

SUPPORTING MINNESOTA

Wellness in the Woods continues to provide needed peer support services across the state of Minnesota. This year brought with it a large emphasis on increasing our geographic footprint.

JAN - DEC 2024

ANNUAL IMPACT REPORT

PROGRAMS

Virtual Peer Support Network

Peer Support Connection Warmline

Recovery in the Woods

Recovery on the Road

Justice, Equity, Diversity, & Inclusion (JEDI)

DETAILS

Open 9a-5p every day, offering peer support via Zoom

Open 5p-9a every day, offering peer support via telephone

Offering recovery themed support groups at 6pm on Mon, Wed, & Fri

Bringing Peer Support to communities across the state

Offering cultural training to peer specialists across the state

OUTCOME

- 7,826 total interactions from 63 counties and 1 tribal reservation
- 27,128 call interactions from 80 counties and 1 tribal reservation
- 9,750 text interactions
- 857 total interactions from 33 counties and 1 tribal reservation
- 8,362 interactions in 38 counties*
- 141 unique events
- 571 Interactions from 31 counties and 1 tribal reservation
- 528 of the VPSN total interactions also overlap with JEDI Programming

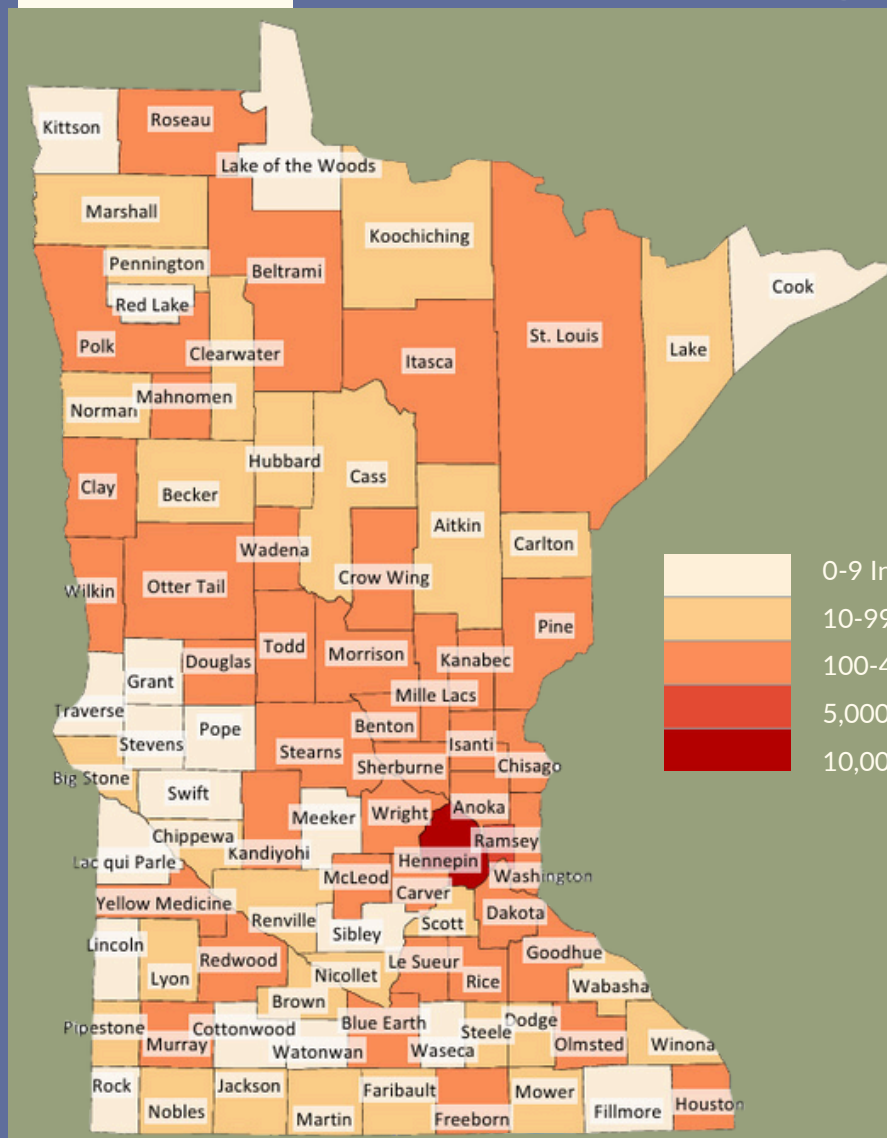
54,494

TOTAL INTERACTIONS

We also had 2,500+ interactions through our fee for service, jail support, and community support event programs.

*The data collection process for Recovery on the Road was formalized and implemented on July 1, 2024.

INTERACTIONS BY COUNTY



83

COUNTIES

Mission Statement

To provide accessible, affordable, and helpful peer led resources with compassionate and nonjudgmental support and advocacy, and opportunities for those who are experiencing or have been affected by mental health and substance use challenges, to be heard.

ACKNOWLEDGEMENTS

Special thanks to our staff for their tireless efforts to collect and report this information.

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PARTICIPANT TESTIMONIALS

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"I'M SO GRATEFUL FOR THE WARMLINE... [FOR] KEEPING ME FROM NEEDING TO GO THE ER BECAUSE OF SPIRALING... GETTING THE EXTRA SUPPORT I NEEDED TODAY HELPED ME TO FUNCTION TODAY AND LIVE MY LIFE LIKE EVERYONE ELSE."

Warmline Caller*, Ramsey County

"REALLY HELPED BRIGHTEN MY MOOD AND HELPED ME TO SHAKE OFF MY SADNESS."

VPSN Participant, Douglas County

"IT HELPS ME STAY FOCUSED ON THE IMPORTANT THINGS AND GIVE ME AN OUTLET TO GET OUT THE FRUSTRATIONS AND TURMOIL THAT ARE IN MY HEAD."

Warmline Caller*, Freeborn County

"I REALLY, REALLY LOVE THIS GROUP! I DON'T HAVE THE SAME LEVEL OF ANXIETY WHEN I'M ONLINE."

VPSN Participant, Stearns County

98%

of responding Warmline callers and VPSN participants said "Yes" when asked whether the service had been helpful to them.

*Warmline testimonials were submitted via a recorded line. This transcribed excerpt from a recording may not be an exact representation of what was said.