as they explore healthy lifestyle and behavior choices, identify and manage mental health challenges and navigate interpersonal relationships.

“Participating in the Hispanic youth program has been a blessing. I feel comfortable enough to open up and share my personal struggles with anxiety and depression. I know that my story can help many others! Having a role model like Community health worker, Judith, makes such a difference in my ability to trust and feel safe in this class.”

ABDISALAAM'S STORY

SOMALI FITNESS PROGRAM



This program opened up a new world for me. I am able to play my favorite sports, make friends, learn about health and life with leaders of my community.

The Somali Mankato Fitness Program was a response to the social isolation faced by many Somali immigrant youth residing in rural Minnesota. This **intergenerational, holistic fitness** program provides a safe and fun format for Somali men to develop community, mentorship, and healthy lifestyle choices.

“Before joining this program, I was isolated and struggled with the trauma of being a refugee in this country. I didn't know where to get support or how to find community. I was unsure of how to improve my physical health or get help. **This program has made a big difference!”**

NYANZALA'S STORY

SURVIVE AND THRIVE



“ Me and my family are very happy. I have half a hectare of a sweet potato plantation to harvest in April. **The word hunger is no longer used in my family.** We are living a much better life now! ”



Single mothers in the **Bariadi District of Tanzania** face many barriers to success.

Nyanzala is just one of hundreds of other single women who are **making a brighter, more secure future** for themselves and is paving the way for other mothers to thrive.

With limited resources to provide for herself and her children, she joined WellShare's **Survive to Thrive Group** and received a small business loan to make and sell soap. Nyanzala also partook in our **Together for Health program**, where she received education on nutrition, family planning, and disease prevention.

After participating in WellShare's program for six years, she states **“I am happy because I can meet my basic needs from our program activities, and I even have my own savings account.”**



PROGRAM REACH EXAMPLES

PROGRAM	REACH
INTERNATIONAL Bariadi District, Tanzania	<ul style="list-style-type: none">• 107,586 service contacts• 392 cooperative microfinance program participants• 168 <i>Survive & Thrive Group</i> participants
MATERNAL & CHILD HEALTH PROMOTION	<ul style="list-style-type: none">• 43 families participated in <i>Family Spirit Program</i>• 287 early childhood development home visits• 929 family planning and postpartum support visits
MENTAL HEALTH EDUCATION & OUTREACH	<ul style="list-style-type: none">• 4,018 people hours of evidence based class participation• 15,695 people received mental health education and resources
YOUTH HEALTH LEADERSHIP & ENGAGEMENT	<ul style="list-style-type: none">• 80 <i>The Young Achievers</i> program participants• 930 Mankato area <i>Somali Youth Program</i> participants
HEALTH SYSTEM NAVIGATION & TRANSFORMATION	<ul style="list-style-type: none">• 256 clinic patient referrals with a total of 832 SDoH needs for resolution• 530 people educated on effective use of emergency and urgent care
CHRONIC & INFECTIOUS DISEASE PREVENTION & MANAGEMENT	<ul style="list-style-type: none">• 124 outreach events• 2,181 people reached with tobacco prevention and cessation education• 1,919 Covid test kits distributed

PROGRAM IMPACT EXAMPLES



Survey of Academic Youth Outcomes (SAYO) Pre-and post-program scores on drivers of healthy lifestyle and academic success	% pre-test low scoring students who scored 90%+ post-test
Behavior	76%
Taking Initiative	52%
Learning & Engagement	64%
Communication Skills	61%
Relationships w/ Adults	67%
Relationships with Peers	73%

Social Determinants of Health <i>prelim</i> data from one program	# positive screens for SDOH needs	% of SDOH needs resolved
Mental Health & Substance Use	121	41%
Food Insecurity	122	42%
Housing	77	39%
Utilities	151	43%
Employment	99	36%
Health Insurance	55	45%
Child Care	2	50%
Total Gaps Closed	832	AVE= 40%

WELL-CHILD VISITS among families missing annual visit, <i>prelims</i> of one program	# children behind on annual exam schedule	# pediatric appointments attended post intervention	Conversion rate
CHW left detailed voicemail message for parent	6,228	2,907	46.7%
CHW spoke with parent and/or helped make appointment	3,295	1,829	55.5%



BOARD OF DIRECTORS

President-Jaime Roquebert, Sr. Lecturer, Carlson School of Management, University of MN

Vice President- Pritika Kumar, Ph.D

Treasurer-Alexandra De Kesel Lofthus

Secretary- Kayslee Kemp, Senior Philanthropy Specialist, Operations, Medtronic

DIRECTORS

Bernadette Foh, MBA, JD, CPPM, Executive Director, Mediation & Restorative Services

Makabongwe C. Ngulube, Manager of HR & Administration, Partners in Food Solutions

Marcelo Hengeltraub, President & CEO, FasTest

Marco Ortiz, MBA, Global Service Delivery, Operations & Business Liaisons Director, 3M

Mike Crow, Founder & CEO, Provider CFO, The Lodges

Mohamed Omar, MBA, MS, Chief Administrative Officer, Washburn Center for Children

Naomi Sadighi, MPH, Deputy Executive Director, GiveMN

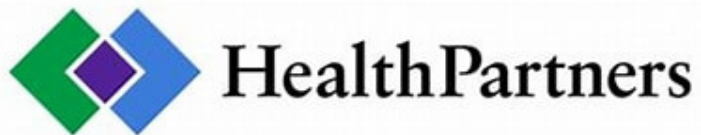
Stela Osmančević Center, CFRE, Executive Director of Development, Carlson School of Management, University of MN

ANNUAL BRIDGE TO HEALTH SPONSORS:





PROGRAMS ARE FUNDED BY



A MESSAGE FROM MICHELLE HEEREY, EXECUTIVE DIRECTOR



“In a recent conversation with a founder of WellShare International, I was struck by the depth of this organization’s soul. While some people have supported the WellShare mission for 45 years, others engage for a time, leave and then return in response to a call to serve - or in a time of need. While the faces and names of the people involved may change, the WellShare ‘reason for being’ holds strong and is now more alive than ever. This legacy is a wellspring from which we continue to draw as we help more people find their way to a healthy, whole life.”

FINANCIAL REPORT



CURRENT ASSETS

Cash \$1,205,277

LIABILITIES

Accounts Payable \$425,943

REVENUES

\$2,446,009

EXPENSES & DEDUCTIONS

\$2,462,189

FUNDING SUMMARY

