



**Be Well**  
EAT WELL. MOVE MORE.

# Be Well Programming Guidelines

## **Purpose**

The purpose of this document is to outline BeWell programming elements among Polk County Public Health (PCPH) and Norman-Mahnomen County Public Health (NMPH) and interested community organizations. These elements will be used as a guide for community stakeholders and PCPH / NMPH staff to foster collaboration, partnership, and successful program implementation.

## **BeWell Mental Well-being Program**

Mental health promotion is important for the overall functioning of individuals at every stage of life. Public Health and psychological research support the need for mental health and well-being promotion among all individuals. In response to community requests for stronger mental health support, PCPH / NMPH adopted and implemented a community-based mental well-being promotion initiative called BeWell. Based on Otter Tail County Public Health's THRIVE program that is centered around positive psychology research and theory, BeWell encourages people to lead meaningful lives, build up what is best within themselves, and enhance their experiences of love, work, learning, and play.

## **BeWell Partnership Opportunity**

To respond to the growing mental health support needs throughout the area, PCPH / NMPH established a community based BeWell programming opportunity for community organizations, individuals, and worksites. Interested community members and organizations are invited to review and use the BeWell initiative ToolKit and additional documents on the PCPH webpage to develop and implement their own BeWell initiative. For best results, community organizations are encouraged to identify one lead community member and at least two other community champions who will move the BeWell program forward (see Champion role on pp. 6-7 of the Toolkit). PCPH / NMPH will be available to organizations for program questions, planning support, and evaluation support. Use this guide as a first step to begin your initiative.

*Please fill out the information on the back page.*

**TOGETHER WE CAN** *build a better future!*



**Community Organization Name:** \_\_\_\_\_

**Lead Contact:**

\_\_\_\_\_  
[Name]

\_\_\_\_\_  
[Email Address and Phone Number]

**Identify at least two champions:**

\_\_\_\_\_  
[Name]

\_\_\_\_\_  
[Email Address and Phone Number]

\_\_\_\_\_  
[Name]

\_\_\_\_\_  
[Email Address and Phone Number]

\_\_\_\_\_  
[Name]

\_\_\_\_\_  
[Email Address and Phone Number]

**Preferred method of communication for BeWell lead contact and champions:**

(please circle one)      Email      Phone      Other: \_\_\_\_\_

**Start Date for BeWell Programming:** \_\_\_\_\_

	<b>Yes</b>	<b>No</b>
I have reviewed the BeWell programming resources online on the <a href="#">Polk County Public Health Website</a> .	<input type="checkbox"/>	<input type="checkbox"/>
I have identified a lead contact person and at least two champions for BeWell implementation?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have funds available to support BeWell implementation? If yes, how much? _____	<input type="checkbox"/>	<input type="checkbox"/>
Would you like resources to help search for funds to support implementation? If yes, please reach out to Polk County Public Health at the email below.	<input type="checkbox"/>	<input type="checkbox"/>
Are you interested in hosting a BeWell presentation at your organization or event? If yes, please reach out to Polk County Public Health at the email below.	<input type="checkbox"/>	<input type="checkbox"/>

*PCPH/NMPH encourages our partners to build the BeWell programming into sustainable systems, policies, and curriculums. PCPH/NMPH will be available as a resource to partners as needed. Please reach out to PCPH/NMPH with questions for planning and implementation support.*

Use this completed partnership document to guide program implementation.

Questions? Contact Polk County Public Health

(218) 281-3385

BeWell Program Coordinator - Brenna Olson [brenna.olson@co.polk.mn.us](mailto:brenna.olson@co.polk.mn.us)