

Nudges in Duluth

(Questions we have, things we want to understand more, things we can do now at an individual, organizational, or community/system level to “nudge” things along.)

- Slow down.
- Give conversation enough room to breathe.
- Genuine curiosity to be shown.
- PCP in supervision of the practitioners we support.
- Supportgroupscentral.com-“home” of MANY online “peer” “support groups”
- Change/delete some DHS forms.
- DHS forms
- Agency forms
- Create welcoming environment!
- Listening rather than writing at times.
- Formal statement for us as guardians, that we will be client centered.
- Be intentional with positive affirmations in the work place.
- Idea box.
- Extended MI/CD treatment lengths.
- What valued social roles have been lost? How is this contributing?
- How important is your pet in life decisions?
- DHS influence- pets/freq. of visits/forms/cultural preference/provider-education.
- Recognize important cultural dates on the day it happens with the workplace.
- Educational moment
- Yellow line project
- Have more person-centered training/education for other providers in our agency. Create awareness!
- Emphasis on treating co-occurring disorders - less conditional language on substance use disorders.
- We have normalized risk (immune to it.)
- How do you support a family w/diff treatment needs. NAMI vs Al-anon perspectives? One prospers from a diff support.
- Recovery defined- reclaiming or maintaining? Buy in? Major shift.
- Ask persons receiving services, routinely, “how are We doing?” related to partnering or collaborating with the person (the relationship and if they are feeling supported and engaged in their wellness.)
- Mental Health First Aide mentalhealthfirstaid.org. There is a free adult class scheduled on March 9th see link on Eventbrite. Old Lincoln Park school

- Resource an organization to end stigma- Northern healthy minds- 11-noon, St Louis River room- Northernhealthyminds.org- also has an events tab.
- I am an instructor of youth or adult curriculum. If anyone is interested in having a mental health first aide training. Terry Wasnick certified peer support specialist.
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